

SonRise Grass Creek Guest Ranch, LLC

Welcome to the Ranch

We are glad you are here at Grass Creek Guest Ranch. It is our sincere hope you do not just enjoy your stay with us, but have fun, flourish and expand in your knowledge of Regenerative Agriculture during your visit. Whether your goal is to relax and watch, or put on work gloves and get dirty, we are here to help. Having you here is an honor – we consider ourselves privileged to have you join us.

In this packet you will find information centered around our four main principles...

“EAT, PLAY, STAY and SUSTAIN.”

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Ranch History

Structures

Dating to 1897 our Ranch has some tremendous history. The earliest structures are our Homestead cabin, originally located adjacent to Grass Creek. In the very early twenty-first century it was moved once, then again to its current location where it has undergone a complete restoration to its historical specifications by some Norwegian friends in 2005.



Picture 1 – the original Grass Creek Homestead settlement was a single room cabin dating to 1897. This picture was taken in 2005 when the cabin underwent extensive renovations. It is currently fully functional and acts as a guest cabin on the historic Grass Creek Guest Ranch in Thermopolis Wyoming.

The next oldest structures on the Ranch are “Granny’s” and the “Main House” log cabins. “Granny’s” dates back to the early 1940’s, while the “Main House” dates to the early 1920’s. The original “Main House” had no indoor plumbing and electrical was added after the original construction date. These homes are made from solid timbers of lodgepole pine harvested right on Grass Creek.



Picture 2 – the “Main House” pictured in 1957. This home dates to the early 1920’s. The building to the right of this photo is no longer standing and has since been replaced by the Cookhouse.



Picture 3 – Granny Brown standing outside of “Granny’s Cabin”, circa 1956



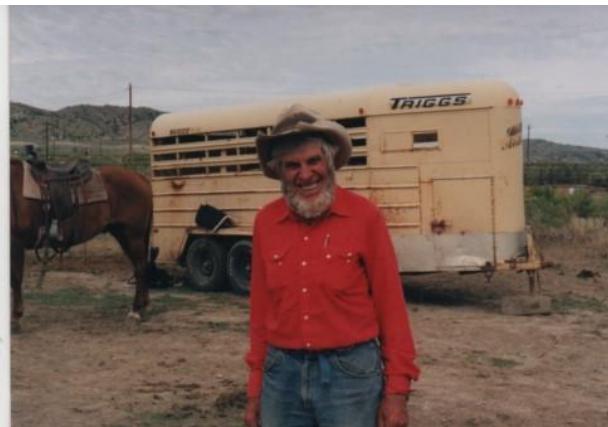
Picture 4 – “Granny’s Cabin” circa 2009, prior to a complete restoration in 2014. This cabin now serves as a guest home at SonRise Grass Creek Guest Ranch in Thermopolis, Wyoming.

People

The people of Wyoming are hearty, proud, and resilient. The families that occupied Grass Creek Ranch since its founding are no exception to this rule.

Soon after the Homestead Act passed in 1862, the Grass Creek Ranch was settled by the Baldwin family. Lloyd Robbins purchased the ranch from his in-laws, Mrs. Robins’ parents (the Baldwins) in the late 1800’s and built the Homestead Cabin before 1897. If you look on a map today, the ditch that supplies the water on Grass Creek Ranch is labeled the “Robbins Ditch” – it was dug by hand near 1906 (over two miles of it!)

One of the most colorful characters in Grass Creek Ranch history was Nate Brown (1921-2016). Nate grew up in Crowheart, near Lander Wyoming. When he was 19 years old, he accompanied his family to the Grass Creek Ranch which they occupied and farmed until his death in 2016. To say that Nate was a world-class horseman would be an understatement. He was a member of the Wyoming Horseman Hall of fame and in 2009 he was named Cowboy of the Year. His life as a horseman was legendary – dating to the days when wild horses roamed the land, Nate, would often venture out to catch one in the wild then train it and later sell it for a profit. His stores are renowned, and to this day, he is well remembered in the town of Thermopolis.



