

# SPRING & SUMMER

Please speak with guest services with any questions and to reserve your place.

## Daily Activities



### Guided Trail Hike

Experience Vermont's natural beauty with our guided trail hikes, designed for all skill levels. Thursday and Sunday hikes will include a foraging lesson and foraged foods will be cooked in the Grilling and Roasting Class later in the day.

MEET AT THE CARRIAGE HOUSE,  
DAILY, 10:00 A.M. TO 11:00 A.M.

### Guided E-Bike Tour

Join our Activities Team on a scenic, hour-long off-property ride through the woods and past the scenic farms of Barnard. Our fleet of pedal assist E-Bikes, gravel bikes and traditional mountain bikes can accommodate a wide range of abilities, and each day's route is thoughtfully tailored to the group's comfort and experience level.

MEET AT THE CARRIAGE HOUSE,  
DAILY, 2:30 P.M. TO 3:30 P.M.

### Pickleball

Whether you are a novice looking for instruction or an expert looking to let off some steam, our Activities Team is here for the game, set and match.

THE COURTS AT COPPER POND,  
DAILY, 11:00 A.M. TO 12:00 P.M.

## Weekly Activities

### Archery

Meet on the range where focus and precision are the lessons of the day.

THE SOUTH LAWN,  
TUESDAY & SATURDAY 12:00 P.M. TO 1:00 P.M.  
THURSDAY & SUNDAY 3:00 P.M. TO 4:00 P.M.

### Watercolor Painting\*

Embrace your inner Picasso in this watercolor painting lesson led by our resident artist Myra.

THE MAIN HOUSE,  
WEDNESDAY & SUNDAY, 2:30 P.M. TO 4:00 P.M.  
\*SIX GUESTS MAXIMUM, RESERVATION REQUIRED

### Mountain Golf

Join Kyle on this fun chip and putt game through the gardens, around the Main House and in the orchard.

THE GAMES LAWN, WEDNESDAY, FRIDAY,  
SATURDAY, 3:00 P.M. TO 4:00 P.M..

### Fly-Fishing\*

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

### Axe Throwing

Test your aim with axe throwing at Copper Pond. Available upon request, this activity is always supervised for safety.

THE CABANA, CALL 125 TO ARRANGE A TIME



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## Wellness



### Labyrinth Walk

Experience the calming power of nature on a guided labyrinth walk. This 2-mile round trip journey is designed to help quiet your mind and foster inner peace as you move through the winding paths, surrounded by the beauty of the outdoors. Let the labyrinth's unique setting provide a restorative experience for both body and mind.

MEET AT THE CARRIAGE HOUSE,  
TUESDAYS, 8:30 A.M. & THURSDAYS 3:30 P.M.

### Yoga

Connect the mind body and spirit with a one-hour Hatha Yoga Class.

THE YOGA DECK,  
MONDAY, 3:00 P.M., TUESDAY, 10:00 A.M.,  
WEDNESDAY & THURSDAY, 9:00 A.M.,  
FRIDAY, 8:00 A.M. (MAT PILATES IN PLACE OF YOGA)  
SATURDAY & SUNDAY, 10:00 A.M.

Private Yoga and Pilates classes available by request—additional fees apply.

### Guided Meditation

Experience inner tranquility through a mindfulness meditation set in nature. Each session is curated to meet you where you are, whether a first-timer or a seasoned practitioner.

AVAILABLE BY REQUEST WITH 24 HOURS NOTICE.

### Personal Training

Choose a fitness experience tailored to your style—whether it's a traditional session in our studio, an energizing outdoor boot-camp, or a guided trail run with strength training intervals along the way.

AVAILABLE BY REQUEST, ADDITIONAL FEES APPLY.

### The Onsen

Experience privacy and healing in our traditional Onsen – an 8,000-gallon saltwater soaking pool set to 104 °F nestled perfectly in the woods.

HALF-HOUR SLOTS AVAILABLE ON THE HOUR.  
ADVANCED RESERVATION REQUIRED.



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## Culinary



### *Cookout at the Cabana*

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

WEDNESDAY & SATURDAY, 12:30 P.M.

(PICNIC LUNCH AND IN-ROOM DINING ALSO AVAILABLE)

### *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!

\*RESERVATION REQUIRED, TWIGG'S KITCHEN

WEDNESDAY & SATURDAY, 2:00 P.M. TO 3:30 P.M.

### *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.

\*RESERVATION REQUIRED, THE CABANA,

THURSDAY & SUNDAY, 2:00 P.M. TO 3:30 P.M.



## *Self-Guided Activities*

### *Tennis and Pickleball*

Always available at the Cabana courts. Equipment provided.

FIRST COME, FIRST SERVED.

PICKLEBALL RESERVED DAILY FROM 11:00 AM - 12:00 PM.

(DIAL 125 FOR TENNIS AND WE WILL TAKE DOWN THE PICKLEBALL NETS)

### *Canoeing, Kayaking, Paddleboarding, Swimming*

Boats and paddles provided on Copper Pond and Silver Lake. Life jackets required when boating on Silver Lake.

### *Hiking and Biking*

Enjoy our 9-miles of hiking trails or choose from a range of E-bikes, gravel bikes or full-suspension mountain bikes.

### *Stave Puzzles*

Handcrafted and one-of-a-kind, we have a great collection of Stave Puzzles for you to enjoy.

### *Board and Lawn Games*

We have boardgames galore as well as bocce, croquet, bag toss and darts.

# MAY *Spring on the Farm*

*Nature*

*Wellness*

*Creative*

*Sport*

*Culinary*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	