

AUGUST

Summer on the Farm

Nature

Wellness

Creative

Sport

Culinary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 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	4 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. Paddle Board Yoga Session	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	6 9:00 A.M. - 10:00 A.M. Yoga Session 10:00 A.M. - 11:00A.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	7 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 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	1 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  Wine Selections from David Keck and Stella14 for Twigg's Dinner Service	2 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 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 3:00P.M. Wine Seminar with David Keck 8:00P.M. OR 8:30P.M. Collaborative Dinner with David Keck in Main House Dining Room* *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.

### 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.

### 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.

## Weekly Activities

### Archery

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

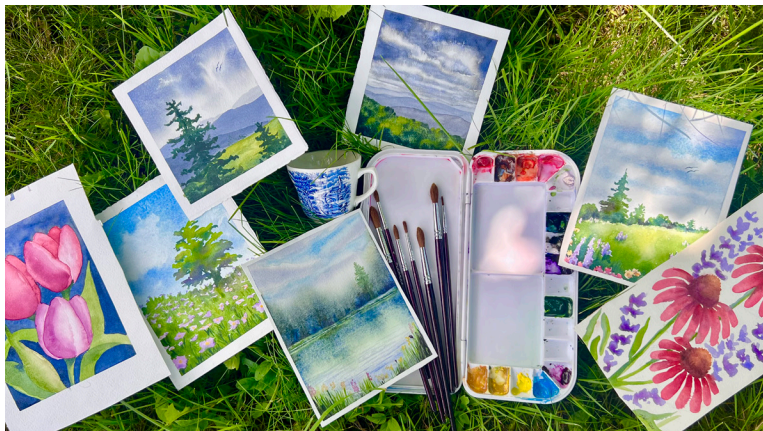
THE SOUTH LAWN TUESDAY & SATURDAY 12:00 P.M.,  
THURSDAY & SUNDAY 3:00 P.M.

### 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.

\*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

### Guided Art Tour

Take a guided tour of the Art Collection in the historic 1790s Main House

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 and Mat Pilates

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

SUNDAY 10:00AM AT THE YOGA DECK  
MONDAY 3:00PM PADDLEBOARD YOGA AT COPPER POND  
TUESDAY 10:00AM AT THE YOGA DECK  
WEDNESDAY 9:00AM AT THE YOGA DECK  
THURSDAY 9:00AM AT THE YOGA DECK  
FRIDAY MAT PILATES 10:00 AT THE YOGA DECK  
SATURDAY 10:00AM PADDLEBOARD YOGA AT COPPER POND  
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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# 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, Paddle Boarding, 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*

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### *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, \$425.00

### *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, \$425.00

### *Vermont Wayfinders Backroad Tours*

With over 8,500 miles of dirt roads, Vermont's most epic adventures can only be experienced by getting off the pavement – and Vermont Wayfinders is ready to take you there. Offering tailor-made day tours in an open-air, 2025 Ford Bronco, these chauffeured journeys explore stops along Vermont's back roads, from tiny dairy farms (oh the ice cream!) to mountain top villages, and hole-in-the-wall breweries to the workshops of world-renowned artists. Share your Vermont bucket list and let Vermont Wayfinders curate the perfect adventure or hop in and let their local guides show off their favorite places.

CONTACT FOR PRICING



### *Guided Fly-Fishing*

Head off first thing in the morning with Broadside School of Fly-Fishing for casting lessons and a full wading experience on local waters. Vermont fishing license required.

4-HOUR TOUR, \$400 BASE RATE, \$75 PER ADDITIONAL ANGLER



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

*Twin Farms*

# SPRING & SUMMER

## *Special Events*

### *David Keck Wine Weekend*

*August 1<sup>st</sup>-3<sup>rd</sup>*

David Keck was named one of Food & Wine's Sommeliers of the Year in 2016 and passed his Master Sommelier exam later that year, making him the 149th American Master Sommelier. He was awarded the StarChefs Rising Stars Restaurateur of the Year award in 2019. David is a sought-after wine judge and featured presenter at events such as the Aspen Food & Wine Classic, Pebble Beach Food & Wine, TEXSOM and Nantucket Food & Wine.

### *Group Hike and Wine*

Join us for a Group Hike followed by wine refreshments curated by our wine team and David Keck at 4pm.

FRIDAY, AUGUST 1ST 4PM



### *Twiggs Dinner with Featured Selections*

After freshening up, pull up a chair in Twiggs for a delicious à la carte dinner where we will highlight wines selected by David Keck from Stella14 and the Twin Farms cellar during dinner service. Reservations are required, as space is limited.

FRIDAY, AUGUST 1ST

### *Wine Seminar in Twiggs*

Join us for a wine seminar to taste and learn about some of David Keck's favorite wines at 3pm. Sign up is required.

SATURDAY, AUGUST 2ND 3:00 PM

### *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 David Keck, MS, featuring wines from Stella14 and the Twin Farms cellar. 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, AUGUST 2ND 6:00PM AND 8:30PM



# SPRING & SUMMER *Special Events*

*Chef Zach Woodworth*

*August 15<sup>th</sup>-16<sup>th</sup>*

We're excited to welcome Chef Zach Woodworth, Executive Chef at Hummingbird at Mii amo for an unforgettable culinary experience. Chef Zach's philosophy is rooted in simplicity perfected, utilizing clean ingredients that reflect a deep respect for the land and food sources in Sedona, Arizona.



## *Cocktails & Canape in Twiggs*

Kick off this exceptional culinary weekend with a gathering in Twiggs to meet Chef Zach Woodworth at 6pm.

FRIDAY, AUGUST 15TH 6PM

## *Collaborative Dinner in the Dining Room*

Indulge in a special multi-course tasting dinner, thoughtfully crafted through a collaboration between Chef Zach 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, AUGUST 16TH 6:00PM OR 8:30PM



*Twin Farms*

# SPRING & SUMMER *Special Events*

*Labor Day Celebration*

*August 30<sup>th</sup>*

Join us for a weekend celebration, including a special lunch at the Cabana by Copper Pond for Labor Day on Saturday, August 30. This festive event will highlight the glorious seasonal peak of produce from our garden, expertly prepared by our culinary team. Guests will enjoy a delightful buffet featuring live-action grilling, creating an authentic outdoor BBQ experience. With communal seating, it's the perfect opportunity to gather and toast the end of summer in a warm, convivial atmosphere.



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