Picture 5 and 6 – Left, “Granny” Eunice Willaims (Brown) (b. 1892, d. 1974) with a fresh kill in front of her cabin circa 1950. Right, Ernest Nathan “Nate” Brown (b. 1921, d. 2016) on the Grass Creek Ranch in Thermopolis, Wyoming circa 2009.



EAT

We grow most of our own food here at SonRise Ranch. Beginning with just a few milk cows, a couple of chickens and some pigs, we discovered two things; first, food can and does heal. Secondly, the earth is bountiful and abundant - soil is life and can sustain, grow, and heal our lands and our people. Within just a few years of setting off to grow only enough for our tiny family, using regenerative agriculture principles, we are now feeding hundreds of others connected to us - Truly, bounty is upon us!

Today you are visiting an all-natural, regenerative, non-industrial, non-chemical, non-government subsidy funded family farm. We grow and sell, by the pound Grass-fed and Grass-finished Beef that never eat grain – some of which you may find yourself enjoying today with your visit here. We employ a great team of dedicated folks with a passion for what they do.

We raise humanely treated, antibiotic free, organic fed (no SOY, no GMOs) Pork and truly free-range Chicken. We have hogs on pasture and many of our animals (pork and chicken) are fed raw milk from our cows, which result in a deep, rich flavor that generations before us enjoyed. We employ holistic planned grazing methods to feed our ruminate animals the freshest, rapidly growing green grass possible, that simultaneously build, not deplete, the land and surrounding environment.

Meals on the Ranch

The daily menu for the meals served here during your stay may be found on our website. We keep a copy of the menu in the cookhouse each day too.

All meals are served in the cookhouse and may be eaten in the dining hall, picnic benches or patio. Please do not take food back to your cabin, campsite, or other buildings. Please do not feed human foods to our animals – they are on a special diet, as nature intended.

Meal times

Our meals are served buffet style each day at the following times in the cookhouse...

- Coffee – 6 AM
- Self-serve continental Breakfast – 8 AM
- Lunch – 12 Noon
- Dinner – 6 PM

Off-site catered meals are served at approximately the times indicate above. We aim to meet our schedules precisely, but please be understanding if we are off by a few minutes.

A few of our adventures, such as the “Dinner, Show and Rodeo” offer a meal as part of the outing – all expenses associated with this event (or any others) are covered by the Ranch. The guest pays no fees, taxes, or tips (and, yes, this includes alcoholic beverages, should you be so inclined to indulge in one)



PLAY

Ranch Activities and Adventures

Most all of our Ranch Activities and Adventures will be scheduled in either the mid-morning and/or late-afternoon, between meals. If an adventure is scheduled over a meal time, we will cater, or otherwise provide for that meal.

Here on the Ranch, our family and staff invite you to learn and explore - get your hands dirty or sit back and watch the action, either way, we want you involved to the degree you desire.

We ask that you only engage staff members and family, not our internship crew. These folks are working hard to learn Regenerative Agriculture for the summer, but, it may be hard for you to distinguish them from the other staff members, so just ask – they have been taught where to send you for help, should you need it.

We believe Ranching is fun. Yes - you read that right. When innovation meets integrity for the purpose of producing food abundantly the result is a mind-blowing experience. We get excited about plants sprouting, cow's grazing and newborn calves bounding through the perennial grasses their ancestors grazed. Seeing chickens lay eggs, watching a piglet root out some grubs. Enjoying the bounty, the earth can spring forth are all hallmarks of a living ecosystem, teeming with abundance.

Our regenerative Rancher will be your guide - no question is off limits; no amount of curiosity is too much. With years of experience, our team can handle those who are farm curious up to and including those who classify themselves as homestead fanatics.

Do you simply want to know how good food is properly raised? Or perhaps you are nearing retirement with the dream of living off the land in the wide-open spaces but have no guide or experience. We are here to help. Our passion is regenerative production - seeing land heal and restored to its natural, symbiotic state of equilibrium between man, animal, and plant biology.

