



# Mountain Courier

May 18-24, 2012

Welcome to Seven Springs Mountain Resort, Pennsylvania's largest four-season family resort! The Mountain Courier is your guide to all the family fun our mountain has to offer for the week.



Fly Fishing

Located in Pennsylvania's Laurel Highlands, Seven Springs Mountain Resort offers a variety of incredible fly fishing opportunities. The peaceful valley ponds and gorgeous mountaintop lakes provide an excellent experience for anglers of all ability levels.

Visit the fly fishing tackle shop or spend a day with an Orvis® endorsed guide, who can introduce you to the private spring-fed waters or teach you the art of fly fishing. Come up and experience the thrill of fishing for trophy trout in western Pennsylvania's best kept secret.

For more information contact the fishing line at (814) 352-7777, ext. 7899.

## Steakhouse and Prime Rib Buffet

4:30 - 9 p.m., Thursday



Adults: \$29.95  
Children age 12 and under: \$14.50  
Children age 5 and under: Free

A wide variety of entrees, including chef carved prime rib and assorted traditional favorites accompanied by fresh vegetables, bakery fresh breads, salads and desserts!

## Golf Tip



### Spring Cleaning Your Swing

With the season now upon us, I encourage everyone to take a lesson. Focus on the fundamentals of your golf swing - your grip, stance, and set-up position. These three components control the curve of the ball, the direction of the ball, and the solidness of hit. Practicing these key points will really make that first round an enjoyable one.

Check out our lessons and green fees online at [www.7springs.com](http://www.7springs.com)

## Italian Abbondanza Saturday Nights



Enjoy a taste of Italy! This buffet will be held Saturday nights 4:30 p.m. - 9 p.m. in the

Slopeside. It features items such as Italian Wedding Soup, Roasted Tomato with Garlic and Parmigiano, Grilled Chicken and Braised Escarole. The Salad Table will include Bay Scallops, Octopus and Shrimp as well as Roasted Olives, and Grilled Artichokes. But don't forget to save room for dessert maybe Tiramisu or Cannoli.

\$29.95 for an adult  
\$14.50 for children ages 6-12  
Children ages 5 and under are free



## OPENS FRIDAY MAY 25, 2012

Professionally constructed and maintained zip lines, sturdy cable bridges and easy to land stationary platforms using natural materials will make up the fantastic canopy tours. See the flora and fauna of our forests at canopy level and experience the thrill of letting gravity take you on the journey you will rave about for months.

Call extension 7905 to make a reservation.

## A Taste of Helen's

Join us on Thursdays, now through May 31, 2012, for a Taste of Helen's. Each week we will present a tasting menu of featured selections from our dinner menu and some of chef's special creations not found on the menu! This tasting will include a choice of appetizer, entree and dessert. We will also feature select beers, cocktails and wines to pair with your meal.



### Sample Menu

**Appetizer:** Wild Mushroom Soup, Classic Caesar Salad or PEI Mussels

**Entrees:** Pan Seared Sea Scallops, Veal Cheek Rigatoni or Roasted Amish Chicken

**Desserts:** Strawberry Shortcake, Pecan Pie Bread Pudding or Chocolate Blitz

\$40 per person, does not include beverages, tax or gratuity

Information  
Please call 800-452-2223, ext. 7827

## Prime Rib Thursday

Join us on each Thursday at Sporting Clays for Prime Rib Thursdays! For only \$50 per person, come up and shoot 100 targets, using your own equipment and enjoy dinner at the Grille! All shooters must be on the course between 1 p.m. and 3 p.m. and finish their round by sunset.



For more information or to make reservations, please call (814) 352-7777, ext. 7899.

The Prime Rib Thursday menu comes with vegetable, tossed salad and dessert.

The Prime Rib Thursday special offer is valid for dinner and 100 targets using your own equipment. Guests who wish to only shoot may do so at the regular course fee rates.

Don't forget to purchase your 2012-2013 Season Pass.



