

SUNDAY WELCOME PARTY

Please join the us at 6:00 pm on the front porch
of the lodge
for cocktails and appetizers.

Major changes from previous years are
highlighted in **Red** in this manual.

MEALS: We ring the ranch bell 30 minutes before mealtimes and again as meals are served. We strive to serve our food hot and on time so please be in the lodge after the second bell.

- Meals this year will be served in the lodge, in both the main dining room and the living room.
- Breakfast is served from 7:30 to 8:30 am.
- Sunday breakfast is served from 8:00 to 9:00 am.
- September 5th-October 2nd Breakfast is served from 8AM - 9AM
- Lunch is served buffet style at 12:30.
- Dinner is served family style or buffet at 6:30 PM.

PICNIC LUNCHESES: If you will be away from the ranch, the kitchen will gladly prepare a sack meal for you. Please notify the kitchen the night before when possible or at breakfast.

CABINS: Unless otherwise requested, cabins will be cleaned twice a week, either Tuesday and Thursday or Wednesday and Friday depending on your cabin, Cabins will be cleaned while you are at breakfast, or between 9:30 and 12:00. Please put out the "ZZZZ" sign if you wish not to be disturbed. Housekeeping will not enter your cabin when the "ZZZZ" sign is put out.

A Request Form will be available in your cabin to request additional items or services. You may leave these in the lodge when arriving for breakfast.

ICE: Ice is delivered to your cabin for the week upon request....please see the note on the ice bucket in your cabin. If you would like ice at other times, please ask someone at the kitchen to get it for your. Self service at the ice machine is not available this year. Bags of ice will be available in the Guest Refrigerator in the Open Shed.

GUEST REFRIGERATOR: Since all guest cabins now have a refrigerator, the refrigerator in the shed is no longer available to guests.

SMOKING: Smoking is not permitted inside any of the guest cabins or lodge. An additional cleaning fee of \$200 will be added to your bill if there is any disregard for this policy. Ashtrays are available for your cabin **porch** upon request....please ask your housekeeper.

DAMAGE/CLEANING FEES: additional fees may be charged for any property damage and/or additional cabin cleaning.

RE: Providing Alcohol to a Minor: As a reminder it is a misdemeanor in Wyoming to serve any alcoholic liquor or malt beverage to any person under the age of 21.

MAIL: The mail goes out each afternoon, usually around 2:30. Please put your outgoing mail in the ranch mail box located in front of the lodge.

FAX: The Ranch Fax number is 307-734-1120 and is located in the Main Office.

WIRELESS / COMPUTERS: Wi-Fi is available in every cabin. Please use the RS Guest Wi-Fi connection. The password is **lazysguest**. This network has limited speed so we ask that you do not stream movies or download large files. Please refrain from using computers in the Lodge living room and on the front porch.

FIREPLACE / WOOD STOVE CLEANING: Please contact housekeeping or the office for assistance removing ashes and charred wood...do not put into the metal buckets.

LAUNDRY: There is a washer and dryer in back of the lodge. (We request a \$2 donation per load).

Guest Laundry is available after 2PM on Monday and Tuesday and then anytime Wednesday through Saturday. Guest Laundry is not available anytime on Sunday.

There is a dry cleaner at Teton Pines, two in Jackson.

Laundry service may be available from housekeeping on a limited basis. Please ask your housekeeper about availability....\$15 by the load, not by the basket.

SOFT DRINK/BOTTLED WATER MACHINE: located in the "rec room" at the barn.

AVAILABLE FOR PURCHASE:

Many items may be purchased online at our store at <https://lazysgiftshop.square.site/s/shop> or directly from our store located in the office.

COVID-19 RIDING RULES :

- When riding in a ranch vehicle in the park, masks must be worn by everyone per Park rules.

R LAZY S RANCH HISTORY

The R Lazy S Ranch is one of the longest running dude ranches in Jackson Hole. The first guests were welcomed during the summer of 1947, making 2020 our 74th anniversary.

The ranch was started 4 miles up the Moose-Wilson Road from the present location, immediately north of the Rockefeller's JY Ranch. In the early 1900's Owen Wister, author of The Virginian and a frequent visitor to Jackson Hole, purchased the property from the original homesteader. The Virginian is widely credited with initiating the interest in the West and Dude Ranch vacations for wealthy Easterners. He and his family built a two story log home in 1910. The Wister Cabin remained on the ranch until 1974 when it was dismantled by the National Park Service and moved to Medicine Bow, in southeastern Wyoming.