We have built the SonRise model successfully, and now want to share it with you.

Things you might find yourself doing at SonRise Grass Creek Guest Ranch...

- Daily Horseback Rides
- Feeding chickens
- Collecting eggs
- Helping with farm chores
- Viewing wildlife
- Getting to see a calf born (if the season is right)
- Hiking
- Enjoying a pasture walk with the Rancher
- Sitting next to a campfire
- Stargazing
- Enjoying the petting zoo
- Pony rides
- Games in the lodge

Private classes and lectures are offered free to our all-inclusive guests for no additional cost – we want you to get the most out of your visit. To schedule a class, speak to the Rancher for the day's activities.

List of recreational items for use to checkout from the Cookhouse

Our "Cookhouse" has several family friendly movies for checkout in addition to...

- Games
- Movies
- Outdoor toys – soccer balls, volleyball, badminton, frisbees etc.

Local points of interest

Historical Sites and Museums

There are several historical sites within a short distance of the Ranch. As you are reading this you are only a few hundred feed (or perhaps inside) the first settlement on Grass Creek - an 1897 Homestead Cabin. A Scottish family settled this land and completed the cabin in early 1900. The site for the cabin

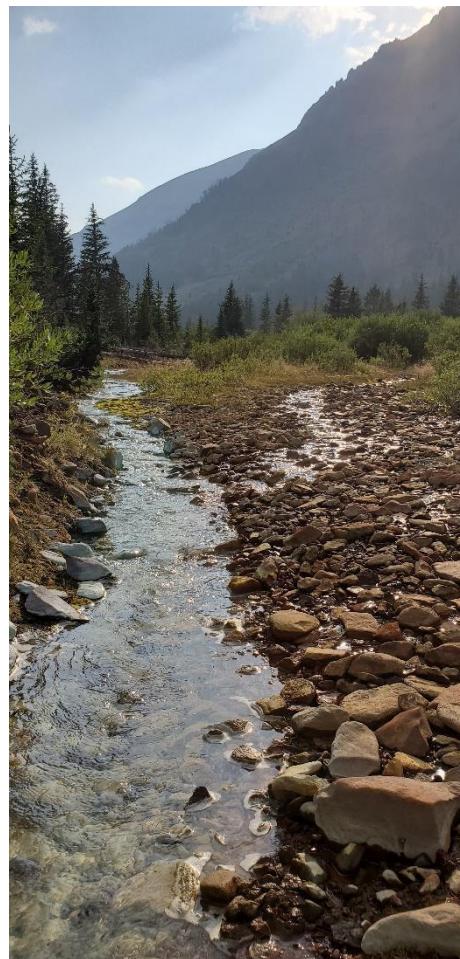
was originally on the grass creek (400 meters north of its present position). A root cellar, dating to late 1898 can still be found near the settlement site – ask one of us to point it out to you.

Butch Cassidy and the Sundance Kid often rode in these areas, no doubt, visiting this very Ranch while hiding from the law. His gang would frequent the “hole in the wall” bar near present day Thermopolis. The actual bar may be seen inside the museum of the Hot Springs County Historical Society in Thermopolis, 30 minutes south of the Ranch.

A visit to the town of Meeteetse *mee-tea-t-see* (click [here](#) to pronounce) only a few miles from the Ranch will hold a number of historically significant landmarks, most notably, the infamous Cowboy Bar¹, at which occurred the only arrest of one LeeRoy Parker, A.K.A. Butch Cassidy.

Kirwin Ghost Town

Located just East of the town of Meeteetse and dating to the late 1800’s is the abandoned, and yet still nearly complete town of Kirwin. You will need four-wheel drive, or two-wheel higher clearance truck to get there, but it is well worth the visit.



¹ The Cowboy Bar is located at 1936 State St, Meeteetse, WY 82433. Phone number (307) 868-2233.