Hurry! The price goes up June 1, 2012

## UPCOMING EVENTS

- May 25-28.....Memorial Day Weekend
- June 24..... Wild Turkey Bourbon Shoot
- June 30..... Foggy Blues with Guitar Zack and Sweaty Betty Blues Band
- July 6-8.....Irish Festival
- July 27-29..... Rib & Wing Festival
- Aug. 4..... Storywalk
- Aug. 7-11.....International Bowhunters Organization World Championship



# Mountain Courier

## PENNSYLVANIA'S ★ OUTDOOR ADVENTURE HQ ★ — YOUR HEADQUARTERS FOR SUMMER OUTDOOR FUN —

### FUN FOR THE WHOLE FAMILY!

Alpine Slide	10 a.m. - 6 p.m., Sat. - Sun.
Bear Trap Fun Zone	10 a.m. - 10 a.m., daily
Bowling	12 p.m. - 11 p.m., Fri. - Sat. 1 p.m. - 9 p.m., Sun. - Thurs.
Golf	8 a.m., daily Please call ext. 4000 for a tee time.
Hot Tubs	11 a.m. - 10 p.m., daily
Indoor Pool	Adult Lap Swim: 9 a.m. - 11 a.m., daily  Open Swim: 11 a.m. - 10 p.m., daily
Miniature Golf	12 p.m. - 10 p.m., daily
Racquetball	9 a.m. - 4 p.m., daily Call ext. 7629
Screaming Hawk Zipline Tours	9:30 - 4:30 p.m., Fri.-Sun. Please call ext. 7625 for a reservation.
Sporting Clays	9 a.m. - 3 p.m., Sun. - Thurs.

## MEMORIAL DAY WEEKEND!

JOIN US FOR ENTERTAINMENT BY THE POOL,  
FISHING DEMONSTRATIONS, GAMES, SPORTING  
CLAYS DEMONSTRATIONS, FOOD,  
FIREWORKS AND FUN!

INQUIRE ABOUT SPECIAL LODGING PACKAGES ONLINE AT [WWW.7SPRINGS.COM](http://www.7springs.com)

### HOW CAN WE HELP YOU?

Fitness Center	Open 24 hours to hotel guests
2nd floor of the hotel	
Guest Info	9 a.m. - 8 p.m., Fri. - Sat. 9 a.m. - 3 p.m., Sun.
Real Estate Sales/ Homeowner Association	9 a.m. - 5 p.m., daily
Season Pass Office	9 a.m. - 4 p.m., daily
Trillium Spa	9 a.m. - 7 p.m., Fri. 10 a.m. - 7 p.m., Sat. 9 a.m. - 6 p.m., Sun. - Thurs.

### SHOP 'TIL YOU DROP!

Golf Shop	8 a.m. - 5 p.m., daily
Hair Expressions	9 a.m. - 5 p.m., Fri. - Sat. Sun. by appointment only 10 a.m. - 2 p.m., Mon. 10 a.m. - 2 p.m., Wed. - Thurs.
Mountain Memories	9 a.m., daily
Ole Man Winter	11 a.m. - 5 p.m., daily
Sacred Ground	9 a.m. - 5 p.m., daily
Shoppe at the Springs	8 a.m. - 8 p.m., daily
Seven Springs Outlet	9 a.m. - 8 p.m., Fri. - Sat. 9 a.m. - 5 p.m., Sun. - Thurs.
Trademark 7	9 a.m. - 8 p.m., Fri.-Sat. 9 a.m. - 5 p.m., Sun. - Thurs.

Sign up for Priority 7 to find out what is new, for upcoming events and specials.

Sign up online at [www.7springs.com](http://www.7springs.com)

Ask about this special at the Trillium Spa.

Don't forget to check out CU at [cu.7springs.com](http://cu.7springs.com)

### LOUNGE ENTERTAINMENT

Fri., May 18.....	Zimmie.....	10 p.m. - 1 a.m.....	Matterhorn
Fri., May 18.....	Chuck Cantalamessa.....	7 p.m.-11 p.m.....	Bavarian
Fri., May 18.....	Harry Franey.....	6 p.m. -10 p.m.....	Helen's
Sat., May 19.....	Backstreets Unplugged .....	7 p.m. -11 p.m.....	Bavarian
Sat., May 19.....	DJ Mantis .....	10 p.m.- 1 a.m.....	Matterhorn

Tune in to the Seven Springs Network,  
channel 14, for more resort information!

# Dining Options



Whether you're in the mood for an creative meal with an exquisite bottle of wine, the best pizza and sandwiches on the mountain or a hot beverage and pastry to start off your day, we have the perfect places for you to eat!

## SLOPESIDE

Breakfast: Daily, 7 a.m. - 11 a.m., | Lunch: Daily, 11 a.m. - 3 p.m. | Dinner: Daily, 4 p.m. - 9 p.m.