The ranch name came from later owners, the Roessler ("R"), Laidlaw ("lazy") and Spears ("S") families. They spent the summers at the ranch until the mid 1930's.

The ranch was unused for 10 years. It was purchased in 1946 by Bob Sr. and Florelle McConaughy, former guests of the Bearpaw Ranch. They were attracted to the property primarily because of the Snake River frontage. The cabins were remodeled and the R Lazy S began taking guests after they found themselves overrun with friends who wanted to visit the area!

In 1953, the property was sold to the National Park and Bob and Florelle took a 20 year lease in return. Bob Jr. and Claire took over the ranch in 1964. R Lazy S continued at

this site through 1972, when annual spring flooding of the Snake threatened to close the ranch.

Cara Stirn, along with her parents and sister, had also been guests of the now closed Bearpaw Ranch in the early 40's, one of the first and premier guest ranches in the valley. Howard and Cara continued the tradition of bringing their family out west to the R Lazy S. In 1972, they purchased the Aspen M Ranch from the Hansen family and converted it to the current R lazy S Ranch.

The McConaughy's leased the land from the Stirns and the entire operation was moved down the dike to the present location, including the Manager's Cabin, Teewinot, Teton, Willows, Paintbrush, Bathhouse, Gate Cabin, and Little Mac and in the crew area.

The cabins which already existed on the ranch included the original Aspen M shed (in the front field) the lodge, the barn and tack sheds, Spruce, Sage, Rendezvous, Aspen M (now called the Aspen S for Stirn) , Caretaker's Cabin, and the Rafter's Crew Cabin.

In 1975, Howard and Cara purchased the operation from Bob and Claire and began their active involvement with the ranch. Bob and Claire managed the Ranch until 2001, when Cathy Fonatsch took over the Ranch management responsibilities. Through their granting of easements to the Jackson Hole Land Trust, all of 285 acres are now protected from development.

In 1999, Nancy and Kelly became part owners of both corporations and began taking over the responsibilities of the Ranch. In 2011, they and their sons, Matt and Will became the sole owners. They are proud to be the 2nd and 3rd generation owners and look forward to continuing the ranch legacy.

RIDING PROGRAM

Believing that safety and enjoyment go hand in hand, our wranglers are more than happy to aid in the pleasure of your riding experience. Their concern is for your well-being, so please bear in mind that the rules which we ask you to follow are for your benefit and for the benefit of fellow riders. There are enough rides to accommodate every level of rider, thereby enabling each individual guest to enjoy both the scenery and the ride.

Riding Rules

Prior to going on your first ride, please familiarize yourself and your children with the following:

- For the comfort of all concerned, the wrangler will only go the limit of the least capable rider in any given group, so please be honest in the evaluation of your own riding abilities. For your own safety, please do not ride beyond your limits or abilities.
- The wrangler is always at the head of the ride and should not be passed unless permission is given. Please remember, the wrangler is the trail boss and always has the last word.
- Never pass the horse in front of you. If you need to change positions, please ask the wrangler to stop the ride.
- Please keep a horse's length between animals - this is the safe following distance. If your horse is closer, he or you may get kicked, and if he lags too far behind, he will slow down the ride. Horses crowding each other, or lagging behind and then allowed to run to catch up, can often cause an accident.
- We require all guests to use a stampede string or strap to hold hats down during rides. A blown-off hat will spook your horse or the horse behind, possibly causing an accident. If you don't have one, straps are available for purchase Monday morning at the barn or later in Cathy's office.
- If, while riding, you need to either put on or remove any clothing, please ask the wrangler to stop. Some horses are frightened of flapping clothing - please be as careful as possible. Ponchos, etc. can easily be tied onto the saddle at the beginning of the ride, so feel free to bring them along. Ask the wrangler to tie it on the saddle if you are not familiar with the correct way.

