

# *Twin Farms*

## Summer 2025

### Daily Activities

10:00a.m. to 11:00a.m.: **Guided Trail Hike** – (Thursday and Sunday hikes will include a foraging lesson), The Carriage House

11:00a.m. to 12:00p.m.: **Pickle Ball**, The Courts at Copper Pond

2:30p.m. to 3:30p.m.: **Guided E-Bike Tour**, The Carriage House



### Weekly Activities

#### **Cookout at the Cabana**

*Enjoy a pond-side cookout featuring Chef Sylvain's spit-fired rotisserie chicken and garden fresh vegetables.*

Wednesday and Saturday, 12:30p.m.

#### **Mountain Golf - The Games Lawn**

*Join Kyle on this fun chip and putt game across our scenic grounds.*

Wednesday, Friday, Saturday, Sunday,  
3:00p.m. to 4:00p.m.

#### **Archery - The South Lawn**

*Join us on the range where focus and precision are the lessons of the day.*

Tuesday, Saturday, 12:00p.m. to 1:00p.m.

Thursday, Sunday, 3:00 p.m. to 4:00 p.m.

#### **Watercolor Painting\* - The Main House**

*Join our resident artist Myra for guided painting lessons inspired by the seasons.*

Wednesday and Sunday, 2:30p.m. to 4:00p.m.

*\*(Six Guests Maximum. Reservation Required)*

#### **Fly-Fishing\* - The Cabana**

*Chase trout on Copper Pond and learn the fundamentals of Fly-Fishing with our guides.*

Lessons Available by Request – Mornings Only

*\*(Fly-Fishing Rods are available daily for guest use)*



**RELAIS &  
CHATEAUX**

*All activities are subject to the whims of Mother Nature*

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## Wellness

### Yoga - The Yoga Deck

Monday, 3:00 p.m.

Tuesday, 10:00 a.m.

Wednesday, 9:00 a.m.

Thursday, 9:00 a.m.

Friday, 9:00 a.m. – Mat Pilates

Saturday, 10:00 a.m.

Sunday, 10:00 a.m.

*Private Yoga and Pilates classes available by request.  
Additional fees apply.*

### Labyrinth Walk - The Carriage House

*A one mile out and back hike to the Labyrinth connects you with nature, quiets your mind, and restores your soul.*

Tuesday, 8:30 a.m.

Thursday, 3:30 p.m.

### Guided Meditation

*Available by request with 24-hours' notice.*

### Personal Training - The Fitness Center

*Private training available by request. Additional fees apply.*



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### **Pasta Making Class**

Try your hand at the ancient art of pasta making, from shaping a “well” out of flour, to mixing in farm-fresh eggs, to kneading... and kneading... and kneading (wine served throughout)... until you are ready to fold, cut, cook and taste! Pair your pasta with a homemade sauce and savor the flavor!

*Wednesday and Saturday, 2:00 p.m. to 3:30 p.m., Twigg’s Kitchen*

### **Grilling and Roasting Class**

Get the inside scoop on how our chefs grill and roast over open flame, from the best ways to break down and grill a chicken or duck, to the proper techniques for roasting farm fresh vegetables and foraged mushrooms.

*Thursday and Sunday, 2:00 p.m. to 3:30 p.m., The Cabana*



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