

Okay, nature, Its your turn.

A gentle wind blows through the sagebrush. The tamarack trees begin to shimmer. Fall is a season for the soul, a time when we're reminded that nothing ever is truly permanent. This year, the beautiful reminder that all things eventually change is especially poignant.

It's a season that's synonymous with falling leaves and colder nights, but it's also a time of celebration. There's the abundant harvest, along with the tasty traditions of Thanksgiving that offer a cornucopia of rich flavors.

Here at The Resort at Paws Up, we savor it all with our own slant on the fall festival—a knockout lineup of fabulous events. In September, Montana Master Chefs, our signature culinary weekend, rounds up illustrious chefs from all over the country. This year, we're bringing the best of the South to the American West. In October, James Beard Award-winning chefs will be manning the stoves, giving our guests the chance to check off their culinary bucket lists while surrounded by majestic mountains and vibrant fall colors. And there's so much more, from the Wonder Women of Fly-Fishing to our Visiting Vintner Series with Chappellet and Melville

But, don't worry—there will be plenty of time to enjoy the quiet, too. Go ahead and let your mind wander over 37,000 acres filled with pastures, rolling hills, ambling rivers and pine tree forests. I never tire of watching the seasons change from this spectacular setting, and I can't think of a better place for anyone to experience autumn than right here, in America's Private National Park™.

Steve Hurst

Managing Director

The Resort at Paws Up

"We need the tonic of wilderness.

We can never have enough of nature."

HENRY DAYLY THORY

Mother Nature tends to make her grandest statements during peaceful fall retreats to the Montana wilderness, as if she understands our need for quiet moments of reflection in trying times.

As autumn begins in earnest, purple larkspurs and white-tipped bear grass wave goodbye to summer, and the storied Blackfoot River itself reflects its fondness for cottonwood trees, their deep yellow leaves biding their time before skating across its surface. Burnt orange and yellow leaves dance in the wind in stands of aspens along Elk Creek, as tireless woodpeckers tap out the rhythm of the forest. Larches, too, will join the colorful show, showering the earth, their needles like tiny golden foot soldiers lining up on the paths below.

As bears fatten for a yet-distant winter and bison begin to build up thicker layers of overcoats, bull elk bugle in their haunting way, causing dozens of ears to perk up among the cow elk. Fall's transformations of flora and fauna are overseen by bald eagles and flying Vs of migrating Canadian and snow geese.

Across the massive meadows of Paws Up, just beyond the deep-green hillsides, the Swan and Garnet Mountains gash open passing clouds to let a Milky Way's worth of stars

Fall guests here do well to do as Thoreau's suggested by "being forever on the alert" for natural wonders.

To preview what they look like in our slice of Montana, wander around at pawsup.com/fall.





The Flavors of Autumn Just Fall Into (Mise en) Place.

With its golden glow, summer tends to steal the spotlight, but fall is a wondrous time of year, especially in Montana. The days grow shorter



and the nights turn crisp, and there's a treasure trove of sweet and savory delights. It's a chef's paradise this time of year, with Executive Chef summer's bounty trickling in

and heartier vegetables waking from their deep slumber. Executive Chef Sunny Jin celebrates autumnal flavors in every dish he prepares, but what does he most look forward to this fall? We sat down with him to find out.

What are some of the best ways to savor the taste of fall

The dry heat and cold nights promote favorable conditions, which supply Montana with an abundant supply of apples—a wonderful, often neglected fruit. And then, of course, there are hard ciders! Flathead Valley cherries are another highlight. I often make a full meal of just a bowl of cherries.

Tomatoes are coming to the end of the season, so it's a great time to get your fill. Make a large batch of salsa or sauce or even dehydrate your sun-dried tomatoes. You'll thank yourself in the colder months when you see that jar of tomato sauce in

Montana's available grazing lands continually change the characteristics of the milk of sheep and goats, making their cheeses something of a flavor "time capsule" that tells the story of the animals' seasonal diet. Local honey is harvested in late summer and early fall with pronounced flavors reflective of its regional blooms.

And then there are Dixon melons.

There is something very special about the town of Dixon, Montana. It's hard to put a finger on their secret, but they consistently produce some of the sweetest melons known. The taste of naturally fruity sugars with a tender, soft bite makes me miss them every year once they're gone.

