

JUNE *Spring on the Farm*

Nature

Wellness

Creative

Sport

Culinary

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1 10:00 A.M. - 11:00 A.M. Yoga Session 10:00A.M. -11:00 A.M. Guided Trail Hike 11:00 A.M. - 12:00 P.M. Pickle Ball 2:00 P.M. - 3:30 P.M. Grilling & Roasting* At the Cabana 2:30 P.M. - 3:30 P.M. Guided E-Bike Tour 2:30 P.M. - 4:00 P.M. Watercolor Painting* *sign-up required		2 10:00 A.M. - 11:00 A.M. Guided Trail Hike 11:00 A.M. - 12:00 P.M. Pickle Ball 2:30 P.M. - 3:30 P.M. Guided E-Bike Tour 3:00 P.M. - 4:00 P.M. Yoga Session		3 8:30 A.M. - 10:00 A.M. Labyrinth Walk 10:00 A.M. -11:00 A.M. Yoga Session 10:00 A.M. - 11:00 A.M. Guided Trail Hike 11:00 A.M. - 12:00 P.M. Pickle Ball 12:00 P.M. -1:00 P.M. Archery 2:30 P.M. - 3:30 P.M. Guided E-Bike Tour		4 9:00 A.M. - 10:00 A.M. Yoga Session 10:00 A.M. - 11:00 A.M.. Guided Trail Hike 11:00 A.M. - 12:00 P.M. Pickle Ball 12:30 P.M. Cabana Cookout Lunch 2:00 P.M. - 3:30 P.M. Pasta Making* 2:30 P.M. - 3:30 P.M. Guided E-Bike Tour 2:30 P.M. - 4:00 P.M. Watercolor Painting* *sign-up required		5 9:00 A.M. - 10:00 A.M. Yoga Session 10:00 A.M. - 11:00A.M. Guided Hike 11:00 A.M. - 12:00 P.M. Pickle Ball 2:00 P.M. - 3:30 P.M. Grilling & Roasting* At the Cabana 2:30 P.M. - 3:30 P.M. Guided E-Bike Tour 3:00 P.M. - 4:00 P.M. Archery 3:30 P.M. - 5:00 P.M. Labyrinth Walk *sign-up required		6 8:00 A.M. - 9:00 A.M. Mat Pilates 10:00 A.M. - 11:00 A.M. Guided Trail Hike 11:00 A.M. -12:00 P.M. Pickle Ball 2:30 P.M. -3:30 P.M. Guided E-Bike Tour 6:00 P.M. Cocktails & Canape in Twiggs, Meet Chef Mitsunobu Nagae		7 10:00 A.M. - 11:00 A.M. Yoga Session 10:00 A.M. - 11:00 A.M. Guided Trail Hike 11:00 A.M. - 12:00 P.M. Pickle Ball 12:00 P.M. -1:00 P.M. Archery 12:30 P.M. Cabana Cookout Lunch 2:00 P.M. - 3:30 P.M. Pasta Making* 2:30 P.M. -3:30 P.M. Guided E-Bike Tour 6:00 P.M. OR 8:30 P.M. Collaborative Dinner* *sign-up required	
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Twin Farms

SPRING & SUMMER

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

Daily Activities



Guided E-Bike Tour

Join our Activities Team on a 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 full-suspension mountain bikes can accommodate a wide range of abilities, and each day's route is tailored to the group's comfort and experience level.

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

Guided Trail Hike

Experience Vermont's natural beauty with our guided trail hikes, designed for all skill levels.

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

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



Twin Farms

SPRING & SUMMER

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

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.



Twin Farms

SPRING & SUMMER

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

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.

Twin Farms

SPRING & SUMMER

Off-Property Privately Guided Activities

Off-Property Privately Guided Activities are a great opportunity to familiarize yourself with our area, history, and culture. Off-Property Privately Guided Activities do require a reservation and should be scheduled with no fewer than 48 hours' notice. These activities do incur an additional fee. Guests will be charged in full for Privately Guided Activities cancelled or rescheduled within 24 hours of the appointment time.

Appalachian Trail / Green Mountain Hikes

Extending 2,190 miles from Georgia to Maine, the Appalachian Trail just happens to cross through our tiny corner of Vermont, with access to the trail about 10-minutes from our front gate. Whether you are a seasoned hiker looking to check part of the Appalachian Trail off your list, or simply in search of a good workout amongst the trees, our Activities Team is happy to curate the perfect Appalachian Trail hike for you.

