Welcome to the Custer Cutoff

To make your stay more enjoyable we ask you to make yourself at home. There will be coffee available every morning in the studio & the pavilion, which is an excellent time to watch wildlife as the sun rises.

<u>During the morning</u>: Your host/hostess will be around for custodial duties and answer any questions you may have. If you have horses in stalls, the stalls must be picked every day. Wood shavings will be distributed by your host/hostess. Horses that have sharp shoes (drill tech) are not allowed in stalls as the stall matting will be destroyed. If you are renting a room or stalls, <u>please do not strip bedding or stalls</u> when checking out.

<u>Morning 6:00 am:</u> By appointment: Health & Wellness - One on One Body Work – Swedish & Sports Massage – with oils & scents / Foot De-tox / Bio-Mat / Alpa Stem / Red Light Therapy / Isolated Heated Body Massager / The Wiggler (Healthy Swinger) / Inversion Table.

<u>By appointment</u>: In the studio, will be a relaxed mobility class, where you will learn to relax your ligaments safely gaining deep circulation & bone strength. We welcome you to bring your own work-out tape. Yoga / Ariel Yoga are also available.

<u>Afternoons:</u> Are a great time for both inside & outside games. Just ask the host / hostess to show you all the wonderful possibilities.

<u>Any Time is Tub Time:</u> Tub Time includes all types of complementary bathing amenities. Speak with your host / hostess so they can show you how to fill, drain & clean your tub. Bring your towel/robe – or not, / phone / snacks & beverage. This event is a must do while here at The Custer Cutoff.

<u>Late Afternoon & Evening</u>: The Studio is a great place to hang out. There you will find; 2 game/dining tables, foosball table, reading/library area, TV viewing & bar area & open area for dance, ping pong, etc. Check with your host / hostess they can show you where the good stuff is. Children under the age of 13 must be accompanied by an adult or responsible sibling.

<u>Evenings or at anytime:</u> notify your host that you would like to have a fire in the fireplace room, or to use the various grills / adobe oven. They will show you the in & outs of the fire regulations and how to properly use the fire and grilling facilities. If you care to have a meal catered inform your host 24 hours in advance.

<u>Throughout the day & night:</u> Cabin & Loft guests are first in line to use the showers, tubs and sauna. The refrigerators are for Loft & Cabin guests. Check with your host / hostess as to Cabin & Loft residency in order for you to have extra refrigeration/freezer space if needed. The Picnic Pavilion is for all to enjoy.

<u>Any Time:</u> Various services are available, such as: Use of: paddle board, kayaks, bikes, portable black water dump. Just ask your host/hostess.

<u>During your stay:</u> Adults can arrange for a time to visit the Cabarn located below the studio. This is where the saddle & tack repair shop is located and to shop for other treasures that you may need. A certified equine sports massage therapist is available if you like. Call to arrange for an evaluation of your horse's condition along with fitting your saddle & tack.

<u>The Custer Cutoff is</u>: A health & wellness family-oriented venue. American pride & a concern for the health & wellness of our planet, yourself & others is expected. Children & Pets must be supervised at all times. We want you to enjoy your stay as we strive to make your stay the best.

Questions/concerns or to report an issue: 507-276-8571

WiFi Pass word is: TaueringPines2020

NO smoking or Pets in any buildings (A-Frame Cabin is pet friendly & smoke free). Dog poop must be scooped up daily & put at the base of a tree or bagged and put in trash receptacle. Be mindful & respectful.