

Welcome to Medicine Bow Lodge and Adventure Guest Ranch

We are excited that you are here. We have put together a welcome guide to ensure that you have the resources that you need to navigate through each day with enjoying all we have to offer here at Medicine Bow Lodge and Adventure Guest Ranch.

If you find that you have questions or need assistance with anything do not hesitate to discuss with Tim and Debbie or one of our capable staff members. We are here to serve you and make sure this vacation is delightful and unforgettable.

Sincerely,

Tim and Debbie Bishop

Owners/Managers

Medicine Bow Lodge and Adventure Guest Ranch

Meals/Snacks

Breakfast- 7:30am – 9:00am (*Coffee will be available at 6:30am for the early birds*)

Breakfast is served in the Dining Room

Lunch- 12:00 ish (*After morning ride returns*)

Lunch will be served on the Back Deck depending on the weather

Supper – 6:00pm

Supper will be served either in the Dining Room or Back Deck

Please let Chef Debbie know if you have Dietary Needs that have not been discussed with her. We want to make sure you are satisfied and stay healthy.

A daily menu will be posted in the Dining Room.

We also will have different drinks available for you and snacks. We want you to help yourself.

Please monitor your children with keeping drinks in the Dining Room or outside.

We prefer children not having food in the Great Room.

If you are signed up for an all-day excursion, we ask that you let management know the night before, so we can have a packed lunch ready for you, and staff.

Horseback Riding Schedule

9:30am - Monday Morning Mandatory Orientation

All rides are at the Corral

9:30am – All rides leave for the morning ride or all-day ride

2:00pm – Afternoon rides

- Corral work will be scheduled with Tim. This is a great time to work on your riding and getting more comfortable in the saddle.
- An Itinerary sign- up sheet will be available each evening located in the Dining Room on the buffet table.
- Daily activities such as Fishing, Hiking, Ebike Tours, Archery, Skeet Shooting/Target Shooting, will be offered on the Itinerary sign-up sheet.
- We also offer a Craft time for those who want to take a break from the riding...
- All – Day rides leave out at 9:30am. This ride arrives back at the Ranch around 3:00pm depending on the destination. We pack a lunch with snacks and extra water. Please fill your personal water bottles up as we have satchel bags for everyone.

Make sure you have sunscreen. We are at a high elevation and it can be deceiving leaving you sunburn.

A hat is highly recommended with a stampede string. We have these available in the gift store.

- Overnight pack trips are available and scheduled for Thursdays. If you are planning on doing this activity we need to know by Tuesday in order for preparation.

Tim and staff will discuss and give information that you will need to know with packing...

- We want everyone including the littles to enjoy the Ranch. We can arrange a kid's wrangler to entertain your children that are 5 and under. Pony rides are available for them along with fun appropriate activities. This will give you the freedom to ride, ...

Please let us know what you want to do and we will do our best to make it happen.

All activities are subject to change due to weather.

The Main Lodge

- The Main Lodge is open for our Guests 24 hours a day. If you have children, you are responsible for them.
- Children 6-10 must be accompanied by an adult to play billiards.
- Feel free to watch TV, get a cup of coffee, or tea... Help yourselves to snacks. Please use to go cups if you take cups to your room. Coffee mugs stay in the Lodge.

- **Wi-Fi** – We have Wi-Fi available for limited use in the Main Lodge. If you need to do some work, check emails, messages – We ask that you not download movies, videos... We do ask that children not be on our Wi-Fi unless they have your permission. We do not give the password to children and we ask that you respect this decision. This is the ideal place to for kids to unplug and take in all that we have here at MBL along with the beauty/peace that surrounds us.

- **Adult Beverages** – Please feel free to enjoy drinks in the Main Lodge after 4:30 or after shooting. We have Glasses, Corkscrews, for you to use. We also have ice buckets. We welcome Guests to keep beverages in the refrigerator located in the Bath House.
- We have lots of board games that we want you to enjoy. And you will find decks of cards scattered around the Lodge.
- Take advantage of our Library that is located in the back room. We have accumulated a plethora of books through the years and Guests have been generous to leave us with some great reads.
- We also have DVDs located in the console below the TV. Please return if you take to your cabin.

