



Guest room in the High Hampton Inn

HIGH HAMPTON INN, CASHIERS, NORTH CAROLINA

Located on 1,400 acres in Cashiers, N.C., High Hampton Inn celebrates its 90th season this year. Since 1922, it's brought generations of families and friends together to bond with one another in a stunning Blue Ridge Mountain setting. Reminiscent of the great camps of the Adirondacks, this Southern interpretation prides itself on being different from most resorts. The fact that there are no TVs or phones in the guest rooms is a tradition that High Hampton maintains to bring visitors back to a simpler time. highhamptoninn.com.

Distance from Nashville: 320 miles

Stay: Accommodations at High Hampton are housed in the historic Inn or in cozy cottages that are located throughout the property. The cottages feature hand-hewn twig and mountain crafted furnishings. Guests may also rent a vacation home through the resort.

Shop: On property, guests can shop at the **Hampton Market**, which features fresh produce, meats, gourmet cheeses, prepared gourmet salads, wine, beer, rustic breads, desserts and a selection of dry goods, and gourmet deli sandwiches. In the town of Cashiers, guests can visit numerous quaint **antique shops, boutiques** and **art galleries**.

Dine: Guests of High Hampton will enjoy three daily meals that are served in the dining room. The sumptuous buffets feature local produce and ingredients as well as a number of Southern favorites. Guests who would like to eat outside of the dining room can purchase items at the Hampton Market. Evenings from 5:30-8:30 p.m., the **Rock Mountain Tavern** serves up a number of tasty tapas that can be paired with a selection of beers and wine.

Landmarks: There are two mountains located on the High Hampton estate that feature miles of hiking trails that lead to the summits. The 35-acre Hampton Lake is ideal for swimming, fishing and non-motorized boating. The surrounding area is home to a number of stunning waterfalls. Whitewater Falls, with a rocky plunge of 411 feet, is the highest waterfall east of the Rocky Mountains.

Best Kept Secret: The **High Hampton Dahlia Garden** comprises almost an acre of colorful blooms, first planted more than 100 years ago, that bloom in late summer and early fall. Guests are invited to cut blooms to display in their rooms for a beautiful splash of color or to take home with them upon departure.