

Dear MSTCVS spouses and friends:

Welcome to the MSTCVS meeting at Crystal Mountain. The resort offers numerous activities for the family. This brochure illustrates all that will be available to us during our stay. I hope this will help you and your family to better enjoy this beautiful part of Northern Michigan.



Since this area is my stomping ground, I have also included some personal favorite sightseeing and lunch places in its surrounding area.

In the week preceding the meeting I suggest you view the following link: [www.crystalmountain.com/events/this-week-at-crystal](http://www.crystalmountain.com/events/this-week-at-crystal)  
There you may read This Week at Crystal.

Some activities require signing up. You can call the resort at 844-584-2733. - not sure about this number  
888.968.7686 - this is what i found

Looking forward to seeing you this summer.

With warm regards,

Mica Jones



# Summer Family Activity Guide August 9-12, 2018

The Michigan Society of Thoracic & Cardiovascular Surgeons (MSTCVS)



Family  
Events

Sports

Dining

On-Site  
Spa  
Services

Northern  
Michigan  
Activities



Crystal Mountain is northern Michigan's home for summer fun. Dash down the mountain on the Crystal Coaster- Michigan's only alpine slide, make a splash at the Park at Water's Edge, kayak or tube down a sparkling river, ride a mountain bike, hike miles of trails- including the Michigan Legacy Art Park, and much more! For a weekly schedule of activities, view on-line at the [Week at Crystal](#) flier.

**Golf:** Two distinctively different, yet equally mesmerizing golf courses. Both the Mountain Ridge and Betsie Valley golf courses have received a prestigious 4-Star rating from Golf Digest magazine. [Reserve a tee time](#) or call 855.995.5146.

**Crystal Mountain Park at the Waters's Edge:** A one-acre, outdoor water playground that provides a splashtastic time for kids of all ages. The highlight of the park is a 4,200 square-foot pool featuring an aquatic playground with water cannons and bubbling spouts, a zero-depth entry pool, four lap lanes, water volleyball and basketball. *Complimentary for house guests.*



**Edge Adventure Course:** An elevated rope and zip line course located 20 feet above our outdoor pool. *Visit the Park at Water's Edge to purchase your tickets!*

**Crystal Coaster Alpine Slide:** Ride the Loki Quad chairlift to the top of the mountain, hop on a specially-designed sled, and cruise down one of two parallel 1,700-foot-long curved tracks.

**Climbing Wall:** Our Vertical Edge Climbing Wall is an exciting 32' climbing wall located in the *Park at Water's Edge*. Certified instructors will be on site to equip climbers for beginner, intermediate, or advanced climbing routes.

**Paintball:** Challenge your friends and family to a round of paintball on our Speed Ball Course near the Mountain Adventure Zone, or our Woods Course. Transportation required for guests playing on our Woods Course. *Reservations required. Call 888.968.7686 ext. 7500 or visit the Mountain Adventure Zone.*



**Archery:** With target distances of 30 feet, our range is beginner friendly but challenging enough for the seasoned archer. 45-minute sessions, geared for ages 7+. *Reservations required. Call 888.968.7686 ext. 7500 or visit the Mountain Adventure Zone.*

**Outdoor Laser Tag:** Challenge your family and friends to this heart racing, adrenaline pumping adventure! Use your tactical skills in our outdoor arena to strategically take down opponents and be the last team standing. *Reservations required. Call 888.968.7686 ext. 7500 or visit the Mountain Adventure Zone.*

**Mountain Biking:** Hit the trails at Crystal Mountain for a dynamic mountain biking experience. Enjoy miles of beginner, intermediate, and advanced on-site mountain bike trails that connect to the Betsie River Pathway, 22-mile Betsie Valley Trail, North Country Trail, and Arcadia Dunes.



**Disc Golf:** Make it a competition or a solitary experience. Play a round or two on Crystal Mountain's recently redesigned nine-hole disc golf course.