- Shoes with heels and leather soles are the safest, keeping you foot from slipping through the stirrups. High boots that cover your ankles are the most comfortable. You can look in out "boot box" (in the rec room) there may be something your size for you to borrow.
- Please do no break branches off trees when riding by, or throw things at other riders.
- Because of livestock, there are a number of gates which you may have to ride through. When the wrangler opens the gate, please walk your horse through and wait on the other side until it has been closed and the wrangler has rejoined the ride.
- During a rest stop, the wrangler will check all saddles and cinches. Please do not remount your horse until the wrangler gives permission to do so.
- Due to the varied abilities of our guests, it is important that the horses develop no dangerous habits. One of the most important rules to be followed is that of WALKING the horses to and from the corral. If they become accustomed to trotting or loping in or out they may cause a serious accident. Also, it is always a good idea to bring the horses home from a ride slowly to let them cool off upon your return.
- Never walk behind any horse as this may startle some horses and they may kick.
- No smoking on the trail.
- Absolutely no riding double.
- Please, do not feed the Ranch livestock or the wildlife.

If you have questions at any time about our riding rules, please feel free to ask any of the wranglers to explain.

Ride Meeting Times

The meeting times for rides are posted at the activity area in the lodge. Please be at the corral 5 minutes prior to the scheduled departure.

To avoid confusion and the possibility of injury at the corral, please stand behind the buck fences in the waiting area. A

wrangler will bring your horse out to you when the rides are ready to depart.

First Rides at the R-Lazy-S Ranch

All guests visiting the ranch, on their first day, are required to ride in the ring before going out on the trails. This enables the wranglers to evaluate your riding ability, lets you become familiar with your horse, and allows you to receive some riding instruction if you or they feel it is required for your own safety.

Please join us **Mondays, 9:15AM** for the **RS Riding Program Orientation** at the Corral.

Adult Rides

(What will change here) Please sign up in the activity book by 8:15 am for the all day and morning rides, and 1:00 pm for the afternoon rides. One of our wranglers will come around at breakfast and lunch to answer any questions.

Half Day Rides

We offer the following rides:

- Walking Ride
- Trotting Ride
- Loping Ride (Not Available Mondays)

All Day Rides

We offer a wide variety of all day rides, some which use our horse trailers to go to different locations throughout Jackson Hole. These rides vary in difficulty- some rides are suitable for more novice riders, while others are for experienced riders only. They range in length from 3 to 5 hours of riding time. Most are back at the corral at 4:00 pm. We have a description of each ride in our riding activity book located in the Lodge.

We suggest you give yourself a couple of days in the saddle to "break" yourself in before you go on an all day. Afternoon rain showers are common so please bring a raincoat.

When riding in a ranch vehicle in the park, masks must be worn by everyone per Park rules.

Teenager and Children Rides

We have a separate riding program for our younger guests. Their activities include riding instruction, half day and all day trail rides, tag games on horseback and gymkhanas.

Helmets are required for all children under the age of 12. Helmets are available to borrow on a limited basis at the barn.

Their schedule is posted in the kid's dining room.

Family Ride

Certain rides, such as our breakfast rides, are designated as family activities. Once a week, we take families on an all day ride and picnic. Other family rides are available upon request.

Check the activities board for times and other activities.

Breakfast Rides

Available Wednesdays, weather permitting, at 8:00 AM. We will leave the corral and ride in family groups to Pete's Pond. Breakfast is served at 9:30. A professional photographer will be available to take family and individual shots if desired. Make-your-own-sandwich buffet is available from 11:00-11:30 (for a picnic lunch at the lake). Regular buffet lunch is served between 12:30 and 1:00.

Other Riding Information

RIDING LESSONS/ CLINICS: Please let us know if you would like additional instruction at any point of your stay! Some guests want to learn a new skill or gait, others wish to get in better tune with their horse.

LOPING: This gait involves more risk to a rider than trotting. It requires a high degree of skill and coordination on the part of the rider. A rider **MUST** master the three types of trotting (sitting, standing and posting) before loping safely.

We require all guests to join a medium trotting ride, then participate in our Lope Check prior to going on an loping ride. Please do not attempt to lope until you are ready!

CAMERAS: Cameras are easy to take along on our slower rides. Ask the wranglers to help you secure them properly.

We have extra saddle bags which can carry small video camera. We suggest that you not take cameras on loping rides.

GYMKHANAS: We hold our ranch gymkhanas on Saturday mornings in the tag field by Pete's Pond. We have individual, team and family events. For kids of ALL ages!