What changes do you make in the fall to incorporate the local bounty?

Heartier greens and root vegetables begin to make an appearance on our menus. We reintroduce slower cooking and longer braises to help warm us during the transition to colder days ahead.

Do you have a favorite fall dish?

Finding and balancing the right cooking technique and flavor combinations without sacrificing integrity is what makes cooking so rewarding. Some of the dishes you might taste at Paws Up in the fall may include celery root gratin with sour cherries, Marcona almonds, blue cheese mornay and pumpernickel breadcrumbs.

Cedar-smoked pork loin with farro risotto, wilted kale and quince relish or pan-roasted duck breast with buttermilkbraised fennel, caramelized apples and juniper gastrique are two favorites, along with bison tenderloin with Brussels sprout slaw, smoked porcini and huckleberry coulis.

What's a good, rustic bread to bake in the fall?

Focaccia can overlap every season because it acts as a vessel for multiple ingredients. In the fall, I add artichokes and olives or even a pumpkin-spiced loaf. Carrot cake and sweet potato bread are also great options, because carrots and sweet potatoes hit their stride in autumn and are abundant at every farmers market.

Paws Up has a terrific lineup of culinary events, including Fish and Feast, Montana Master Chefs: The South and Friends of James Beard Weekend with talented chefs coming to The Resort. Who are you excited about cooking with this year? Truthfully, I look forward to working with all of them. Every chef chosen for our events brings their thoughtful perspective on cooking. I'm grateful not only for their participation, but more so the caliber of creativity they share with our team. This collaboration is what continues our education and pushes our programs to be an experience for our guests and staff alike.



When the topic is distilled spirits, where do you suppose the tastiest will be crafted this fall? Kentucky? Tennessee? How about Montana? One could argue that distillery products are among the reasons Montana is called the Treasure State. Because these liquid gems take a back seat to no other state's beverages. They not only appear at Paws Up's special events (pawsup.com/events), but also grace the long bar at our own watering hole, Tank.

And don't be surprised if your cocktail tastes authentically Western. For example, Missoula's Montgomery Distillery's Kirschwasser is a cherry brandy made with Flathead Lake cherries. Their Whyte Laydie Gin features Rocky Mountain juniper. And in Ennis, Montana, Willie's Distillery crafts a tasty drink called Huckleberry Sweet Cream Liqueur. Pull up a seat—at Paws Up, we wet whistles of diverse tastes and refined palates.

To help craft a fall beverage of your own, we turned to Paws Up Food and Beverage Manager Alex Dang, who offered up these tasty cocktail recipes.





ANOPEN CONCEPT SPACE



MYSTERY



What's on the menu at the green o? It doesn't really matter. While you'll find each dish described simply and tantalizingly, you won't truly begin to experience your meal until it's brought to your table.

"It's by design," says the green o Executive Chef Brandon Cunningham. "The dishes on our menu are deceptively simple. We don't want to give too much away up front."

As a result, each course is a surprise and each meal is a revelation—filled with discovery and walking the line between dinner and theater. Whereas the executive chef may be scarce at a traditional restaurant, each table at the Social Haus, the green o's restaurant, bar and lounge, is treated like the chef's table. Cunningham will provide finishing touches to dishes right at the Brandon Cunningham table and aims to provide innovative twists and culinary surprises for

guests throughout the duration of their stay.



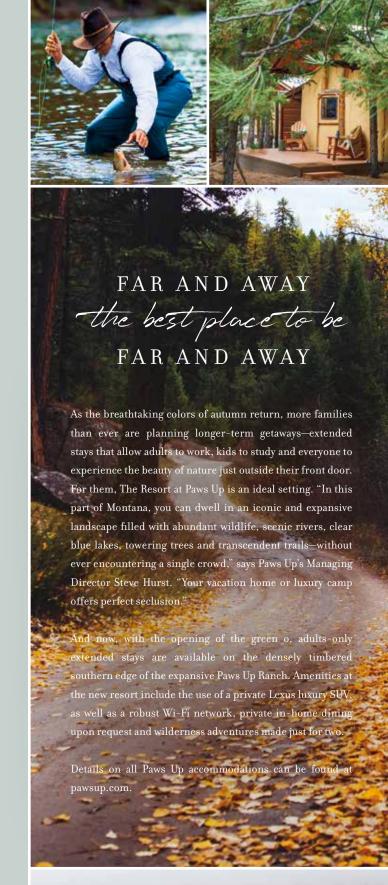
The cuisine is just one component of the immersive experience at the Social Haus, where rustic meets refinement and indoors meets outdoors. While each meal has elements of a delicious mystery, the Social Haus itself is an open book. You'll find a completely open kitchen with a live fire, where guests can witness Cunningham's considerable talent at harnessing the flame. The openness extends all the way outdoors, with floor-to-ceiling windows that allow for panoramic views of lush, untamed wilderness.