Gooseberry Badlands

South and east of the Ranch, past the Four-Mile and Hwy 120 intersection is the Gooseberry Badlands (follow GPS directions to Worland, Wyoming). This unique landscape can only be seen in one other area of Wyoming ("Hells Half Acre" on the way to Casper, Wy). The site is amazing near sunset on a partly cloudy day. There are picnic benches for eating and viewing the scenery. No charge, open to the public.

Cody Gun Experience

One of our personal favorites. Located in Cody is the Cody Gun Experience. In addition to housing an astonishing collection of antique guns, you may also shoot them. Have you ever fired a hand-crank, gatling gun as seen in the old west movies? Well, now you can. The Cody Gun Experience pairs nicely with our other favorite – the Cody Nigh Rodeo.

Cody Night Rodeo

Each night at 8 PM from June to August is the Cody Nigh Rodeo. We love this – all the western arts, such as Team Roping, Bull Riding and Cattle Sorting can be found at the Rodeo. Historically, this is the longest running rodeo in the west, right in the heart of Cody. You will be entertained and delighted in the exceptional skill of the riders and competitors – do not miss it.



Thermopolis Hot Springs

Our Guest Ranch is only a short drive from the world's largest Natural Mineral Hot Springs. We recommend bringing a swimsuit to enjoy this, once in a lifetime attraction. Rates for a dip in the hot springs are very reasonable (between \$10 and \$12/ day) and you will always remember your visit. They have pools, slides, steam rooms and you will leave feeling refreshed and exhilarated (we think the ancients knew a thing or two about this).

Co-located is the Hot Springs State Park – this is a must see. Just adjacent is the Big Horn River, seeing the steaming hot springs with snow coming down is a real wonder.

Wyoming Whiskey

Wyoming whiskey is a unique, western Wyoming attraction. Located only 31 miles from the Ranch, they offer a unique selection of handmade Whiskeys distilled from ingredients right here in Wyoming. The water for example is drawn from the Madison Formation in Washakie County, and the non-GMO grains are grown in Byron, Wyoming by a local farmer. You can see why we are such big fans.

They have a cool tasting room and offer a few blends that you *can only* purchase at their gift shop and no where else.

A truly unique experience – don't miss it!

For a shortcut, use the Sand Draw Road from the 120 as you are headed towards Thermopolis.

Wyoming Whiskey, Just LeDoux It Whiskey and Brush Creek Whiskey are all featured in the cookhouse as a Burbon Flight – ask the cookhouse staff for one if you are so inclined. Each is distilled right here in Wyoming.



Our local eating recommendations

Folks often ask, “where are the best places to eat when we leave the Ranch?”

To answer this question, we’ve broken our recommendations into two principal directions: north and south. By the way, we’d really appreciate it if you told them we sent you – this is a small community, and they rely on us as much as we do them.

If you are travelling towards **Thermopolis (South)** we recommend the following. We’ve added stars and dollar signs to help distinguish quality and budget. For locations and hours – just Google them, but be sure to check first, as some restaurants are closed often in the off-season.

One Eyed Buffalo Brewing Company (★★★★, \$\$\$) – a great place with a cool atmosphere. Located on main street in Thermopolis we consider this restaurant to be one of the gems of our local area. They have seasonal brews, friendly staff (ask to have Heather as your waitress) and great handcrafted beer.

Seven Lazy S Cafe and Bar (★★, \$\$) – awesome family joint, lovely folks and good service, excellent choice for breakfast with a special each day (try the waffles or crepes). Typical, small-town charm with a real western feel where “everybody knows everybody”

Black Bear Café (★★, \$\$) – another small-town, home-down, yeeha kinda place. Packed to the gills almost all year. Be sure to try the Cinnamon Roll, made fresh daily and you will almost certainly get sugar shock from it – but, ahah, what a way to go! It’s worth it. Great value, good food.

