

## *Group Spa & Adventure Experiences*



**The Spa & Adventure Center at Hotel Roanoke will assist hotel guests, groups, conferences, and wedding parties with services to help create extraordinary and memorable experiences.**

For six years we've worked with groups creating memorable, fun and local adventures throughout Virginia's Blue Ridge. We've hosted group outings/tours for eight persons to 150+ guests!

Now the Spa & Adventure Center at Hotel Roanoke focuses exclusively on providing exceptional service to hotel groups, conferences and guests. We feature in-room massage, facial & relaxation services, and the blissful mini-escape at the Salt Foot Sanctuary.

Visit our websites at  
[www.TourRoanoke.com](http://www.TourRoanoke.com)  
[www.SpaRoanokeVA.com](http://www.SpaRoanokeVA.com).

Or email us at  
[info@TourRoanoke.com](mailto:info@TourRoanoke.com) or [info@SpaRoanokeVA.com](mailto:info@SpaRoanokeVA.com)

Here's a list of some of the fun local group experiences & Spa services we can provide and host. Additional spa services and local adventures including golfing and fishing are also available.

## Spa Services

**The Salt Foot Sanctuary** - A blissful transforming mini-escape with a lasting impression. Ideal for small groups! The Salt Foot Sanctuary is a shared experience provided in our sanctuary and centered on luxurious, handmade, and wonderfully aromatic mineral foot soaks. Be ultimately pampered by adding a massage during the soak.



Includes – Complimentary hot tea, a glass of wine or a craft beer.

Capacity - 4 guests per appointment session.

Options - Massage during the soak. Lower legs and feet, or head, neck & shoulders, or arms and hand.

Duration - 1 hour.

Price \$36.00 for Soak Only.

\$75.00 for Soak & Massage



**Massage - individuals & couples** – Give yourself permission to experience relaxation and relief from pressure with a therapeutic Swedish massage during your stay at the historic Hotel Roanoke. Indulgent and uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles. Tension will dissolve, leaving behind only comfort and well-being.



Includes – Complimentary bottled water, and a chocolate treat.

Capacity – A simultaneous Couples massage requires a guest room/suite large enough to accommodate two massage tables. Ask for added information.

Options – Individual or couples massages. Either for 1 hour or 90-minute duration.

Price - 60-minute Swedish Massage - \$125.00

90-minute Swedish Massage - \$180.00

5% surcharge will be added.



Details will vary with each group – for prices please contact us at [info@TourRoanoke.com](mailto:info@TourRoanoke.com) or [info@SpaRoanokeVA.com](mailto:info@SpaRoanokeVA.com) or (540) 309-1781

**Facial & Relaxation Treatment - individuals & couples** - Treat yourself to a relaxing and deep cleansing European facial and relaxation treatment during your stay at the historic Hotel Roanoke.

What Is a European Facial & Relaxation Treatment?  
This service is a type of deep cleansing treatment that is performed on the neck and face. It also includes

Includes – Complimentary bottled water, and a chocolate treat.

Capacity – A simultaneous Couples massage requires a guest room/suite large enough to accommodate two massage tables. Ask for added information.

Options – Individual or couples massages. Either for 1 hour or 90-minute duration.

Price - 60-minute Facial & Relaxation Treatment - The Tudor - \$125.00



**Chair Massage Services** - Looking for an effective and affordable way to lift spirits, increase alertness and productivity and provide an excellent experience for your guests? Perhaps a wedding party seeking a way to share a group experience and further enjoy the BIG day?

Guaranteed to bring a positive atmosphere to any event and an economical way to show appreciation. These services are highly mobile and can be set up in convenient semi-private locations.

Duration – Chair massages typically range from 5 to 15 minutes. Based on the number of guests and the desired use, we'll coordinate a plan for the timing, the number of therapists and massage duration that provides the intended results for each group.

