Located in central Minnesota, Hidden Lake Health & Wellness Retreat is set into a wooded landscape on the outskirts of Alexandria. Lake Carlos State Park neighbors to the east and provides hiking, biking, walking, and horseback riding trails that extend and connect with the facility’s surroundings.
HIDDEN LAKE
Health & Wellness Retreat

Floor Plans
1. Lobby/Reception
2. Garden
3. Yoga/Pilates
4. Weight Training/Strength
5. Weight Room
6. Pool
7. Outdoor Gathering
8. Yoga/Pilates
9. Meditation/Reflection/Spiritual Space
10. Dining Room
11. Kitchen
12. Guest Suites
13. Long-Term Guest Cabins

Main Level
0      15       30              60

Second Level
0      15       30              60

Guest Suite

Entrance Perspective

CARRIE MEYER
PROFESSOR MARK BARNHOUSE
AUTODESK REVIT ARCHITECTURE 2010 & VIEW8
ARCHITECTURE 772|DESIGN THESIS|SPRING 2010
NORTH DAKOTA STATE UNIVERSITY|DEPARTMENT OF ARCHITECTURE & LANDSCAPE ARCHITECTURE
Hidden Lake Retreat is a health and wellness facility focused on providing encouragement and support to individuals on a journey toward a healthier way of life. A change in a way of life requires a total commitment, and architecture that encourages this adjustment is essential. A focus on the mental, physical, and spiritual well-being of the individual, and interaction with the natural environment, provide balance and stability in a secluded and tranquil atmosphere.