**Tennis & Pickleball:** Courts are located on Mountain Center Road, directly across the street from our Golf Practice & Learning Center. *Complimentary for house guests.*

**Fitness Classes:** Our state-of-the-art fitness center is at the core of Crystal Mountain's commitment to a healthy lifestyle. To promote an uplifting and healthy environment at Crystal Mountain, access to the Peak Pool & Fitness Center and group fitness classes are complimentary for house guests. [Check website for class schedule.](#)



**Crystal Spa Services:** From Swedish massage, aromatherapy baths and body wraps, to facials, manicures and pedicures, Crystal Spa offers a wide range of treatments that relax and rejuvenate. *Crystal Spa Reservations: (855) 995-5146.*

**Chairlift Rides:** Ride our Crystal Clipper chairlift and enjoy panoramic views of three counties and top-of-the-mountain attractions including live musical entertainment, a family sand box, snack bar, cash bar, and more. *\$7 per person. Ages 8 and under ride free with a paying adult. Free to house guests.*

**Hiking Trails:** Enjoy miles of amazing [on-site hiking trails](#), including a 1.6-mile loop through the acclaimed Michigan Legacy Art Park. Explore on your own or sign-up for one of our guided Mountain Hikes at the Peak Fitness Center.

**Family Campfires:** Share stories and roast marshmallows under the stars with family and friends.

**Kids' Crafts:** Fun for everyone! Reservations are not required. Kids' Crafts are drop-in programs at the Park at Water's Edge, created for the entire family to enjoy. Parent supervision is required. *For more information, please call 888.968.7686, ext. 7000.*

**Michigan Legacy Art Park:** Visitors are led through the densely wooded 30-acre preserve on 1.6 miles of hiking trails within Crystal Mountain. [The Art Park](#) features over 40 sculptures, poetry stones, an outdoor amphitheater; and a Summer Sounds Concert Series (July & August). Each of the sculptures interprets, in its own way, a piece of Michigan's history.



**Garden Tours:** Join us this summer in exploring our bold and romantic gardens designed by award-winning architects James Van Sweden, Mark Johnson and Sandy Clinton. Take a tour with our master gardeners as they lead you through water gardens and babbling brook winding through the Cottages at Water's Edge. *Cost: \$10 or free for house guests.*

## OFFSITE ADVENTURES NEAR CRYSTAL MOUNTAIN

**Sleeping Bear Dunes:** Experience the splendor of Sleeping Bear Dunes! The views are breathtaking. Enjoy the Pierce Stocking scenic drive through the black-maple forest. Stop at #3 the dune overlook, and especially #9 Lake Michigan Overlook.



If you are in the mood for a short hike on your way to the entrance of the National Park stop in Empire and take the popular 1.5 miles Empire Bluff Trail. Also in town see the Visitor Center. It is an interesting and informative stop for new visitors to the park.

**Tubing Trips:** This 90-minute mellow float trip down the Platte River in nearby Sleeping Bear Dunes National Lakeshore is ideal for ages 3 and up. Trips are offered from 1:30-5pm on Mondays, Wednesdays, Saturdays and Sundays. *Reservations required, call the Mountain Adventure Zone at 888.968.7686 ext. 7500.*

**Canoe and Kayak Trips:** Experience two of northern Michigan's most pristine rivers from the unique vantage point of a canoe or kayak. In partnership with Crystal Adventures and Honor Trading Post, we offer daily trips on both the Betsie River and Platte River. *Reservations required, call the Mountain Adventure Zone at 888.968.7686 ext. 7500.*

**ATV Tours:** Take an exciting one-hour tour of beautiful Benzie County with Crystal Adventures' guided ATV trail tours. Available daily. Driver must have a valid license and attend a safety briefing. *Reservations required, call Crystal Adventures at 231.378.2831.*



## NEARBY TOWNS

- **FRANKFORT** - 20 minute drive. Beautiful beach in town. From downtown you could take 22 and visit Point Betsie, a restored lighthouse and museum. Beautiful beach next to it.  
**LUNCH SUGGESTIONS:**  
Coho Cafe - 320 Main Street  
L'chavim Delicatessen - 325 Main Street  
In Elberta, 1.2 miles away, Lighthouse Cafe'
- **GLEN ARBOR** - 48 minute drive, near Sleeping Bear Dunes National Park  
**LUNCH SUGGESTIONS:**  
Good Harbor Grill - 6584 Western Ave. 231-334 3555
- **TRAVERSE CITY** - 50 minute drive - Parking: Larry C. Harding Parking Garage, 303 E. State Street. \$ 1.00 per hour  
**LUNCH SUGGESTIONS:**  
Bistro FouFou 118 Cass St. 231-421 6583.  
Red Ginger 237 E. Front Street 231-944 1733  
The Little Fleet (Food trucks, informal) 448 E. Front Street

