

Welcome to the



Biennial State Convention

11-14 June 2015, at the beautiful and bountiful



Cashiers, North Carolina



High Hampton is located at 1525 Highway 107 South in Cashiers, N.C.

[Google Map](#)

[MapQuest Directions](#)



Dining at High Hampton Inn

Meals are bountiful, and the chefs make use of fresh, seasonal ingredients and traditional recipes that have been handed down over generations. Favorites such as High Hampton fried chicken, local rainbow trout, and herb-crusted roasted prime rib or New York strip steak are accompanied by locally grown vegetables and produce, and homemade breads

that showcase Cashiers dining at its finest.

Wine and beer may be purchased in the dining room during the midday and evening meals.

Dining Room Hours

Breakfast: 7–9:30 a.m.

Lunch: Noon–2:15 p.m.

Dinner: 6:30–8:15 p.m.

The Hampton Market

The Hampton Market is a new addition to the High Hampton Inn & Country Club. Hotel guests and vacation rental home guests may shop at the Market for items like fresh produce, meats, gourmet cheeses, prepared gourmet salads, party platters, wine, beer, rustic breads, desserts, dairy products, and a selection of dry goods, including organic products, and gourmet deli sandwiches. The Market caters to golfers for sandwiches, beer and sodas. Draft beer is also available at the Market.

High Hampton Spa & Health Club

The latest offering from this [Blue Ridge Mountains resort](#), the world-class Cashiers spa dissipates stress with soothing colors, the tranquil sounds of running water, calming aromatherapy and lavish furnishings. You're sure to enjoy one of the signature treatments – a Warm Stone Massage, Clay Body Masque or Body Polish, or joining a private trainer for a Pilates work out, the High Hampton Health Club & Spa offers pampering spa treatments in Cashiers with luxurious private treatment rooms and state-of-the-art exercise facilities.

Massage therapists relax and renew with Swedish and therapeutic massages in the NC mountains. Facial and body treatments utilize gentle exfoliation, soothing massage and vitamin-rich creams or essential oils to stimulate and invigorate the skin.

Hampton Health Spa is the perfect place for a spa vacation in the Carolina mountains. It is proud to feature the world-renowned skin care line Eminence. This all-natural, hand-made organic line is prepared using a unique combination of hand-picked fresh ingredients and pure water drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else on earth. All of the products are hand-crafted in Hungary and are not made using any heating or hydrogenating processes. Vitamins are captured in their all-natural fresh base, offering dramatic results as actual seeds, pulps and peels begin the regenerative and healing powers that only nature can produce. Locker rooms include personal changing rooms with steam showers and three private treatment rooms for massages, facials and a separate pedicure and manicure salon.

The Health Club consists of a multi-use room for Pilates, yoga, stretching and aerobics; and a separate workout space contains state-of-the-art cardiovascular, resistance, free weight and core training areas. On the website, you'll be able to link to several videos and obtain Spa Brochure and obtain the latest schedules. To schedule an appointment, please call (828) 743-6479.

High Hampton Inn Activities

High Hampton Inn is a mountain lodge in North Carolina that celebrates nature and being outdoors. Our “swimming pool” is a 35-acre crystal clear mountain lake; hiking trails lead to the peaks of Rock and Chimney Top Mountain for amazing vistas of the Cashiers valley; premier [golf](#) and [tennis](#) programs encourage everyone to take a swing at sports.

The atmosphere encourages families and children to mix, mingle and play together, resulting in many families who make annual [family vacation](#) reservations maintains at the same time every year.

Hampton Lake

Our private 35-acre lake is the center of activity for water sports in Cashiers with a wading pool, swimming area, sandy beach, two docks and swim platforms and a children’s playground. The refreshing, pristine mountain waters beckon for swimming, sailing, canoeing, rowing and pedal boating.

The [historic mountain inn](#) maintains a small fleet of these boats for guests’ use. The waters of Hampton Lake are calm and protected, and no motor boats are allowed.

High Hampton Inn Hiking Trails

Eight well-marked NC mountain hiking trails in Cashiers lined with hemlock, rhododendron and mountain laurel, offer a variety of skill levels and traverse the 1,400 acres of the High Hampton estate. Strike out on your own or join one of our guides for a group excursion.

Reach the peak of Chimney Top Mountain at 4,618 feet for a breathtaking view of Cashiers valley and the Blue Ridge mountains, enjoy a casual trek alongside Hampton Lake, or get a cardio workout on our exclusive Fitness Trail. Named trails include Lake Trail, Wildflower Trail, Headwaters Trail, Azalea Trail, Shortia Trail, Chattooga Ridge Trail, Chimney Top Trail and Rock Mountain Trail. An hour-and-a-half hike leads to the peak of Chimney Top Mountain, and another one-hour hike crosses the summit of Rock Mountain at 4,370 feet.

The Fitness Trail is professionally designed to tone your muscles and give you the cardiovascular exercise that is important to good health. It originates at the upper end of Hampton Lake and proceeds to the base of Rock Mountain. There are 10 stations with instructions for fitness at each station.

All of our hiking trails with their spectacular views of the Cashiers valley will please the stroller, walker and hiker alike.

Llama Hikes at High Hampton Inn

Hike-A-Rama With a Llama

This summer you can expect to see our favorite furry friends return to High Hampton – llamas! They will be here on Thursdays and Saturdays and will be available for hikes and other fun!

Llama Llama Thursdays

On Thursdays, you can enjoy a hike with the llamas around Lake Trail at 4 p.m. The cost is \$10 for adults and \$5 for children.

