

# JULY *Spring on the Farm*

*Nature*

*Wellness*

*Creative*

*Sport*

*Culinary*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1	2	3	4	5
		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	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	9:00 A.M. - 10:00 A.M. Yoga Session 10:00 A.M. - 11:00 A.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	8:00 A.M. - 9:00 A.M. Mat Pilates 10:00 A.M. - 11:00 A.M. Guided Trail Hike 10:00 A.M. - 11:00 A.M. Line Dancing Class 11:00 A.M. - 12:00 P.M. Pickle Ball 12:30 P.M. All-American Cookout Lunch At the Cabana 2:30 P.M. - 3:30 P.M. Guided E-Bike Tour 5:30P.M. Evening Line Dancing	10:00 A.M. - 11:00 A.M. Paddle Board 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 *sign-up required
6	7	8	9	10	11	12
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13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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27	28	29	30	31		
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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*

*Fourth of July*

*Friday, July 4<sup>th</sup>*

Join us for an All-American feast at the Cabana, plus morning and evening line dancing, to celebrate the nation's birthday.



## *Line Dancing Class*

Start your day on the right foot with a fun line dancing lesson at 10am—perfect for all levels—!

FRIDAY, JULY 4TH 10AM

## *All-American Cookout*

Gather at the Cabana for a festive midday feast featuring classic favorites and live music at 12:30pm.

FRIDAY, JULY 4TH 12:30PM

## *Evening Line Dancing*

As the sun sets, join Britt at 5:30pm on the Yoga Deck beneath the twinkle lights for a lively night of country line dancing. Come before or after dinner!

FRIDAY, JULY 4TH 5:30 PM





# SPRING & SUMMER

## *Special Events*

### *Staglin Wine Weekend*

*July 18-19<sup>th</sup>*

Family-owned and run since 1985, Staglin not only produces wines of exceptional quality from its historic estate in Napa's Rutherford Bench, it also raises the bar for how winemakers should operate. The property runs entirely on solar and is organically farmed; 100% of the proceeds from their Salus label go to brain and mental health research, for which they've raised over \$550 million! This special weekend event will give you the opportunity to sample several of their award-winning wines.



### *Group Activity*

Join us for a Group Hike followed by wine refreshments curated by our wine team and Staglin

FRIDAY, JULY 18TH 4PM

### *Dinner at your Leisure*

After freshening up, pull up a chair in Twiggs for a delicious à la carte dinner where we will highlight wines from Staglin during dinner service. Reservations are required, as space is limited.

FRIDAY, JULY 18TH

### *Wine Seminar in Twiggs*

Join us for a wine seminar to taste and learn about some of Staglin Family Vineyard's award-winning wines. Sign up is required.

SATURDAY, JULY 19TH, 3:00 P.M.

### *Collaborative Dinner in the Dining Room*

Indulge in a special multi-course tasting dinner, thoughtfully crafted through a collaboration between the Twin Farms culinary team and Amber Mihna from Staglin. This special menu will be offered exclusively in the Dining Room this evening. Please Note: This special menu will be offered exclusively in the Dining Room, and as space is limited, reservations are required with seatings at 6:00 P.M. or 8:30 P.M.

SATURDAY, JULY 19TH, 6:00 P.M. OR 8:30 P.M.



*Twin Farms*

# SPRING & SUMMER *Special Events*

*Author David Gelles*

*July 25<sup>th</sup>-27<sup>th</sup>*

Join us for an exclusive weekend at Twin Farms featuring a fireside chat with award-winning reporter and best-selling author, David Gelles. During his 12-year tenure at the New York Times, David was a contributor to the Business section, the Corner Office columnist, and currently writes for the Climate Desk. Before joining the Times in 2013, he spent five years with the Financial Times covering tech, media and M&A in San Francisco and New York.

David's 2022 book, "The Man Who Broke Capitalism: How Jack Welch Guttled the Heartland and Crushed the Soul of Corporate America — and How to Undo His Legacy," was an instant New York Times bestseller. His next book, coming September 9, 2025, is "DIRTBAG BILLIONAIRE: How Yvon Chouinard Built Patagonia, Made a Fortune, and Gave It All Away." As a special gift, you will receive a signed copy of David's new book upon its release.

While the cost is included in your stay, some reservations are required. For reservations and details, please call 802.234.9999 or email [125@twinfarms.com](mailto:125@twinfarms.com) to connect with a member of the experience curator team. This event is exclusive to our hotel guests.



*Twin Farms*