CELL PHONES: The wranglers carry cell phones for emergency situations. We ask that if you prefer to carry your own phone, you have it turned off during the rides.

BOOT TRUNK: Located in the rec room on the shelves. When returning them, please leave them at the bottom of the shelves so we know which ones to disinfect for the following week.

ROPING: There is a hay bale with a fake cow's head on it for roping practice. It is a far better option to rope than a horse or a person. Please do not rope any of the ranch stock, and remember that a lariat is stiff and can cause painful rope burns, so do not rope your friend (or enemy either)!

RANCH ACTIVITIES

SWIMMING: The swimming hole is located east of Willows, the last guest cabin at the far end of the meadow. Swim at your own risk. Children **MUST** be accompanied by an adult.

TUBING: Tubing Lake Creek is a great way to cool off after a dusty trail ride! Please check with our Children's Counselor before taking any tubes. This will insure that there are enough for any scheduled guest activity. Children **MUST** be accompanied by their parents or have parental permission to go with another adult. The tubes are stored in the open shed behind the lodge. To get to the put in spot, take the road through the crew cabins and turn left at the junction. A little ways to the right, you will see a trail through the trees. Follow the red flags till you get to Lake Creek. Tubing is allowed only **BELOW** the spill way (the put in) and **ABOVE** the cement bridge (the take out)). Life preservers are required for small children.

WEDNESDAY ADVENTURE TOUR: On Wednesday afternoons we will let the kids have a break from riding and take them to other areas of the valley to explore. This may include hikes to alpine lakes or just hanging out and swimming at Jackson Lake.

NATURE WALKS: Led by Larry Livingood, local naturalist. Please join us for this short entertaining walk. Meet on the lodge front porch. See activity board for day and time. Usually on Tuesday afternoon at 4:30 PM.

CATHY'S EARLY MORNING WALKS: Tuesdays at 6:30. Join Cathy as she guides you through the back trails of the ranch. Experience the wildflowers and perhaps observe the early morning animals as they venture calmly into open fields to feed. Moose, deer and elk, as well as bald eagles soaring above, are commonly seen. Meet in the lodge.

MONDAY NIGHT SOFTBALL/KICKBALL: Mondays after Dinner. Join us on the front lawn for a family game of softball/kickball. Everyone is invited: kids, adults, crew members. Bring your own glove or one will be provided for you.

TUESDAY NIGHT CAPTURE THE FLAG: After dinner in the tag field...everyone welcome!

RODEOS: 8:00 PM Wednesdays and Saturdays. On Wednesdays, the ranch vehicle is driven to the rodeo with the kids. Look for the ranch group in the grandstand to the east of the bucking chutes. Entrance fee required. Usually

runs about \$31.00 for general admission(kids age 3-15: \$26, senior age 55+: \$26)

BAR-B-Q: Thursdays at 6:30. Held at the swimming hole, weather permitting! Bonfire afterwards with S'mores!

TALENT and/or SOCIAL NIGHT: Every Friday night. Prepare a skit, sing a song or play your favorite instrument. Card and board games are an option, too!

EVENING WALKS: For a quieter after dinner activity, try a walk along the Snake River. Head past the cabins in the north meadow, follow the road to the wooden bridge. Follow the left hand road to the gate and up onto the dike. Watch for beaver in the side channel to the south. Or head north into Teton Park to look for moose, deer, elk, coyote, blue heron, bald eagles, sand hill cranes and marmots as well as many varieties of ducks and birds.

BE "BEAR AWARE" on all walks and hikes around the Ranch and in the Parks, be sure to:

- make noise
- walk and hike in groups
- bring bear spray (available for purchase at the office or at many shops in Teton Village and Jackson)

Fishing

PETE'S POND: The ranch stocks a small pond with cutthroat trout. It is a wonderful place to learn to fly fish or to brush up on your casting skills. If you would like to keep one fish for breakfast, clean it AT THE POND and bring it to the kitchen. Please carefully release any others.

To get to the pond, walk east past the crew cabins. After the gate, take the trail across the road through the aspens to the bridge, then across the tag field. The pond is surrounded by a buck fence.

THE SNAKE: There are many good fishing holes on the Snake a short distance from the ranch. Head past the cabins in the north meadow, follow the road to the wooden bridge. Follow the left hand road to the gate and up onto the dike. You can head up or downstream and find some nice holes. Waders will get you to more spots on the main channel. A Wyoming fishing license is required.

