



MENU *of* OFFERINGS

COMPLEMENTARY

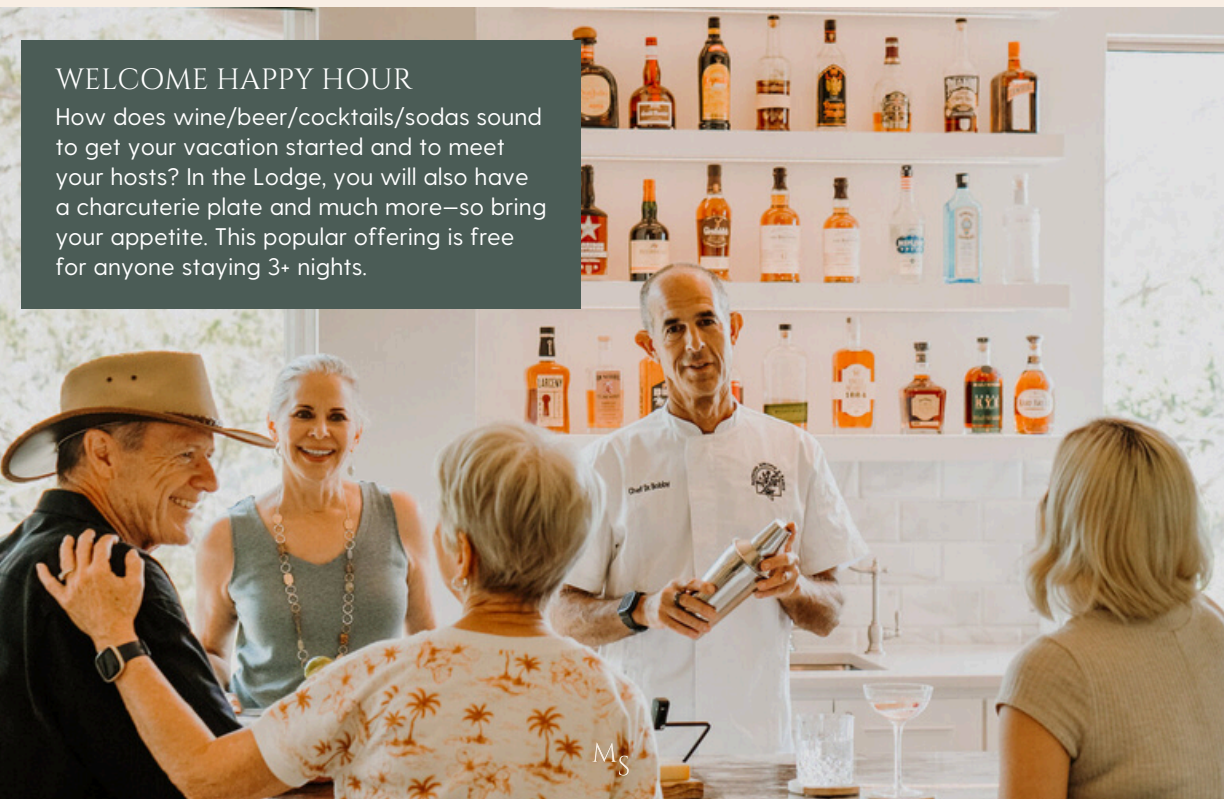
TOUR OF THE RANCH & INTRODUCTION TO THE ANIMALS



Join us for a 4-wheel drive ride about and see the sights that you may wish to enjoy during your stay. First stop, the chickens—see where they live, how to collect eggs every day, and give them some food. Next stop, the alpacas and mini-donkeys. They always want to be fed. And let's not forget the kangaroos and ducks, who enjoy visits as well. So put on a smile and enjoy these funny friends. After that, a short walk to the Grove, a canopied oak oasis that is shielded from the sun/heat and has tables for having lunch or dinner, a Big Green Egg to BBQ, running water, and a fire pit for s'mores and campfires (ban burn permitting). Then, it is off to the Savannah to feed the antelope and exotic deer. We will drive the cross-country trail to the other end of the ranch and visit the wonderful gazebo atop a hill, looking out over 50 miles of Hill Country. We then return you to the Ranch House.

WELCOME HAPPY HOUR

How does wine/beer/cocktails/sodas sound to get your vacation started and to meet your hosts? In the Lodge, you will also have a charcuterie plate and much more—so bring your appetite. This popular offering is free for anyone staying 3+ nights.





DR. BOBBY DUBOIS, RETIRED PHYSICIAN
SCIENTIST AND IRONMAN TRIATHLETE

“LIVING LONG AND WELL” FIRESIDE CHAT WITH DR. BOBBY

It's all at Madrone Springs Ranch, a chance to live long and well with the following scientifically supported activities that work:

- The right exercise in the right amounts (e.g., aerobic, anaerobic, strength, balance)
- Optimal Sleep (i.e, duration, quality)
- Nutrition that matters
- Mind-body work (e.g., yoga, meditation)
- Exposure to heat and cold (e.g., sauna, cold plunge)
- Social relationships that prolong life and promote wellness

Join an hour (or so) discussion about how these activities can increase your energy and help you to live longer, how you can experience them while at the ranch, and crucially, how to incorporate these same activities into your lives back home. Each of these components have scientific evidence to support them—learn how to approach them and why they matter.