Our Llama Olympics will also take place at the Tavern at 5:30 p.m. This is a great time for guests to get to meet the llamas, pet them, and take photos with them. Children will also have the opportunity to lead them through an obstacle course and have a llama race.

Saturdays

Still wanting more Llama fun? Join the llamas for different hikes that include a trip up Rock Mountain and around the Cherokee Campground. The Rock Mountain hike is \$40 for adults and \$20 for children and \$25 for adults and \$15 for children for the Cherokee Hike.

Fore!

Our llamas can also join you on the links! Contact our Pro Shop at (828) 743-2450 to learn about how llamas can caddy for you

Fishing at High Hampton Inn

Because our lake is private, there is no closed season and no fee. Guests can fish for rainbow trout, bass and bream at our North Carolina Mountain Resort. Fly fishing schools are available daily and are held on a small, stocked pond. Advanced reservations are suggested.

Cashiers is in the heart of some of North Carolina's best trout fishing streams and is a part of the [Western North Carolina Fly Fishing Trail](#). We are happy to arrange a guided fishing outing to nearby rivers and streams for brook, brown and rainbow tro

Falconry Program

During our 92nd season, you can expect to see some feathered friends flying overhead as you enjoy the activities of our NC mountain getaway.

Come Fly with Me

High Hampton Inn is partnering with Curtis Wright Outfitters to offer a falconry program for guests this summer. The falconry experience is an up close and personal "hands on" experience with a bird of prey. Interested guests will accompany a licensed falconer to learn about the ancient sport of falconry and even handle the raptor!

In this falconry program, guests will also learn about the red-tailed hawk, have an opportunity to feed the birds, and have a hawk fly to his/her glove!

How can you participate?

The falconry experience costs \$125 per guest for an hour and a half of training with the birds. A maximum of six participants are allowed into one session with the falconer and bird. If a guest would just like to watch as their friends and families interact with these birds of prey, the cost is just \$50 to observe.

Reservations are by appointment only and need to be arranged through the High Hampton Concierge. For more details about this magnificent experience, please call 828-743-2411.

More Exciting Places to Visit in the Cashiers /Highlands /General Area

- * Great Smokey Mountain Railroad located in Bryson City
- * Whiteside Mountain
- * Culla Saja River Gorge
- * Highlands Playhouse
- * Bascom Art Center
- * Mountaintop Wine Shoppe
- * Jackson Hole Gem Mine
- * Church of the Good Shepherd
- * Zachary-Tolbert House
- * Southern Highroads and the Southern Highroads Trail
- * TJ Bailey for Men
- * Colonel Mustard's
- * Zip Line in Highlands

Waterfalls and Day Excursions near High Hampton

Whitewater Falls: This 411 foot high Waterfall is higher than Niagara Falls and is the Highest Waterfall in the Eastern United States. It is 11 miles from the Inn, approximately a 20-minute drive. From High Hampton, turn left onto Hwy 107 S for 7.3 miles crossing the North Carolina/ South Carolina state line and take the first paved road to the left (S-413), a very sharp uphill turn. Follow this road for 2 miles (passing a PULL OFF spot with a beautiful view of Lake Jocassee and the South Carolina lowlands on your right) until reaching a stop sign. At the stop sign turn left and travel 1.2 miles to the parking entrance for Whitewater Falls, which will be on your right. After parking, follow the paved trail to the falls overlook. If you choose to hike above or below the falls, there are trails in both directions. **Please be very careful. The trails are strenuous and the rocks are very slippery and accidents have occurred.**

Silver Run Falls: This Waterfall is approximately 40 feet high and near High Hampton. From the Inn, turn left onto Hwy 107 S going 2.5 miles and park on the left in the PULL OFF area with the holly trees. After parking, you will see a narrow trail leading to the falls at the south end of the pull off area. The 600 foot trail winds through the woods and over a small stream where there is a log bridge. Short after crossing the bridge, you will see the Silver Run falls. This is an excellent place for a picnic, and a swim in the cold water is very refreshing.

Little Sliding Rock: Only fifteen minutes from the Inn and a perfect place to take the children for a picnic, swim and a short slide down a small waterfall. From the Inn, turn left onto Hwy 107 S, and then take the first paved road to your right, which is Whiteside Cove Road, and after crossing a small bridge, you will see a pull off area to the right. A Short path will lead down to the stream. **Be extremely careful when standing on wet rocks. They can be very slippery!** Children must be supervised at ALL times.

Bridal Veil Falls: This waterfall is just 2.5 mile from Highlands on US Hwy 64 towards Franklin. Several years ago the highway went under the falls, but now you can only walk to it from the PULL OFF area.

Dry Falls: This fall is located 1.1 miles from Bridal Veil Falls along US Hwy 64 toward Franklin on the left. A short walk down the steps into the Cullasaja River Gorge takes you to the walk behind the falls. A large volume of water will be flowing over you, but you will be dry.... Well, almost.

Cullasaja Falls: Further along US Hwy 64 toward Franklin you will see this beautiful waterfall. Look carefully or you may pass by before you see the falls. Parking on the Hwy is Limited at this fall and the road is narrow and can be congested at times, so please take EXTRA caution.

Glen Falls: Go approximately 1-½ miles out of Highlands on State Hwy 106 (toward Dillard, Ga.). Turn left at Forest Service sign. It is a short distance to the trail and a short walk to the falls. The falls are not that spectacular, but the view of Blue Valley below Rabun Bald, Georgia's second highest peak at 4,663 feet, is very good.