We want our Guests to enjoy and feel at home while staying here at MBL. We are happy that you are here and want you to be comfortable, relaxed and make memories to last a lifetime.

Laundry

- The Laundry Room is on the front side of the Bath House.
- We ask that you ask management to use the facilities to make sure there is a free washer and dryer for you to use.
- There is an ironing board and iron in the Bath House for you to use at your convenience.
- We have a clothes line on the other side of the Laundry Room. Please feel free to hang your clothes on the line and dry your clothes in the fresh mountain air.

Cabins

- House Keeping for your cabin is done every other day unless you request clean towels daily. We are trying to do our best with conserving water and electricity by being responsible with the environment in our area.

3 T's – Fresh Towels, Toilet Paper and Trash will be done every other day. Please let management know if you want this service every day.

Please do not take towels from the Laundry Room or Linens. We are happy to get them for you at any time. Accidents happen, we are here to make sure you have clean towels and linens.

- We provide boot rags in a basket located on dresser for you to use to wipe off boots/shoes. Please utilize these rags that are provided and dispose in the garbage. Do not use wash cloths. They don't like the manure on them.
- We have black wash cloths provided for removal of makeup and sunscreen. Do not use white wash cloths because they leave unremovable stains. You will be charged for the wash cloth if stained with makeup. We have plenty black wash cloths that handle the makeup well.
- Let's talk plumbing here in the cabin and on the Ranch. Our plumbing has delicate pipes. Please!!! Only toilet paper goes in the toilet.

Do not put any wipes (even those that say flushable do not break down well), No female items. It's not fun to have stopped up toilet, especially when it happens at night time.

Let management know of any issues so we can make sure all is good with your bathrooms.
- We are located in the Forest, which means there are animals. If you have food in your room, you will want to make sure it is well bagged and closed at all times. We do our best to keep the rodents under control. We need your help with this with throwing garbage away in trash can or dumpster. Never leave food outside, unless you want an unwanted guest to appear on your cabin porch. Wildlife is real here at MBL and we work hard at making sure they stay away.
- We have such a great location being secluded and we want you to be comfortable with security. We close our gate at night time. You can lock your room doors when you are in the room. There is no reason to lock your cabin room when you leave it. Our staff are well vetted and there is always so much activity around the grounds that thievery has never been an issue.

Bath House

The Bath House is for our Guests to enjoy the amenities that include the following:

- A refrigerator is for your use to put your favorite beverages
- There is a microwave for your use
- You can also find hot teas, hot cocoa and coffee to make a cup on the go or as you head back to your cabin
- All of these are located in the main room

The Fitness Room – *Hours: 7:00am – 10:30pm*

- We have an Elliptical and stationary Bicycle for you
- We also have weights

Our hot tub is for you to rest your aching bones after a fun filled day.

- There are Bath Sheet Towels located in a plastic tub for the Hot Tub
- You are welcome to use the shower that is in the bathroom located in Fitness Room.
- Children must be accompanied by an adult. The Fitness equipment and Hot Tub are to used by adults unless children have a parent or adult with them.
- Please place the cover on the Hot Tub when finished

The Bath Sheet Towels may also be used to go to the Natural Hot Springs in Saratoga. Please do not take the White Bath Towels. We have provided the colored towels for the Hot Springs. Just place the towels in the marked dirty basket when you return to the Ranch.

The room that is apart of the Bath House is off Limits. Please respect the privacy of our staff and family.

The Rocking Horse Gift Store

Store Hours: 9:00am-5:00pm

We love what we offer in our Gift Store hope that you will enjoy it too.

We have the privilege to have local artist that have unique creations. You will find the following plus lot more including toiletry items that you may have forgotten for your stay with us.

- Pottery including our MBL Mugs
- Paintings and Stuffed Horses
- Shirts, Vests, Coats
- Scarves, Gloves...

