



THE ART OF RETREAT STARTS WITH LOCATION...

Welcome to Sycamore Mineral Springs Resort where retreats are an art form customized to fit your needs, create memorable experiences and leave a lasting impression to take with you.



Relax Engage Transform Re-invent Energize Adventure Time



🌿 Sycamore Spa & Wellness Center 🌿

The Spa offers a wide range of spa treatments, including massages, facials, and body treatments. Our spa offers a complimentary 30 minute hillside mineral springs soak in your own private secluded hot tub before your treatment.

🌿 Hillside Mineral Springs Hot Tubs 🌿

Our private tubs are tucked into the wooded hillside and canopied by oak and sycamore trees. Tubs vary in size, accommodating from two to eight people, and our fresh water Oasis is perfect for large groups of up to 30.

🌿 Yoga, Tai Chi & Pilates Classes & Self Guided Hikes 🌿

Explore your inner self and art of physical fitness with a selection of mind-body classes in our Yoga Dome. These classes and hikes are complimentary to our hotel guests.

🌿 Labyrinth & Meditation Garden 🌿

Navigate the stone pathway of our Labyrinth and its transforming metaphors. Our Meditation Garden is the perfect environment to reflect on life's journeys.

🌿 Gift Shop 🌿

Our Gift Store features an assortment of unique treasures, such as yoga and spa clothes and accessories, aromatherapy candles, beautiful handcrafted jewelry, distinctive household and feng shui goods, a large selection of books, greeting cards, and local wines.

🌿 Outdoor Adventures 🌿

Only 2 miles from Avila Beach, a quaint beachfront community with surfing, fishing, wine tasting, golfing and restaurants is just a short walk on the Bob Jones Trail. We offer bicycles for rent if you would rather do a tour of the five cities coastal community or possibly a kayaking adventure in the beautiful Pacific Ocean or even a wine tour in the highly acclaimed San Luis Obispo County wine region. Our guest activities coordinator can assist you in customizing a personal adventure.



THE ART OF RETREAT DAY PACKAGES

We believe that each Retreat has its own unique needs and aspects in order to be successful. We offer a wealth of services and accommodations to serve your specific needs with special attention to details and personal coordination for your Retreat from start to finish.

“Rustic Retreat” - Spend the day in nature's splendor whether it be an outdoor team building activity, relaxing and rejuvenating spa day or a motivating luncheon and guided hike. We can create the perfect combination to invoke awareness, productivity and contagious enthusiasm for your next group outing.
Starting at \$50 per person

“Culinary Retreat” - Everyone loves to eat, but not everyone knows how to cook. By teaming managers and employees in a friendly culinary competition, with a master chef and a professional facilitator to guide them, the playing field is leveled and new dynamics emerge. That means new potential for creativity, problem solving, communication, cooperation and inspiration. As a result, your team will take you to the cutting edge of business competition and bring ultimate success.
Starting at \$100 per person

“Adventure Retreat” - Is your group active and love the outdoors, we can offer a variety of organized group adventures such as a kayaking, horseback riding, bicycle riding, hiking, golfing or surfing. The Central Coast offers neutral weather all year round which makes it perfect for those who need to get rid of some bound up energy or want to experience some adventure and thrill seeking fun.
Starting at \$100 per person

Overnight stay packages are available at an additional cost.



TEAM BUILDING PACKAGE

Sycamore Mineral Springs Resort Corporate Package requires a reservation of six or more rooms and a two night minimum stay.

- One team-building activity
- Buffet breakfast
- Basic audio-visual (LCD projector, overhead projector with screen, TV/VCR, and flipchart with easel and markers) Choice of a catered meal, a box lunch, or a Dining Room meal for lunch and dinner.

Team-Building Activities

Meeting attendees can choose one of the following team-building adventures to customize their own package.

- Half Day Chumash Challenge
- Golf Tournament
- Relax and Reward Spa Package
- 2 Hour Guided Horseback Trail Ride
- 4 hour Kayaking Tour
- 2 hour personalized team building activity with speaker
- Customized Team Building Culinary Adventure
- Local Wine Tour
- **Prices: \$500-\$700 per person/per package**

Upgrades

Planners will receive a complimentary upgrade to a one bedroom spa suite.

Outdoor Activities

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RETREATS MADE SIMPLE

“The time to relax is when you don’t have time for it”

OVERNIGHT PACKAGE: 6 OR MORE PEOPLE

- Overnight stay in mineral spring room with fireplace and balcony spa
- One hour session in our private hydrotherapy mineral water hot tub
- \$40 dining voucher at the Gardens of Avila Restaurant
- Daily offered Yoga, Pilates, Tai Chi Classes and Self Guided Hikes
- Suite upgrade for retreat organizer

\$250.00 per person- Valid Sunday-Thursday / \$325.00 per person-Friday or Saturday

TWO NIGHT PACKAGE: 6 OR MORE PEOPLE

- Overnight stay in mineral spring room with fireplace and balcony spa
- One hour session in our private hydrotherapy mineral water hot tub
- \$40 dining voucher at the Gardens of Avila Restaurant
- Daily offered Yoga, Pilates, Tai Chi Classes and Self Guided Hikes
- Suite upgrade for retreat organizer

\$485.00 per person-Valid Sunday-Thursday / \$635 per person-Friday or Saturday

UPGRADES:

Guest House

This two story California-style home is over 3,000 square feet with three bedrooms and three bathrooms. It offers the perfect environment for a meeting place during your retreat as well as rooms for VIP guests or facilitators.

ADDITIONAL NIGHTS

We encourage additional nights if possible to really take advantage of what our resort has to offer. We can work them into your package to fit within your needs.

SPA, ADVENTURE, FUN

Make your retreat unique in your own special way by adding therapeutic spa treatments, group soak in our Oasis hot tub, kayaking, golfing, wine tour, picnic on the beach, bike ride through the orchards, a private class in our Yoga Dome, the possibilities are endless.