Located at the center of the resort, the Social Haus is the true heart of the green o. The lounge serves as an intimate setting for exclusive gatherings and one-of-a-kind experiences. With the limited occupancy of the green o, guests can expect up close and personal get-togethers with visiting talent from all over the country.

Behind these intimate gatherings is Director of Special Events Scott Schaefer, working to bring big names into a small, comfortable and approachable setting: "Here, accomplished winemakers will be able to pair against Chef Brandon's tasting menu, and discuss the wines oneon-one with guests throughout the night. Acclaimed musicians can play a private concert and interact freely and easily with each guest."

Of course, guests at the green o have full access to the signature events at The Resort at Paws Up, but imagine all-star chefs swinging by the green o for an exclusive VIP evening. You might take part in a hands-on cooking demonstration, listen in as a Campfire Stars musician makes her final stop for the evening or sip alongside a famous vintner at dinner. As for what the future holds for the green o, the Big Sky is the limit. As Schaefer envisions it, the green o is "destined to become one of the most coveted small stages against one of the largest and most picturesque backdrops in the country."

Lucky for you, when you're a guest at the green o, each seat is the best one in the house. Interested in snagging a coveted spot? Be sure to visit thegreeno.com.







It may not help you levitate, but the number of people meditating these days is soaring. According to the Washington Post, apps like Headspace saw a huge spike in usage during the first half of the year. On the very likely chance that trend is about to continue, we thought we'd learn more about meditation from Paws Up's resident expert on the subject, Spa and Wellness Director Laura Russell-Nygard.

As she tells us, "The human mind is undeniably a powerful tool. Not only can it control our internal world but also our external world. And so, the purpose of meditation is simple: to carefully observe one's mind." That's it. Observe one's mind. The benefits are almost a side effect.

And meditation brings about lots of benefits, in fact, such as the ability to lower stress levels, better feelings of connection with yourself and loved ones, an improved focus and a reduction of brain chatter (all those voices in our head need a break, too), as well as a better understanding of pain, which can be both mental and physical.

One of the most helpful benefits of meditation in times like ours is an improved ability to acknowledge and deal with anxiety. "And that's something you'll find in all areas of your life, whether it's worrying about what to make for dinner or the current state

of the world. We all deal with anxiety in different ways and on different levels," explains Russell-Nygard.

Meditation helps reduce anxiety by allowing you to slow down and view the world (and yourself) without judgment, which makes it possible to reduce worrying thoughts and bring about a feeling of balance, calm and focus. "All it takes is a five- or 30-minute practice. The whole idea is to give yourself time to quiet your mind while you focus on getting into a space where you can greet the day with a more positive and open-minded outlook," she says. And you can do it anywhere and also any time. Anyone, at any age or stage in life, can do it.

Whether you're sitting in a comfortable chair at home or finding a place out among the 37,000 acres here at Paws Up, there's no better time than the present to begin. All that matters is that you've found a space where you can focus your mind and bring your attention to your daily purpose.

Through mindfulness, your meditation practice can develop into a deeper experience, purposely bringing your attention to an experience occurring in the present moment.

Get started by downloading one of the many apps available online, by playing a guided meditation video or simply by following a few steps on your own:

FIND A COMFORTABLE PLACE TO SIT



CLOSE YOUR EYES.



TRY TO MAKE NO EFFORT TO CONTROL



FOCUS YOUR ATTENTION ON THE BREATH AND ON HOW THE BODY MOVES WITH EACH INHALATION AND EXHALATION.

NOTICE THE MOVEMENT OF YOUR BODY AS YOU BREATHE. OBSERVE YOUR CHEST.

SHOULDERS, RIB CAGE AND BELLY. FOCUS YOUR ATTENTION ON YOUR BREATH WITHOUT CONTROLLING ITS PACE OR NTENSITY. IF YOUR MIND WANDERS, RETURN YOUR FOCUS BACK TO YOUR BREATH.