Hats are important for where we live and to have on during your stay at MBL

- We have cowboy hats and ball caps for you to purchase
- Stampede strings are required for riding

We have Water Bottles and Hot Drink to go Bottles

(We are doing what we can to decrease the use of plastic water bottles in order to help out our environment)

We have wonderful well water that you will love and we encourage our Guests to have their personal water bottle to refill anytime in our kitchen. We hope you will join us in this endeavor to better our environment.

We have purchase sheets on the desk in the Gift Store. We ask that you fill out the sheet and place in the basket. We will settle your bill at the end of your stay. Please feel free to ask us questions.

Children must be accompanied by an Adult.

History of Medicine Bow Lodge and Adventure Guest Ranch

Medicine Bow Lodge and Adventure Guest Ranch is rich in history. The Ranch opened in 1917, rough cut wood floors and all that comes along in that time period. Can you imagine having to use a chamber pot? The original Kitchen and Dining Room is still intact and functions daily to serve Guests delicious meals.

The Ranch has gone through many owners with Tim and Debbie Bishop being one the longest owners celebrating owning/managing the Ranch since 2002. Tim and Debbie love what they get to do with serving the Guests, working hand and hand with their staff and having the personability with their Guests.

It's been an Adventure that has brought many memories through the years. Tim and Debbie have established a Guest Dude Ranch in hoping that our Guest leave MBL with fond memories.

Guests enjoy horseback riding, hiking, fishing, ebike tours, canoeing, crafts, corral work, archery, skeet, target shooting, roping 101, games, entertainment, campfires, overnight pack trips, rope swing, maybe pan for gold, geology 101 and much more.

The Ranch has evolved from being a rustic hunting and fishing Lodge to an elegant Guest Dude Ranch.

Fill free to ask us more the history of the Ranch.

Tim and Debbie Bishop

Owners/Managers

Things to do in the area

We have put together a list of things you may want to check out during your stay at MBL.

Some Guest like taking a break from riding... and want to adventure out to the local towns that surround us.

Saratoga is a quaint town that has an eclectic old town feeling with some of our favorites:

1. **The Natural Hot Springs**
2. **The Lucky Pearl** is a boutique with specialty clothing, and gifts for all
3. **Strong Tower** has unique jewelry that is handmade local artist, fun western, southwestern clothing, boots... and a Hat Bar.
4. **Sweet Marie's Mercantile** has great souvenirs
5. **Hatch Leather shop** has unique leather items and if you need work on your personal tack, they do a great job.
6. **Valley Foods/Liquor Store** have everything you need and is something to see with the wildlife mounds scattered throughout the store.
7. **Koyoty Sports** is full of some of the best stuffed animals. If you are need of guns, ammunition,... this is your store.
8. Guest may want to hire a Fishing Guide to float the Platte River. We recommend **Hack's Tackle**.

They also are outfitters for floating the North Platte River. 307-326-9823

9. If you are wanting a massage or pampered with a **spa treatment**, we recommend:

Jamie Bernal: (She will come here and set up in the fitness room) We will be happy to contact her for you.

Red Sage Spa: 307-326-8066 (You will want to book quickly; this is their busy season)

10. **Veteran's Island** is along the N Platte River and a fun place to walk, play ground and a park honoring our Veterans'. It is located by the Hot Springs.

Encampment: 30 minutes away

The Encampment Museum is something to see. It is full of History of the Platte Valley. You will want a few hours to take it all in.

Laramie: An Hour Away

There are lots of shops and restaurants in this University Town. Talk to Tim or Debbie and they will share their favorites.

The Local Restaurants

Saratoga has a few restaurants that we recommend. If you decide to take in the local cuisine and will miss a meal, please let the kitchen know.

The Sandwich Shop: Unique sandwiches, and salads and coffee shop \$\$

The Wolf Hotel: Historic Hotel that has an array of choices with a soup/salad bar \$\$

The Malt: Bar foods, appetizers... \$\$\$

Bella's: Our favorite Italian cuisine that will not disappoint. We highly recommend reservations. \$\$

Saratoga Resort and Spa: They have their local Brewery with casual foods, burgers, salads, sandwiches...\$\$

Wildlife and Birds

We can't leave out the wildlife that is a big part of Medicine Bow National Forest.