In the fashion of Ranger Talks at National Parks, let's have a chance to discuss these ways to improve your lives and the underlying evidence that supports each of them.

Let's Live Long and Well.

GUIDED HIKES

There are 7 miles of hiking trails—some short, some medium, and one that is 2.5 miles long. They follow the creek, or wind thru the woods, or circle across the ranch with views of near and far. There is a Medicine Wheel where you can do walking meditation amongst the beautiful Live Oak trees. Your hosts are happy to guide you or just let you loose to explore all seven miles of enjoyment.



ALSO AVAILABLE

(ADDITIONAL FEES ASSOCIATED WITH THE FOLLOWING ACTIVITIES)



MASSAGE

Relax and be pampered in the Yoga Studio overlooking the creek with a full body massage. Try 60 minutes, or if you wish to be fully transformed, a 90-minute experience is unbelievable. Focus on sore areas? General body work? Drift into oblivion? Your choice.



IN-PERSON YOGA INSTRUCTION OR GUIDED MEDITATION

If you wish to have an instructor guide your yoga or meditation, we can have someone join you in the yoga studio for the journey of your choosing. What a way to start or end the day!



CHEF-PREPARED MEALS

Perhaps your perfect vacation does not envision cooking each meal. Chef Dr. Bobby (your host) and Gail (wife, co-host) can prepare a sumptuous brunch of fresh squeezed orange juice, home-made yogurt, ranch collected eggs, yummy blueberry scones, or Liege waffles with ranch made honey or jam. Or, have rib eye steak, fresh hand-made pasta, ranch grown vegetables (if in season) for your dining pleasure. How about freshly made double chocolate gelato, tres leches cake, or chocolate-peanut butter-shortbread Millionaire's Bars for your dessert? Design your meals with us to have the perfect experience. Although not a formally trained chef, guests seemed to thoroughly enjoy the offerings! Sample menus and pricing upon request.



WHISKEY TASTING EXPERIENCE

Perhaps a tasting tour of Texas whiskeys in the Lodge overlooking the creek (e.g., Garrison Brothers, Balcones, Milam and Green)? Or a broader tour that might also include whiskey from Scotland or elsewhere? Try them "blind" or not, with a touch of water (or not), and sample two identical cocktails with two separate whiskeys to taste the difference (or no difference?).



ROCK PAINTING AT THE ART STUDIO

A fun activity for all ages. We supply the rocks, paint pens, and step-by-step instructions. Take your creation with you or add it to the Fairy Village. There is a small charge (\$5 per person) to cover materials.



MAID SERVICE

Perhaps a freshened up Ranch House is what you wish every day or so. Beds made for you, fresh towels available, and a chance to return to your oasis with less cares on your mind. Let us know.



FLAT CREEK COFFEE BAR

ESPRESSO. SCONES. QUIET MORNINGS.

Flat Creek Coffee Bar serves thoughtfully made espresso drinks and a small selection of fresh baked breakfast favorites. Simple, calm, and ranch-rooted—made for unhurried mornings.

WHAT OUR GUESTS SAY



We were absolutely blown away by this experience. I call it an experience because it was so much more than a "stay" or a "vacation". We tend to indulge in the finer things when traveling, but haven't ever found a better overall place than Madrone Springs Ranch, not even close.

AARON



What an absolute dream location. The ranch house is immaculate and beautiful with a dream interior design! The amenities were plenty! The views were outstanding and the hikes were our family's favorite! The hosts were more than gracious... We absolutely loved our time here and will be back!

GERI



I booked Madrone Springs Ranch for a reunion weekend with 10 friends who flew in from all across the country. They couldn't believe this place existed. The Ranch House, the Lodge with its gym, spa, and incredible kitchen, the hiking trails... it couldn't have been more perfect for creating lasting memories. We will definitely be going back.

DIANA



The creek, spa, cold plunge, the animals, happy hour, tours, the ATVs and all the attention to details. Nothing was missed; down to the comfortable beds, games, linens, s'mores, animal feeds and fresh eggs daily. Just wow.

VICTORIA



Such gracious hosts and wonderful people. Their passion for what they're doing is obvious, and they are creating something incredibly unique. Equal parts luxury and living with the land, and so much to do. We hiked, swam...toured the ranch, watched amazing sunrises and sunsets, and the occasional excursions into the surrounding Hill Country towns.

SCOTT



WOW, WHAT A GEM! "Nurture in Nature" is the perfect theme. Enjoy hikes, swims in the creek, feeding wildlife, or lounging in their beautiful home. The place provided an oasis of relaxation under the clear, star-studded skies. It was the perfect spot to unwind and recharge, surrounded by nature's beauty.

DANIEL



WOW what an extraordinarily special place the ranch is... Everything from the private grounds tour, thoughtful happy hour, amazing scenery and hiking trails, home cooked meals... this place is the perfect mix of a five star resort experience with the hospitality of an old school BNB.

SAVIOR



What a delightful slice of heaven: the luxurious comfort of the ranch house and its amenities, the friendly, accommodating hosts, and the absolute serenity of the setting! The hiking was invigorating with well-tended trails and beautiful vistas at every turn. The entire experience was sublimely serene!

KATHRYN