

FOR IMMEDIATE RELEASE

FOR:
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**ALISAL GUEST RANCH & RESORT
ANNOUNCES 2009 DATES FOR INFAMOUS BOOTCAMPS!**

*City Girls and Dudes Trade in their Stilettos and Suits for Spurs at the
West's Wildest Bootcamps for Women, Couples, and Mother-Daughter duos*

(SOLVANG, Calif.)—Calling all polished urbanites, mothers and daughters and city slickers! It's once again time to rough it alongside accomplished equestrians and expert wranglers at the Cowgirl, Couples, or Mother/Daughter all-inclusive *Bootcamp* getaways. Nestled on 10,000 acres in the Santa Barbara wine country, Alisal Guest Ranch & Resort offers a women's, couples, and mother/daughter three-night, four-day adventure combining the best of wild west culture with the adventures of working on a real cattle ranch—all in laid back Alisal style.

Cow folk will begin their adventure with training in "saddle up" instruction before heading out for a two-hour morning horseback ride. The horsemen will explore some of Alisal's 50-miles of majestic riding trails, lead by a notable resident ranch hand. For the more experienced rider and horse enthusiast, there is also an opportunity to try barrel racing in an authentic open-air, western arena. If roping cattle is not your thing, guests can head to Alisal's 100-acre spring fed lake for archery lessons or can enjoy a multitude of other activities including: hiking in Deer Canyon, biking to Nojoqui Falls, boating on Alisal Lake, playing tennis or enjoying a relaxing spa treatment or massage from the Alisal Fitness Center and Spa.

Experienced and novice cow folk alike will enjoy an invigorating breakfast ride to the historic Old Adobe camp. Enjoy entertainment around the campfire with award-winning singing cowboys. Guests will also get a chance to kick up their boots with a two-step and line-dancing lesson followed by an outing to Santa Ynez's historic Maverick Saloon to enjoy live country western entertainment.

*Guests are also welcome to schedule a private bootcamp, November through March, by booking a minimum of 10 rooms.

Alisal Guest Ranch and Resort offers 73 telephone-and-television-free guest cottages and suites, two 18-hole championship golf courses, six tennis courts and a 100-acre spring-fed lake with water sports, including fly-fishing, canoeing, and kayaking, in addition to the brand new Alisal Fitness Center & Spa!

Cowgirl Bootcamp is offered:

- **May 3-6, 2009**

The *Cowgirl Bootcamp* is \$2,800.00 based on double occupancy, including tax and service charges. Additional per person and suite rates are available upon request.

The Cowgirl Bootcamp package includes:

- Studio accommodations with wood-burning fireplace for three nights, four days
- Cocktail receptions each evening
- All meals including wine with dinner
- Private winemaker's presentation
- Gourmet picnic lunch at Alisal Lake
- Daily horseback rides
- Rope and barrel racing lesson at Alisal rodeo arena
- Traditional hat shaping at Alisal Lake
- Line dancing instruction
- Archery lesson
- Nightly live entertainment in Alisal's Oak Room
- Gift basket filled with western amenities on arrival

Couples Bootcamp is offered:

- **October 22-25, 2009**

The Alisal *Couples "Cowboy" Bootcamp* package is available starting at \$2500.00 per couple, including all taxes and service charges. Additional per person, and suite rates are available upon request.

Couples "Cowboy" Bootcamp package includes:

- Studio accommodations for three nights, four days
- Welcome basket
- Welcome reception and dinner
- Nightly entertainment including live music, line dancing and more
- Saddle up instruction with Head Wrangler, Tony Thompson
- Daily horseback rides across some of Alisal's 50 miles of trails
- Lake activities including hat shaping and archery lessons
- Evening reception featuring local wineries
- Wine "pairing" dinner
- Breakfast ride to the Historic Old Adobe
- Rodeo arena workshop and rodeo instruction
- Sunset reception and dinner on the beautifully remodeled Lake Deck
- Romantic turndown gift
- Unlimited horseback riding, golf, and tennis

Mother-Daughter Bootcamp is offered:

- **February 26-March 1, 2009**

The *Mother-Daughter Cowgirl Bootcamp* is \$2,395.00 based on double occupancy, including tax and service charges. Additional per person and suite rates are available upon request.

The Mother-Daughter Cowgirl Bootcamp package includes:

- Studio accommodations with wood-burning fireplace for three nights, four days
- Receptions each evening
- All meals including wine with dinner
- Gourmet picnic lunch at Alisal Lake
- Daily horseback rides
- Rope and barrel racing lesson at Alisal rodeo arena
- Traditional hat shaping at Alisal Lake
- Line dancing lesson
- Archery lesson
- Nightly live entertainment in Alisal's Oak Room
- Gift basket filled with western amenities on arrival

The *Mother-Daughter Cowgirl Bootcamp* is an excellent way for busy moms to spend quality time with their beautiful daughters! Minimum age for participants is seven.

For additional information or to make a reservation, contact the Alisal Guest Ranch and Resort at 800-4-ALISAL, via e-mail at reservations@alisal.com or visit the Ranch on the web at www.alisal.com.

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FOR MORE INFORMATION CONTACT WAGSTAFF WORLDWIDE, 323-871-1151