Audra's Copper Coo (★★★, \$\$) is a unique Organic Tea and Coffee house that also serves handmade gluten free and organic treats, such as brownies, cookies, and smoothies. Give them a try, you can’t miss their shop – it’s in a residential neighborhood and has a Scottish Highland Cow (pictured below) in the front driveway. Welcome to Thermopolis



Now, if you are headed **North toward Meeteetse or Cody**, try these places out...

Cowboy Bar (★★★, \$\$) - located about 25 mins north of the Ranch on Hwy 120 is the little gem of a town known as Meeteetse. There you will find the historic Cowboy Bar. If you are lucky enough to be

there on a Friday night, you can get a hand cut ribeye the size of a small boat for about \$35 bucks + all the fixens. They make some awesome drinks, and the atmosphere is a true western bar – you'll love it.

Meeteetse Chocolatier – opposite the Cowboy Bar, on main street in Meeteetse is one of the most unique handmade chocolate shops in the west. Each truffle is handcrafted with perfection. Don't miss out on this special treat. Tim, the owner, is a true Cowboy that makes chocolate – yep, that really happens...

Continue **North** to Cody and we have three, top notch restaurant recommendations.

Trailhead (☆☆☆☆, \$\$\$) – handcrafted food by a very talented chef, flatbreads and great mixed drinks. Neat bar.

Ivy at 8th Street (☆☆☆☆, \$\$\$) – daily chef specials, great wines. A very professional wait staff. Excellent bar. They have a special each day and boy howdy, is it good!

Cody Steakhouse (☆☆☆☆☆, \$\$\$) – incredible happy hour, excellent food, when you are done (if you have any room after the handmade bread pudding for dessert) go next door to candy store and get some "Cody Crunch" with white chocolate. Well worth it.



STAY

Price list for non-all-inclusive stays

Non-all-inclusive and off season stays may purchase additional items at any time during normal business hours (8 am to 8 pm). You should have received a price list at check in, if you have misplaced it, one is kept in the Cookhouse near the soda display.

Any items you desire are kept track of on the honor system.

A few simple rules (to keep everyone safe and happy)

Fires

Please keep all fires in designated fire pits only. No fires or flames of any type, no cooking in cabins or near them (propane, grill, hot plates)

We offer bundles of recycled, scrap and dried natural wood for use in our fire pits. Please see our price list (given at check-in) for the current prices. Bundles are free for all-inclusive stays.

All-inclusive guests may request a fire during the summer months at no cost. The homestead cabin has a personal fire pit for use by Homestead Cabin guests only.

A SonRise Staff member (look for the red T-Shirts) can light a fire for you if you desire one.

During the summer months, a community fire pit, just outside the front of the Cookhouse will be lit near sundown on Friday and Saturday nights. Smore kits – marshmallows, chocolate and graham crackers are available for purchase from the cookhouse (the kits are free for all-inclusive guests)

Your Pets - Our animals

Pets are not permitted on the Ranch while staying in our Cabins. RV'ers may bring pets if they stay in your RV and when outside are always kept on a leash. No free ranging of domestic animals is allowed at any time while on the Ranch premises. Please clean up after your pet – a trash bin is located to the right of the large, arch-shaped barn.

Pets are not allowed in the Cookhouse.

Our Ranch has working dogs, they are not pets. They demonstrate aggressive behavior that is essential to moving stock (Large Cows and Bulls) – like barking and snapping, but they are trained to not bite people. They are highly trained and may be seen outside, under supervision of their handlers, without leashes. Please do not approach them, pet them, or call them – they are “at work” and we take their training very seriously.

Smoking

We do not allow smoking of any type at SonRise Grass Creek Guest Ranch. No vaping in the common areas. Smoking inside your own RV, for Harvest Host, Campers or non-cabin guests is permitted.

Guests will be asked to agree to our non-smoking policy as part of the check-in procedure. Our non-smoking policy stems from insurance regulations, fire danger and mutual respect for others staying at the Ranch who do not smoke.