Moose: Early mornings and dusk are the best time to see Moose. We are happy to tell you of the best places to see them. But don't be surprised to see them around here roaming and eating the vegetation of the willows, and leaves on the trees. Their caviar is rosehip which grows robustly in our area. A couple of fun facts about Moose are that they have horrible eyesight and depend on their hearing for survival. Their paddles fall off during the Spring time and regrow bigger year after year. A warning that we share with Guests is Moose are extremely dangerous and will charge you, especially if it is a Cow Moose with her baby or babies. If you are confronted by a moose, climb the nearest tree or hide behind a tree.

Bears: The Cinnamon Black Bear lives in our mountain range. While they are fun to site at a distance, we do our best to keep them away from the Ranch grounds. Bear love to eat and it really doesn't matter what the food is in their reach; they will do anything and everything to be rewarded. They are a habitual animal and once they receive the reward (food), they will continue to return to same place, same time.

+We encourage our Guests, and Staff to not leave any food outside, including bags, wrappers, cups... As cute as Bears are, they are a wild animal.

Deer: We have the Mule Deer and White Tail Deer that live in our Mountain Range. Early mornings and dusk are the best time to see them. They are vegetarians and love the vegetation here with willows, sage, hay being plentiful around the Ranch.

Elk: If you get to see an Elk or Herd, then consider fortunate. They are ghost of the Forest. They are about the same size as a horse, and have golden rear. They are an animal to behold.

Mountain Lions: We normally do not see this impressive animal. Mountain Lions normally see you before you see them. They are carnivores and they scout for their prey. This is one of the many reasons we have our dogs. They do a great job scaring off any and all of the dangerous animals. We have more information with books in the Lobby.

Coyotes: Don't be surprised or alarmed to hear coyotes in the evening hours. They normally do not come on the grounds because of our dog's. Coyotes are not known to bother or come after humans.

They usually are standoffish and have not been an issue here at the Ranch. Our Ranch neighbors are more at risk with their cattle and sheep.

*The best advise we can give you is to use common sense when outside.

Birds: We are blessed living here and encountering daily all sorts of species of birds. We have books in the Lobby that have more information and the birds of our area. Here are a few of our favorites that we get to see and enjoy.

Hummingbirds: We have an abundance of Hummingbirds that bring different species throughout their migration to make their habitat here. We usually see the scout middle of May. This is when we put the feeders. They are such an amazing bird. They occupy a variety of habitats traveling from Canada to the Rocky Mountains and us during Warmer months. They head South for the Winter months.

Hummingbirds love the sweetness of the nectar in flowers. We provide healthy Hummingbird juice made up of water and sugar to give them nutrition.

Fun Facts:

Hummingbirds are the smallest bird.

Did you know that these extraordinary little birds flap their wings 70-80 times per second during regular flight?

There are more than 325 species!

Eagles:

Bald Eagle: Our National Bird of America

Their wing span is up to 8 Feet. They mate for life. They can live up to 75-80 years. They don't get their white head and tail until 4 years old. They nest in trees. They are our National Symbol and a species to behold.

Golden Eagle: Their wing span is up to 10 Feet. They are the largest Raptor in the Rockies. They mate for life and nest on trees and cliffs. Their nest can weigh up to 1000 pounds. They are mostly carnivore.

Sandhill Cranes: They migrate from the Gulf Coast. They are one of the oldest known birds. These birds will eat anything and can be seen from May – first part of September.

Pelicans: The white Pelican nest up in this area on the North Platte River. They have a wing span of 9 ½ Feet. They nest but may feed up to 50 miles away from their nest.

Grouse: These birds sited on horseback rides and often take flight in front of our riders. They hoot in the Spring and have romantic dance. Guests can see them here in the late Summer to early Fall. They are good to eat and are hunted in this area. They lay their eggs in the sagebrush. Their habit in the Winter is up above Timberline in the snow.