



Greetings from Highland Lake Resort!

Greetings Friends and Travelers,

Thank you for choosing to stay with us! This is our fifth year and we welcome our new general manager Bobbie Arsenault. On several occasions when I have asked her guidance on a particular subject, she has drawn up her hand by her head and pulled it down in front of her body while stating, “whatever we do we should do it with intention”. For those of you who know me, I put the HD in ADHD, therefore I am awed and inspired by the presence and groundedness of this woman in her thirties at the helm. Because of her and so many of the younger generation who are living & practicing more mindfulness, I am so hopeful for the future of the world.

Undeniably it has been an intense few years for most of us walking upon the earth. While we can't change the world, we can continue to expand our capacity for love, unity and transformation within our own hearts and communities. At Highland we continue to infuse the property with art and interactive exhibits that nurture a deeper sense of love and unity with all living beings. We hope that you feel that intention whether you are at the beach, the saunas, listening to the song of a loon, reading one of the books you find in the room, or any other magic moment. Our aim is that you leave a little lighter and more peaceful than you arrived.

We are truly grateful for your patronage!



Please let us know how we can improve, many of our features were implemented from guest suggestions. And please leave us a review of your experience.