Price per therapist - 1 hour: \$95.00. 2 hours: \$85.00/hr.  
3 hours & more: \$75.00/hr.  
20% Gratuity will be added.



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## Tours & Adventures

**Food & Cultural Tour of Downtown** - Delicious & satisfying food, fascinating history & culture, fun local guide and a memorable walk through historic downtown. This guided mid-day walking tour visits up to seven food-tasting locations within the colorful and booming downtown Historic District.

Includes - All food and beverage, local guide.

Capacity - Minimum of 8 and maximum of 40.

Options - Round trip bus transportation to downtown. Other activities before or after.

Duration - 3 to 3.5 hours, depending on logistics details.

Available any day of the week.



**Downtown Roanoke Dinner Tour** - Delicious & satisfying food, plus a little bit of Roanoke history and a lot of fun and group bonding. A walking tour of downtown eateries and restaurants with alcohol pairings available. Offered Monday through Thursday evenings.

Includes - All food and beverage, local guide.

Capacity - Minimum of 8 and maximum of 25.

Options - Bus transportation to downtown.

Duration - 3 to 3.5 hours, depending on logistics details.



**Taste of Naples Pizza & Wine Adventure** - Fortunato Restaurant & Tour Roanoke team up to offer an afternoon of group bonding in the kitchen and behind the bar! We invite you to be the maker. It's hands-on, in-the-kitchen and behind-the-cocktail-bar fun.

Includes - Pizza, wine, cocktail, your personal executive chef and bartender.

Capacity - Minimum of 10 and maximum of 16.

Options - Round trip transportation to the restaurant.

Duration - 2.5 to 3 hours.



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**Hike Mill Mountain or McAfee's Knob** - Two iconic hikes showcasing Virginia's Blue Ridge region, led by local guides. Both considered moderately difficult.

Includes - Local round trip transportation, hike guides, bottled water, trail mix snack.

Capacity - Minimum of 8 and maximum of 50.

Options - Box lunches or food stop. Other activities before or after.

Duration - 1 to 6.5 hours, depending on hike location and logistics details.



**Kayaking/Paddleboarding/Tubing** - The Roanoke River and our region's blueways provide wonderfully unique opportunities for groups to enjoy our region, have fun and create group bonding opportunities. Tour Roanoke has teamed with Roanoke Mountain Adventures to provide water adventures for small and large groups of all skill levels and ages.

Includes - All gear.

Capacity - Minimum of 6 and maximum of 50.

Options - Boxed lunches, transportation options, guided or self-guided trips. Some activities can include instruction for beginners.

Duration - 2 to 7 hours.



**Biking – Mountain, Greenway & Road biking** – Within minutes of the Hotel Roanoke our region offers, wonderful biking opportunities of all types and for all skill levels and for all ages. Tour Roanoke has teamed with Roanoke Mountain Adventures to provide biking adventures for small and large groups. Self-guided and fully guided biking adventures are available. One of the most popular trips is the ½ day guided mountain bike adventure at nearby Carvins Cove.

Includes – Bicycle and all gear.

Capacity - Minimum of 6 and maximum of 20.

Options - Boxed lunches, transportation options, guided or self-guided trips.

Duration - 1 to 7 hours.



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**Craft Beer Tour** - Discover our “hopping” local craft beer scene as we visit local breweries. Go behind the scenes with special access, learn the basics of brewing beer and examine traditional ingredients while enjoying a wide variety of delicious craft beer!

Includes - Bus transportation, local guide, bottled water, bagged snacks and beer tastings.

Capacity - Minimum of 8 and maximum of 50.

Options - Box lunches or food stop. Other activities before or after.

Duration - 3 to 5.5 hours, depending on the numbers of breweries visited, brewery locations and logistics details.



**Blue Ridge Winery Tour** - Delicious award-winning wine and breathtaking views await as we visit local Blue Ridge region wineries. Of course, wine tastings are included, but we’ll also meet the wine maker and tour behind the scenes.