CATCH AND RELEASE: In order to ensure continued quality fishing on our local waters, we encourage the practice of catch and release, and the use of barbless hooks. This applies to our guided trips as well as for when you are fishing on the Snake River behind the ranch.

The Snake River is a headwater fishery with a native cutthroat trout population, and no stocking is done. The river has been adversely affected in the past by over harvesting too many people taking too many fish! The Wyoming Game and Fish Department adapted regulations to include a slot limit on the Snake River going through Grand Teton Park to the Wilson bridge. This includes the section of river behind the Ranch. All fish between 11" and 18" must be released. This protects the spawning size fish and will help to improve the local fishery. However we encourage releasing all the native trout in order to further protect this limited resource.

We have stocked Pete's Pond with cutthroat trout, so if you have your heart set on keeping trout to eat during your stay, please do so out of the pond.

RELEASING FISH ALIVE

Please read the following tips carefully to ensure the fish will not be harmed while releasing.

1. Play and land fish as rapidly as possible to reduce exhaustion stress.
2. Keep the fish in the water as much as possible. If you must handle the fish, wet your hands slightly.

3. Do not squeeze the fish or place fingers in the gills. A landing net is helpful.
4. Remove hook gently, with forceps if possible. Rather than pulling a hook out of a deeply hooked fish, cut the leader. The hook will decompose in time.
5. To revive an exhausted fish (the fish will not be able to sustain an upright position on its own), hold it gently in an upright position and move it slowly back and forth to move water through its gills. Release the fish quietly in slow water once it can hold itself upright.
6. Using barbless hooks will allow easier release of the fish. A standard hook can be made barbless by flattening the barb with needle-nose pliers.

OFF RANCH ACTIVITIES

RENTAL CARS are available in the town of Jackson or at the airport. Some will pick up customers at the ranch. Please ask for names of individual companies if you need any suggestions.

FLY FISHING: Snake River Anglers and West Bank Anglers, in affiliation with R Lazy S, offer guided float trips on the Snake River, South Fork and Green River, as well as guided walk-in trips to Yellowstone and privately owned Valley Spring creek. These trips are suitable for beginning through experienced fly fishermen. Private instruction is also available. Fly rods, reels and hip waders can be provided. Please call Snake River Anglers or West Bank Anglers to schedule a guide and inquire about charges.

Snake River Anglers has a full service fly shop 8 miles north of the ranch in Moose and a second location in the town of Jackson. Westbank Anglers, located 5 miles south of the ranch on the way to Jackson, also has fly fishing supplies. Feel free to call either shop if you have any questions on fishing around the ranch or in the valley.

SCENIC FLOAT TRIPS: Taken along the upper stretch of the Snake River, the scenic trips offer a relaxed view of the mountains. Early morning or late afternoon trips have the best chance of seeing wildlife Breakfast, lunch and dinner trips are available. Wear soft soled shoes and take along a jacket or sweatshirt The companies provide rain gear and life preservers. You can bring along a camera. Reservations required. Contact the following people for more information:

- BARKER-EWING SCENIC FLOAT TRIPS 733-1800

WHITE WATER FLOAT TRIPS: Located south of Jackson in the Snake River Canyon, these trips offers lots of excitement! Be prepared to get wet! You can choose between a U-paddle or a oar powered raft. The standard trips are 8 miles in length and take 4 hours. Most of our guests take the afternoon trips. Breakfast, lunch and dinner trips are also available.

Cameras are not recommended. Soft soled shoes and shorts or jeans are suggested as well as a sweater or sweatshirt to wear back to town. The companies provide rain gear and life preservers. Age limit varies with fluctuating water levels. Reservations required. Contact the following people for more information:

- BARKER-EWING RIVER TRIPS (WHITE WATER)
307-733-1000
- MAD RIVER WHITE WATER 307-733-6203
- SANDS WILD WATER RIVER TRIPS
307-733-4410

WOODEN BOAT RIVER TOURS: Take a private scenic float trip on the Snake River. They offer Sunrise trips with brunch, Sunset Trips and Evening Dinner Trips. Full day trips can be custom designed for fishermen, bird watchers and photographers. Their handcrafted wooden boats can accommodate up to 3 guests. 307-732-2628

GRAND TETON NATIONAL PARK: For those who would like a day off from horseback riding, the park has many wonderful spots, both scenic and historical. A loop drive through the park can be taken in a half day. A drive down the Moose-Wilson Road will lead you to the Craig Thomas Visitor Center and the South Entrance of Grand Teton National Park. Park pass is required.

