

Twin Farms

Summer 2024 Daily Activities

10:00a.m. to 11:00a.m.: **Guided Trail Hike**, 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

Mountain Golf - The Games Lawn

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

Monday, Thursday, and Saturday, 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 and Saturday, 10:00a.m. to 11:30a.m.

Apiary Tours - The Hives

Join Dave, our resident Beekeeper, for a look into the fascinating world of beekeeping.

Tuesday and Saturday, 3:00p.m. to 4:00p.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.

Fly-Fishing* - The Cabana

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

Wednesday and Sunday, 8:30a.m. to 10:00a.m.

**Please connect with Guest Experience regarding this Activity once you are on property*



**RELAIS &
CHATEAUX**

All activities are subject to the whims of Mother Nature

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Wellness

Yoga - The Cabana

Monday, 3:00 p.m. (Stand Up Paddle Board Yoga)

Tuesday, 10:00 a.m.

Wednesday, 8:00 a.m.

Thursday, 10:00 a.m.

Saturday, 10:30 a.m.

Sunday, 10:30 a.m.

Private classes available by request. Additional fees apply

Pilates - The Fitness Center

Friday, 8:30 a.m.

Labyrinth Walk - The Carriage House

Tuesday, 8:30 a.m.

A one mile out and back hike to the Labyrinth connects you to nature, quiets your mind and prepares you to experience the three stages of the labyrinth; release, receive and return. Gain balance, creativity and insight on this inward journey to your heart's center.

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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