

# 805

LIVING

## THE SPORTING LIFE



## GETTIN' PRIMITIVE

The Resort at Paws Up ([pawsup.com](http://pawsup.com) from \$577), a working cattle ranch in western Montana, is turning Paleolithic with the Gettin' Primitive program that runs July 23 through 29 and August 3 through 9 at the luxury resort.

The program, run by Gary Steele, teaches families outdoor skills, such as building a fire and shelter, making arrowheads, identifying edible plants, tracking animals, and knife- and tomahawk-throwing. "Everybody is initially drawn to throwing sharp stuff," says Steele, who lived in the Montana woods for 20 years without running water or electricity. "It just brings out some primal instinct in them. And actually, a lot of adults love it, too."



Guests of The Resort at Paws Up can unplug while learning skills like archery, tomahawk-throwing, and petroglyph-style art techniques.



It's not all primitive, though. Paws Up offers glamping tents with private bathrooms, electricity, and housekeeping as well as vacation homes with up to four bedrooms. Massages and body wraps are administered beneath pine trees at the resort's Spa Town, a collection of tents connected by a wooden boardwalk.

In addition to reserving Gettin' Primitive, families can book Steele privately for a half day or full day. "If a kid is outdoors, he's going to be way more healthy and balanced emotionally and physically," says Steele. "I have seen huge differences in lots of kids now. That's why I keep doing this."



Flanked by redwoods on a bluff beside the Sonoma coastline, the newly restored Timber Cove Resort is a peaceful haven with picturesque views of the ocean and the forest.

## SONOMA SEASCAPES

In 1962, the late Italian-American artist Beniamino Bufano began creating an eight-story obelisk on the Sonoma Coast decorated with a Madonna, a child, and a hand—motifs of peace. The structure stands on the tranquil 25-acre property of Timber Cove Resort ([timbercoveresort.com](http://timbercoveresort.com); from \$250), overlooking the Pacific Ocean, about halfway between Bodega Bay and Sea Ranch. Built in the early 1960s, when ranches and agricultural structures dominated the coastline, the resort recently completed a restoration that preserves the original intent of the development: refuge. The 46 guest rooms in the redwood lodge feature down comforters, plaid Pendleton blankets, record players, and Russian River Roasters coffee.

The resort has an ongoing partnership with Unbeaten Path Tours ([unbeatenpathtours.com](http://unbeatenpathtours.com)), whose owner, Margaret Lindgren, passionately recounts the history of Bufano's obelisk at the beginning of her two-hour Seascapes hiking tour. She includes an overview of the property, detailing how the architecture connects to the history of the region, and covers regional oceanography and geology. "What's interesting about the region is a lot of it is still agricultural ranch land," Lindgren says. "It's a real departure from the city and from urban life." ♦