### BREAKFAST BUFFET

Friday - Sunday | 7 a.m. - 11 a.m.  
Adults | \$16  
Children 6-12 | \$8  
Children 5 and under | Free

### SOUP AND SALAD BAR

Friday - Sunday  
\$9 (add to any meal for \$4)  
Beverages are not included  
with the salad bar.

### SUNDAY BRUNCH

Sundays | 11:30 a.m. - 3 p.m.  
Adults | \$26  
Children 6-12 | \$13  
Children 5 and Under | FREE



### STEAKHOUSE AND PRIME RIB BUFFET

Thursday | 4:30 - 9 p.m.  
Adults | \$29.95  
Children 6-12 | \$14.50  
Children 5 and Under | FREE

### GRAND SEAFOOD BUFFET

Fridays | 4:30 - 9 p.m.  
Adults | \$39.95  
Children 6-12 | \$19.99  
Children 5 and Under | FREE

### ITALIAN ABBONDANZA

Saturday | 4:30 - 9 p.m.  
Adults | \$29.95  
Children 6-12 | \$14.50  
Children 5 and Under | FREE



Check us out!  
Scan this  
code with your  
smartphone.

## THE GRILLE AT SPORTING CLAYS

Friday  
11 a.m. - 2 p.m. and  
5 p.m. - 9 p.m.  
  
Saturday  
2 p.m. - 9 p.m.  
  
Sunday  
11 a.m. - 6 p.m.  
  
Thursday  
11 a.m. - 6 p.m.

## HELEN'S

Friday  
5 p.m. - 10 p.m.  
  
Sunday  
5 p.m. - 9 p.m.  
  
Tuesday - Thursday  
5 p.m. - 9 p.m.

## PIZZA PLACE

Friday - Saturday  
11 a.m. - 2 a.m.  
  
Tuesday  
11 a.m. - 11 p.m.



## MOUNTAIN PERK

Friday - Saturday  
7 a.m. - 9 p.m.  
  
Sunday  
7 a.m. - 1 p.m.

## GINGERBREAD DREAMS

Friday - Saturday  
11 a.m. - 7 p.m.  
  
Sunday  
10 a.m. - 2 p.m.



## BAVARIAN LOUNGE

Friday - Saturday  
11 a.m. - 12 a.m.  
(food until 11 p.m.)  
  
Sunday - Thursday  
11 a.m. - 11 a.m.  
(food until 10 p.m.)

## MATTERHORN LOUNGE

Friday - Saturday  
9 p.m. - 1 a.m.

## TIMBERS

Friday - Saturday  
7 a.m. - 9 p.m.  
  
Sunday  
7 a.m. - 3 p.m.