Possession of marijuana (or medical marijuana) is illegal in the state of Wyoming. Possession of 3 ounces or less is a misdemeanor and possession of more than 3 ounces is a felony, punishable by 5 years' incarceration and a maximum fine of \$10,000. In the event of a violation of this policy, the offending party will be escorted off the premises without refund for any remaining portion of your stay. SonRise Grass Creek Guest Ranch staff is solely responsible for the determination of an infraction of this policy. This policy applies to both cabin and RV guests.

We understand there may be strong feelings (either way) regarding this subject but would ask that you please respect state laws and Ranch policy.

Off limits Areas

We value your privacy and security while at our Ranch. Each room has a locked door and windows can be secured. We have very few visitors each year and are in a remote section of Wyoming. Wild animals are present (Bears, Elk, Moose and Cats) - therefore during hikes and tours of our outlying fields a Ranch representative will always be armed with a loaded sidearm (open carry of weapons is permitted by law in Wyoming for all visitors and residents). Bear spray is recommended for hikes and all walks while exploring.

Important contact information, keys and passwords

Internet is free for all-inclusive guests, Airbnb and other cabin stays. Fees apply to all other campers and RVers, please see our price list. Our passwords and estimated ranges are as follows...

Location	Network	Password	Range
Main office / House	NETGEAR34 or NETGEAR34-5G	N/A	N/A
Granny's House (near the RV spots and small cabins 4, 6 and 7)	"grannys"	Grannys1206	35' linear distance of Granny's House
Cookhouse	NETGEAR04 or NETGEAR04-5G	silkystreet119	Within and around Cookhouse

Cabin guests will receive a key at check in. A safe is in the main office, should you desire to store valuables during your stay.



SUSTAIN

Social

We survive on reviews – just as you might want to know what others think, in a candid way, about our Ranch and their visit here, we ask for you to share your experiences here at SonRise Grass Guest Ranch.

Here are some ideas...

- Post a picture of the Ranch – use hashtag #farmstay or #harvesthost
- Write a review on google for us
- Sign up for our newsletter
- Visit one of our websites
 - www.localbeef.com is where we sell whole/half and quarter beef bulk packages
 - www.son-riseranch.com tells our story, history, methods and madness
 - www.son-riseranchstore.com is for local California Customers who desire to source from our Ranches and have the product delivered to their homes.
 - www.regenagbnb.com is all about our Guest Ranch

Share

If you are like us, it can be difficult to stand by and watch someone you love eat their way towards disease and sickness by patronizing the industrial food system.

You might already associate with folks who have a suspicion of the massive grocery chains and their shady, purposefully confusing definitions designed to fool the consumer into giving up their last

dollar. When we run into these folks - those "in the know", they often jump up and down with excitement from having finally found an ethical source of pastured based livestock for their protein needs.

The other group, those that don't know the truth about what is really happening in America's Farms, from chemicals to antibiotics, seems to just ask inquisitively "why is this so expensive?"

At this point we begin to explain how true Grass-Fed & Finished Beef has 6X the nutrition that fake "grass-fed" does. That a cow can be given antibiotics and 91 days later be considered "antibiotic free" by the USDA. That Beef can now be raised overseas in countries that clear-cut ancient forests and as long as it is repackaged in the United States can then be labeled "Product of the USA".

Our goal in a discussion like this is not to try and sell something - we just want to help them see the truth.

And... to be honest, a lengthy discussion usually doesn't work.

So, we say, "Here, try this, and tell me is it not the best beef you've ever tasted."

Then, something curious happens...

They come back and are hooked forever!

So, if you really want to speak volumes to your non-Grass Fed eating relative with a chronic illness. Or, that co-worker who has struggled with a recent diagnosis from eating pesticide ridden, genetically modified food at McDonalds their whole lives - try this...

A gift

Believe it or not, humans heal - sometimes very quickly. You might just see the same results we do. You might save a life.

Give the gift of health - it is the pinnacle of true care for our fellow seekers. Remember, at one point, someone, somewhere helped you.