4-HOUR TOUR, \$225 PER PERSON/
\$425.00 PER COUPLE



E-Bike / Mountain Bike Tour

From long rolling pavers to rugged mountain trails (and everything in between), Vermont is a biker's paradise from May through October. With over forty bikes at your disposal, the Twin Farms fleet includes Trek and Specialized low-step cruiser E-bikes, Cannondale and Trek gravel bikes, Specialized Tero mountain E-bikes, and traditional Trek full-suspension mountain bikes. Head out with one of our Activities Guides on a customized route designed specifically for you.

4-HOUR TOUR, \$225 PER PERSON/
\$425.00 PER COUPLE



Picnic Lunches

Fancy a picnic somewhere along the Appalachian Trail or perhaps at a beautiful location on a backcountry bike route? We would be happy to combine a picnic lunch with your Privately Guided Activity. Just let us know that you'd like to enjoy a Picnic Lunch and we'll take care of the rest.



All activities are subject to the whims of Mother Nature

Twin Farms

SPRING & SUMMER *Special Events*

Chef Mitsunobu Nagae

June 6-7th

We are thrilled to welcome Chef Mitsunobu Nagae for an unforgettable culinary experience. Chef Mitsunobu Nagae, owner of Kuma Hospitality Group and executive chef of l'abeille, a sophisticated French Michelin-starred restaurant in Tribeca, brings his unique French style that honors his Japanese heritage and focuses on fresh ingredients.



Cocktails & Canape in Twiggs

Kick off this exceptional culinary weekend with a gathering in Twiggs to meet Chef Mitsunobu Nagae.

FRIDAY, JUNE 6TH, 6:00 P.M.

Dinner at your Leisure

After the meet and greet with Chef Mitsunobu Nagae, pull up a chair in Twiggs for a delicious à la carte dinner. **Reservations are required**, as space is limited.

FRIDAY, JUNE 6TH

Collaborative Dinner in the Dining Room

Indulge in a special multi-course tasting dinner, thoughtfully crafted through a collaboration between Chef Mitsunobu Nagae, our Executive Chef Nathan Rich and the Twin Farms culinary team. Please Note: This special menu will be offered exclusively in the Dining Room, and as space is limited, **reservations are required with seatings at 6:00pm or 8:30pm.**

SATURDAY, JUNE 7TH, 6:00 P.M. OR 8:30 P.M.



Twin Farms

SPRING & SUMMER

Special Events

Among the Trees: A Naturalist's Retreat

June 15-16th

We are excited to welcome a special guest, Ed Kanze. Ed is a naturalist, author, and Adirondack guide with over 30 years of experience leading walks in the great outdoors.

The Art of Nature Journaling

Venture into the fields with Ed Kanze for a hands-on workshop exploring the timeless practice of nature journaling. A dedicated journal-keeper since 1982, Ed shares how observing and recording the natural world deepens your understanding of place and self. Suitable for all levels.

SUNDAY, JUNE 15TH, 10:00 A.M.

Field Sketching

Pair the keen eye of a naturalist with the creative touch of an artist. Join Ed Kanze and Twin Farms resident artist Myra Hudson for a guided session in field sketching. Discover how to translate the rhythms and textures of the landscape into your own visual language — no prior art experience needed.

SUNDAY, JUNE 15TH, 2:30 P.M.

Fireside Talk: Life in the Wild

Join us around the fire at Twiggs for an informal conversation and interpretive talk with Naturalist Ed Kanze, where he will pull from his three decades of experience working as a licensed Adirondack guide specializing in natural history.

SUNDAY, JUNE 15TH, 8:00 P.M.



Nature Walk: A Closer Look

Follow your natural curiosity as Ed leads a relaxed exploration of the forest, meadows, and stream habitats that define our property. Discover the subtle signs of seasonal change, animal activity, and ecological interplay that are easy to miss but deeply meaningful.

MONDAY, JUNE 16TH, 10:00 A.M.

Field Hike

Step a bit deeper into the wilderness with Ed as your guide, observing the landscape through a trained naturalist's eyes.

MONDAY, JUNE 16TH, 2:30 P.M.

Fireside Cocktails

Join us around the fire at Twiggs for cocktails, informal conversation, and stories from Ed's 30 years of experience in the field.

MONDAY, JUNE 16TH, 8:00 P.M.



Twin Farms