### Grand Seafood Buffet

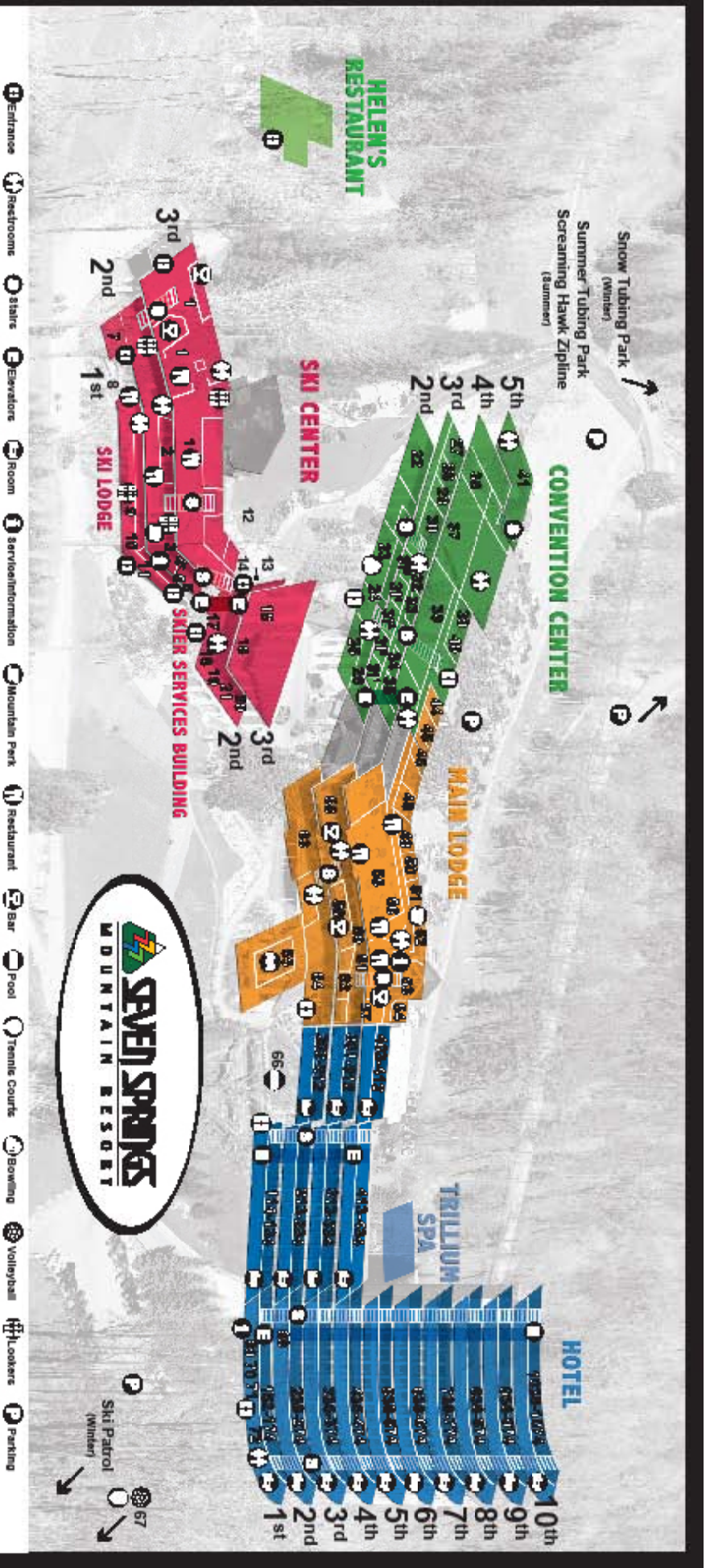
4:30 - 9 p.m., Friday  
Slopeside

A great selection of fresh seafood dishes including clams, mussels, crab legs, fresh fish and pasta accompanied by fresh vegetables, bakery fresh breads, salads and desserts! Menu changes weekly.



All food outlet hours are subject to change.

# Resort Map



- SKII LODGE**
1. Foggy Grogg
  2. Front Tracks
  3. Mountain Peak
  4. Mountain Memories Photography
  5. Snow Base Shopper & Grogghead Diner/Bar
  6. Maple Room
  7. Ski Check
  8. Eno's Pit
  9. Coat Check
  10. Ski Check
  11. Rental Shop
  12. Ski Service Building
  13. Shuttle Pick-Up for Parking Lot
  14. Season Pass and Day Group Ticket Office
  15. Timberline Room
  16. Will's Ski Shop Fall and Winter
  17. Snowsports School Office
  18. Seven Springs Adventure Center
  19. Kid's Corner (Winter)
  20. Tiny Tot's Ski School (Winter)
  21. Wild Adventure Day Camp (Summer)
  22. Hoopshoop Court
  23. Bowling Center
  24. Club Trap Game Room
  25. Pool Deck
  26. Laurel Room
  27. Dogwood Room
  28. Evergreen Room
  29. Chestnut Room
  30. Hemlock Room
  31. Seasons Rooms
  32. Sunburn Forum
  33. Snowflake Forum
  34. Wintergreen Forum
  35. Directors Room One
  36. Exhibit Hall A/B/C
  37. Exhibit Hall
  38. Grand Ballroom
  39. Stag Pass
  40. Go Team Office
  41. Festival Hall
  42. Seven Springs Boutique
  43. Grogghead Dreams
  44. Seven Springs Outlet
  45. Testmark 7
  46. Pizza Place
  47. Sacred Ground
  48. Hair Expressions
  49. Mountain Park
  50. Guest Information
  51. Conference Sales and Catering
  52. Shepheard Dining Room
  53. Trainers
  54. Banquet Lounge
  55. Alpine Room
  56. Matherborn Lounge
  57. Bar and Entertainment Office
  58. Old Man Winter Leather Shop
  59. Resort Beach
  60. Miniature Golf
  61. Bear Trap Fun Zone
  62. Indoor Pool/Hot Tub
  63. Outdoor Pool/Banquet Beach
  64. Tennis and Volleyball Courts
  65. Fitness Center
  66. Hotel Service
  67. Vacation Progress by Management
  68. Ski Shop at the Springs
  69. Hotel Registration