- RANCH PARK PASSES The Ranch is charged for guests entering the park in a Ranch vehicle for Ranch Activities, such as Wednesday boat day and trailering horses. The Park allows Ranch vehicles going to the airport to go through without passes.
- INDIVIDUAL PARK PASSES The new fee structure, effective June 1, 2018 includes:
 - \$70 for a Grand Teton National Park Annual Pass valid for one-year to enter only Grand Teton
 - \$35 for a 7-day pass to enter only Grand Teton National Park by vehicle
 - \$20 for a 7-day pass to enter only Grand Teton National Park by foot/bicycle
 - \$30 for a 7-day pass to enter only Grand Teton National Park by motorcycle
- Yearly passes for personal use can be purchased at any entry station for \$80 for all National Parks and monuments. All passes are nontransferable.

Popular stops include :

- Chapel of the Transfiguration and Menor's Ferry Self-guided Trail
- Jenny Lake Scenic Loop Road and String Lake
- Signal Mountain Road
- Jackson Lake and Jackson Lake Lodge
- Colter Bay Indian Arts Museum
- Cunningham Cabin

- Antelope Flats and Mormon Row

HIKING:

Short Hikes that are popular with our guests include:

- Jenny Lake, Hidden Falls and Inspiration Point - a boat ride across the lake is recommended if you prefer a shorter walk.
- Leigh Lake and String Lake
- Taggart and Bradley Lakes
- Phelps Lake Overlook via Death Canyon trail head or from the LSR preserve
- Phelp's Lake via Lawrence Rockefeller Preserve on the Moose-Wilson Rd.

Strenuous trails for seasoned hikers include:

- Granite Canyon (can be modified for a short hike too)
- Cascade Canyon and Lake Solitude: 9.2 miles one-way
- Amphitheater Lake: a 3,000 foot vertical rise in 4.8 miles

Several small paperback books including, "Day Hikes and Short Walks of Grand Teton National Park", "The Best of Grand Teton National Park, "Common Wildflowers" and "A Guide to Exploring Grand Teton National Park" are available in Cathy's Office.

GROS VENTRE AREA: For a different view of Jackson Hole, try a drive up the Gros Ventre Mountains on the east side of the valley. You will find beautiful views of the Tetons, the red hills of the Gros Ventre, Kelly Warm Springs and the famous Gros Ventre slide. Go to the town of Kelly, then continue to Slide Lake and beyond.

SNAKE RIVER CANYON / TETON PASS: This drive is spectacular when the fall colors are at their peak. From town, head south to Hoback Junction as you follow the path of the Snake River flowing out of the valley. Turning north takes you past Palisades Reservoir and into Swan Valley, Idaho. Heading west back to Jackson carries you up and over Teton Pass for a spectacular view of the southern end of Jackson Hole.

YELLOWSTONE NATIONAL PARK: It takes a full day to complete the lower loop so try to get an early start. We suggest driving the loop counter clockwise, ending at the Old Faithful Area. Check at the South Gate for road closures.

Ask our waiters or waitresses if you would like a lunch packed for you . Park pass required.

Main stopping points include:

- Yellowstone Lake and Fishing Bridge trout spawning area
- Yellowstone Falls and the Grand Canyon of the Yellowstone
- Norris Geyser Basin
- Old Faithful Geyser Basin and Old Faithful Inn
- West Thumb

JACKSON HOLE MOUNTAIN RESORT/ Aerial Tram, Gondola, Teewinot Chairlift 307-733-2292. Located 1.5 miles from the Ranch, the Tram & Gondola offers spectacular views of "the Hole" and nature hikes.

The **Tram** will not be in operation this summer, but the **Gondola** will be. The Gondola offers access to many trails and fantastic views during cocktails at the summit.

Details about the Deck @ Piste... *weather dependent and occasionally closed for private functions.