FOREST BATHING, A TYPE OF MEDITATION, AND YOGA MEDITATION ARE TWO WAYS

TO BEGIN YOUR PRACTICE—OR TAKE IT TO THE NEXT LEVEL—WHILE YOU'RE AT PAWS UP.

LEARN MORE ABOUT ALL OUR SPA AND WELLNESS SERVICES AT PAWSUP COM/SPA



Upcoming Events at Paws Up

Take a look at all we have in store for the upcoming fall and winter, from fly-fishing events to a legendary cowgirls gathering to visiting vintners and chefs creating succulent tastings and meals right here on the Ranch—along with holiday celebrations all the way to 2021.

FISH AND FEAST

WITH CHEF/ANGLERS DOUG ADAMS AND KELLY LIKEN AND VINTNER DENNIS CAKEBREAD September 4–7

COWGIRL FALL ROUNDUP

FEATURING HONOREES OF THE COWGIRL MUSEUM AND HALL OF FAME September 10–13

COOKBOOK LIVE® PRESENTS

THANK YOU FOR SMOKING AND COWGIRL CUISINE FEATURING AWARD-WINNING AUTHOR AND CHEF PAULA DISBROWE

September 10-13

THE WONDER WOMEN OF FLY-FISHING

AN ALL-WOMEN EVENT WITH ANGLERS KELLY HARRISON AND MINDY MARCUM

September 11–13

MONTANA MASTER CHEFS®: THE SOUTH

WITH CHEFS FROM HOTBED SOUTHERN CITIES, INCLUDING DAVID BANCROFT, NINA COMPTON, KELLY FIELDS, KEVIN GILLESPIE AND VIRGINIA WILLIS

September 24-27

FRIENDS OF JAMES BEARD WEEKEND

WITH JAMES BEARD AWARD WINNERS KAREN AKUNOWICZ, RYAN PREWITT AND CHRIS SHEPHERD

October 9–11

VISITING VINTNER SERIES WITH CHAPPELLET AND MELVILLE

WITH WINEMAKERS AMY CHAPPELLET, DOMINIC CHAPPELLET AND CHAD MELVILLE AND JAMES BEARD AWARD WINNER LAURA WERLIN

November 6-8

COOKBOOK LIVE® PRESENTS GRILLED CHEESE, PLEASE! AND MAC & CHEESE, PLEASE! AND SANDWICH SENSATIONS: GRILLED CHEESE

WITH WINE AND CHEESE EXPERT LAURA WERLIN
November 6–8

WILDERNESS WORKSHOP: COWGIRL PHOTOGRAPHY

WITH AWARD-WINNING RANCH PHOTOGRAPHER BARBARA VAN CLEVE November 6–8

THANKSGIVING WEEKEND

FEATURING A LAVISH THANKSGIVING MEAL CREATED BY EXECUTIVE CHEF SUNNY JIN November 25–29

HOLIDAY TREATS WITH AMANDA ROCKMAN

FEATURING THE JEAN BANCHET PASTRY CHEF OF THE YEAR December 23–27

A MONTANA CHRISTMAS

WITH VISITS FROM SANTA, SLEIGH RIDES AND MANY MORE MAGICAL SURPRISES December 25

A NEW YEAR'S CELEBRATION

WITH LIVE MUSIC, FIREWORKS AND VINTAGE BUBBLY December 31

WINTER BREAK

A SNOWPACKED GETAWAY WITH CHEF JESSICA FOSTER January 1–10, 2021

WINTERFEST: A WINTRY CULINARY FEST

WITH GUEST CHEFS MELISSA KING, ANNIE PETTRY
AND BROOKE WILLIAMSON AND VINTNERS LYNN AND RON PENNER-ASH
February 12–15, 2021

We've done our best to provide the most accurate information possible in this Adventure Journal. Because the safety of our guests, staff and event participants is always our top priority and because travel plans could change, adjustments to our programming may occur. Please contact Reservations at 866-991-1354 or reservations@pawsup.com for the most up-to-date details.



40060 PAWS UP ROAD GREENOUGH, MT 59823

800-473-0601 THERESORT @ PAWSUP. COM WWW. PAWSUP. COM













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