Includes - Bus transportation, local guide, bottled water, bagged snacks and wine tastings.

Capacity - Minimum of 8 and maximum of 50.

Options - Box lunches or food stop. Other activities before or after.

Duration - 3 to 5 hours, depending on the numbers of wineries visited, winery locations and logistics details.



**Appalachian ‘Shine & Spirits Tour** - There are few legacies more colorful and tasty in Virginia’s Blue Ridge region our Moonshine and distilled spirits tradition. It’s fascinating and delicious! Oh yea, it’s no longer illegal! Includes - Visit two distilleries, spirits tastings, facility tour, tour guide and round trip transportation.

Capacity - Minimum of 8 and maximum of 50.

Options - Boxed lunches or food stop. Other activities before or after the tour.

Duration - 3 to 5 hours, depending on logistics details.



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## Mill Mountain Star with Downtown & Neighborhood Tour & Shopping

Let's take your group to the iconic Mill Mountain Star overlook, and the visit some local neighborhoods. We can stop and shop along the way. We often visit Black Dog Salvage and get ice cream on this tour. Includes - Bus transportation, local guide, bottled water and bagged snacks.

Capacity - Minimum of 8 and maximum of 150.

Options - Round trip local transportation, boxed lunches or food stop. Other activities before or after.

Duration - 3 to 5 hours, depending on the locations visited and logistics details.



## Roanoke's Rail History

Roanoke is world renowned as a pioneer production and innovation hub during the historic steam locomotive rail era. Discover this fascinating history at rail-focused attractions such as the O. Winston Link Museum and Virginia's Transportation Museum. We can drive by the old N&W Shops and Shaffer's Crossing too.

Includes - Bus transportation, bottled water and bagged snacks.

Capacity - Minimum of 10 and maximum of 50+.

Options - Boxed lunches or food stop. Nearby brewery visit. Or other activity before or after.

Duration - 2.5 to 5 hours, depending on the locations visited and logistics details.



## Urban Scavenger Hunt

Get your group out and onto the streets...the streets of downtown Roanoke, VA, for an exciting team-bonding Urban Scavenger Hunt! There are very few team bonding experiences that offer more fun than a good old-fashioned scavenger hunt! Explore local landmarks and businesses, learn a little history, bond with your group, use creative problem-solving skills, think out-of-the-box, get out of comfort zones and have a ton of fun!

Includes - Customized hunt, event management and coordination, winners trophy.

Capacity - Minimum of 25 and maximum of 150.

Options - Transportation, post-event food stop.

Duration - 2 to 3 hours, depending on logistics details.



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**National D-Day Memorial Tour** - Located in nearby Bedford VA, The National D-Day Memorial honors the Allied forces that participated in the invasion of Normandy on June 6, 1944, during World War II. With its stylized English Garden, haunting invasion tableau, and striking Victory Plaza, the Memorial stands as a powerful permanent tribute to the valor, fidelity, and sacrifice of D-Day participants. Includes - Bus transportation, bottled water and bagged snacks. Local guide and guided tour of the Memorial. Capacity - Minimum of 12 and maximum of 150. Options - Boxed lunches or food stop. Visit to nearby Beale's Brewery. Drive on the Blue Ridge Parkway or other activities before or after. Duration - 3 to 6 hours, depending on logistics details.



**Explore Lexington VA** - Let's visit the campus of Virginia Military Institute, and adjacent Washington & Lee College. Enjoy historic and military focused attractions such as the General George Marshall Museum, Lee Chapel and more. Plus explore the quaint and amazingly historic downtown. Includes - Bus transportation, bottled water and bagged snacks. Local guide and guided tour of the attractions. Capacity - Minimum of 12 and maximum of 50+ Options - Boxed lunches or food stop and the iconic Southern Inn or Pure Eats. Visit to a nearby brewery, winery or other activities before or after. Duration - 5 to 8 hours, depending on logistics details.



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