- Normal Operating Hours: 7 days a week beginning at 4:30 PM...
- More Info: **307.732.3177**

CANOE RENTALS: Available at Dornan's in Moose, Hungry Jacks in Wilson, and in numerous stores in Jackson.

BIKE RENTALS

- WILSON BACKCOUNTRY SPORTS 307-733-5228
 - Sales, Service and Rentals by the hour, day or week. Located in Wilson.
- JACKSON HOLE SPORTS 307-739-2687
 - Located in Teton Village at the Bridger Center
- TETON VILLAGE SPORTS in Teton Village
- DORNANS in Moose

Bikes are not allowed off-road in Grand Teton National Park.

CLIMBING INSTRUCTION

- EXUM MOUNTAIN GUIDES Jenny Lake and Teton Village. 307-733-2297

ALPINE SLIDE, COWBOY COASTER and more...

- 307-734-3139 Located in Jackson on Snow King Mountain.

PARAGLIDING

- Teton Village 307-690-8726 or 307-739-2626

EVENING ACTIVITIES

J H RODEO: Wednesday and Saturday nights. 8:00 pm Jackson. We take the kids to the rodeo on Wednesday nights. Look for the ranch group in the metal grandstand east of the covered section. Entrance Fee required.....about \$31.00 for general admission (kids age 3-15: \$26, senior age 55+: \$26). 307-739-7927

MELODRAMAS / PLAYS:

- JACKSON HOLE PLAYHOUSE on Deloney, 307-733-6994
- OFF SQUARE THEATER on Cache, 307-733-3670
- CENTER FOR THE ARTS on Cache, 307-734-8956

GRAND TETON MUSIC FESTIVAL: 307-733-1128 Teton Village Festival Hall

- Symphony Orchestra, Chamber Music, contemporary Music and Special Event Concerts. Programs are to be found on the lodge bulletin board.

CENTER FOR THE ARTS: on Cache Street, 307-734-8956

- Performing Arts Theater; Film, Music, Dance & Galleries

ADULT ACTIVITIES

STAGECOACH BAR in Wilson

One of Wyoming's oldest watering holes and "the" place to be on Sunday nights for country western music and dancing. Package liquor store.

MILLION DOLLAR COWBOY BAR on the Jackson Town Square

Live western entertainment and Western swing dancing. Don't miss sitting on the saddle barstools and looking for the R Lazy S brand on the bar.

MANGY MOOSE SALOON in Teton Village

Live nightly entertainment and dancing. Package liquor store.

DORNAN'S BAR in Moose

Features a spectacular view of the Tetons from the bar or outside deck. Liquor store with a selection of 1,200 different wines. Voted best of West of the Mississippi.

SHOPPING

IN TETON VILLAGE One and a half miles south of the ranch.

- “Bodega” market at the Chevron Station
- Mangy Moose Restaurant and Bar, Package Liquor, ATM
- Sports, Jewelry T-shirt and gift stores
- Post Office and The Bank of Jackson Hole

IN MOOSE "DORNANS" about 8 miles north of the Ranch on the Moose-Wilson Road, through Grand Teton National Park.

- Wine Shop
- Deli
- Snake River Anglers
- Bike Shop/ Canoe Rentals
- Moosley Mountaineering

AT THE ASPENS 10 minutes south towards Jackson.

- Aspens Market/ Grocery Store
- Westside Wine and Spirits
- Persephone/ Coffee Shop
- Teton Sports Club
- Ginger Root - Hair Salon
- UPS Store
- Dry Cleaners
- Bank of Jackson Hole

IN JACKSON 20-25 minutes south of the Ranch. Most stores are open from 9 AM to 9 PM

WESTERN APPAREL:

- BIG R RANCH & HOME...just south of town.
- BOOT BARN: Grand Teton Plaza. Lower priced shop with a large selection of cowboy boots and hats.
- JACKSON HOLE HAT COMPANY: . Custom-made Cowboy hats.
- BEAVER CREEK HATS: 36 East Broadway, Jackson
- WYOMING OUTFITTERS: on the town square
- HEAD WALL SPORTS: second hand clothing and gear in the Kmart plaza.

INDIAN JEWELRY:

- **BOYER'S INDIAN ARTS AND CRAFTS:** 30 W. Broadway. R Lazy S guests receive a 10% discount. Closed on Sunday.
- **TWO GREY HILLS INDIAN ART AND JEWELRY:** 110 E. Broadway
- **CRAZY HORSE:** Gaslight Alley on North Cache St., Jackson

ART GALLERIES: Check the "Images West" magazine for a full listing of galleries. Ranch favorites include:

- **NATIONAL MUSEUM OF WILDLIFE ART:** rated as the finest of it's kind in the country
- **TRAILSIDE GALLERIES**
- **WILCOX GALLERY**
- **ALTAMIRA FINE ART**
- **ASTORIA GALLERY**
- **MADE:** locally made / Gaslight Alley

MASSAGE THERAPISTS / SPAS / SPORTS CLUB

Four Season's Spa: Located in Teton Village. Offers a complete spa. 732-5120

Snake River Lodge and Spa: in Teton Village Offers a complete spa 732-6070

Teton Mountain Lodge and Spa; in Teton Village. Offers a complete Spa 734-7111

Teton Club/Sena Spa: located in the Teton Club, Teton Village. 307-203-2635

Hotel Terra/ Chill Spa: in Teton Village, full Spa, 739-4055

Teton Sports Club Located in the Aspens. Offers a complete Athletic Club and massage therapy. 733-7004

Massage Professionals: Located in Jackson (near Lucky's), 307-413-1961

Will also come out to the Ranch.

Local **Massage Therapists** are available to come to the Ranch:

Nancy Mulhall: 307-690-3240

Casey Cox : 307-423-4076

GRAND TETON NATIONAL PARK (GTNP) **BACKCOUNTRY RULES AND REGULATIONS**

- Pets, motorized equipment, wheeled vehicles (including bicycles) firearms and explosive devices are not allowed in the back country.
- Permits are required for overnight camping in designated GTNP campsites or camping zones.
- When photographing wildlife, keep a safe distance. Do not feed or approach.
- Park regulations prohibit fires except at a few designated sites below 7,000 feet. Where permitted, fires must be confined to metal fire grates. Use a backpacking stove. Fires are allowed in the National Forest.
- Prevent pollution; don't wash dishes or bathe in lakes and streams. Carry out all trash.
- Enjoy the wildflowers and rock formations but leave them for others to appreciate. Park regulations prohibit collecting.

HAZARDS: There are numerous potential hazards, such as rockfall and lightning, that confront those who venture into the back country areas of GTNP. Good judgment and experience are essential. Summer's warm, sunny days and cool evenings can change quickly. Frequent afternoon thunderstorms occur in July and August. At any time of year, exposure sickness (hypothermia) can unexpectedly overcome a back country traveler soaked by a cold mountain storm. Carry rain gear and proper clothing at all times. Giardia, campylobacter and other harmful organisms may be transmitted through drinking untreated water, causing intestinal disorder with severe diarrhea. **Do not drink from streams or lakes.** Carry sufficient water or a water filter.

BEARS: Bears can be expected to be encountered on the ranch property or in GTNP at any time.

Wild bears symbolize wilderness. Help maintain bear populations and prevent bear problems. Follow the recommended practices for safe back country use. Report all bear sightings to a GTNP ranger station or park headquarters.

A fed bear is a dead bear. Allowing a bear to obtain human food even once often results in aggressive behavior. Aggressive bears present a threat to human safety and eventually must be destroyed or removed from the park. Please obey the law and do not allow bears or other wildlife to obtain human food.

- **How to prevent bear encounters:** Have bears aware of your presence on the trail by making loud noises such as shouting or singing or carrying a small bell. This lessens the chance of sudden encounters. Be especially careful in dense brush and along streams where water makes noise. Look ahead for bears when hiking to avoid surprising them.
- **If you encounter a bear: DO NOT RUN!** Bears can run over 30 MPH or 44 feet per second-- faster than Olympic sprinters! Running often elicits attacks from otherwise non-aggressive bears. If the bear is unaware of you, detour quietly yet quickly away from it. IF the bear is aware of you and nearby but has not acted aggressively, slowly back away, talking in an even tone while waving your arms.
- **If a bear approaches or charges you: DO NOT RUN!** This probably increases the chance of attack. "Bluff" charges are often used to scare people away, with the bear stopping before contact. Bear experts generally recommend standing still until the bear stops, and then backing off slowly. Climbing trees provides little or no protection from black bears and may not provide protection from grizzly bears.