

SPRUCE PEAK ADVENTURE GUIDE

EARLY SUMMER 2020



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[Explore Safely - Health & Hygiene Updates](#)

Travel is about cultivating new experiences and creating memories that stay with you long after your trip. That's exactly what you can expect while staying with us at Spruce Peak.

Spruce Peak and Spruce Peak Outfitters are proud to partner with local vendors and guides to curate the best Vermont experiences all year long. All of our trusted partners have their own guidelines to provide guests a safe and hygienic experience. For more information please contact the individual vendors or call Spruce Peak Outfitters at 802-760-4061.

[READ OUR FULL SAFETY & HYGIENE GUIDELINES](#)

[Spruce Peak Outfitters](#)

If you're looking for the ultimate Vermont mountain experience, look for Spruce Peak Outfitters. Working with a network of local, highly trained experts, SPO will assist in creating you a personal itinerary and guide you through a journey of discover that perfectly fits your skill level and experience.

[For personal assistance call 802.760.4061](#)

[The Spruce Peak Village Green](#) [Watch Video](#)

At the heart of the Spruce Peak Village sits the Village Green - an expansive outdoor green space surrounded by the mountains.

Challenge friends and family to a lawn game, or sip a refreshing cocktail as you watch the sunset. The Village Green plays host to artisan markets, gourmet outdoor dining, music festivals, and more throughout the summer.

[Click Here for a Schedule of Events](#)

COVID-19 PREVENTION

Be Smart, Stay Safe



WASH



Spruce Peak asks that you please pay regard to the following regulations during your stay

- Per the order of the Governor and Guidelines set forth by the Vermont Department of Health and the CDC, if you or any member of your family are showing signs of respiratory illness (fever, cough, shortness of breath) you will not be allowed entry to The Lodge at Spruce Peak or any Spruce Peak outlet.
- Wear a cloth face mask or covering while in any public area or outlet.
- Maintain a minimum distance of at least six feet from others in accordance with social distancing guidelines.
- Limit sharing elevator rides to those within your immediate party.
- Wash your hands for at least 20 seconds or use hand sanitizer regularly. Hand sanitizer stations will be located around the Lodge and other public areas.



DISTANCE



PROTECT

READ OUR FULL SAFETY & HYGIENE GUIDELINES ONLINE



CLEAN

FOR MORE INFORMATION, VISIT THE VERMONT DEPARTMENT OF HEALTH WWW.HEALTHVERMONT.GOV

HOME



The Pool at Spruce Peak

Watch Video 

Enjoy beautiful outdoor swimming with a breathtaking view of Mount Mansfield. Our heated 5 ½ foot deep pool with indoor access area will keep you comfortable year round and keep you out of the chill when you're reaching for your towel. Feel free to play like a kid again or crank out laps in the 25 yard lap lane.

Need to escape? Relax in one of our two Jacuzzis adjacent to the pool or warming yourself by the outdoor fire pit on a crisp summer evening.

In order to best protect our guests' health and safety, pool access will be by reservation only with a limit of 1 hour and 45 minutes per reservation. See the Spa for details on how to reserve your time.



THE SPA AT SPRUCE PEAK

By nature, we all aspire to be healthy. At The Spa at Spruce Peak, we encourage you to discover new experiences by taking time to relax your mind, heal your body, refresh your soul, and reconnect with yourself.

The Spa at Spruce Peak is dedicated to providing a healing experience in a safe and hygienic environment. All treatment rooms, showers, equipment, and public areas are regularly cleaned with an EPA approved disinfectant, and all staff are required to wear gloves & masks.

[Click here to read our full Safety & Hygiene Guidelines](#)

🌿 Mom-to-be Treatments

Congratulations on your pregnancy! To ensure your safety, and the safety of your baby, we have curated a special selection of treatments that are appropriate for expecting mothers. Ask the Spa Concierge or check our menu for more details.

🌿 T-Shock Cryotherapy

Cryotherapy is a non-invasive, all natural approach to body contouring and pain relief. Using alternating warm and cold temperatures targeted directly on 'problem areas' our estheticians are able to instantly shrink cellulite, tighten loose sagging skin, and accelerate muscle recovery.

🌿 Live Like a Local - Vermont Inspired Treatments [Watch Video](#)

Drawing on the best of Stowe and Vermont, we have crafted a selection of unique treatments to inspire wellness and a connection to the destination we are a part of.

Stowe Cider Scrub (100minutes) - Begin with a full body scrub incorporating the byproducts of fermentation and exfoliating ingredients to smooth dry skin. Next your therapist will hydrate your skin and relax your muscles with a 50-minute massage. After your treatment, relax with a cold can of Stowe Cider in our Sanctuary.

CBD Massage (50, 80, or 100 minutes) - A slow, firm massage using organic CBD oil to calm the nervous system and address tension and joint pain.

🌿 Full-service Salon [Watch Video](#)

After your body and mind are relaxed and refreshed, bring out your inner beauty at our full service salon. We offer both traditional hair styling, and mani/pedi services, as well as unique options to enhance your natural beauty.

Sacred Beauty (80 minutes) - Created special by our Salon team, this treatment soothes and softens your hair, and relaxes and hydrates your hands.

Golf with confidence this summer. Both The Mountain Course and Stowe Country Club have initiated new Safety & Hygiene Guidelines to provide golfers the peace of mind needed to focus on your swing.

[Click here to read our full Safety & Hygiene Guidelines](#)

The Mountain Course at Spruce Peak

Rated the #1 course in Vermont by Gold Advisor, the rugged design of the Mountain Course at Spruce Peak reaches an elevation of more than 1,800 feet - truly elevating your game.

Featuring rock outcroppings, wildlife at every glance, and sweeping views of both Spruce Peak and Mount Mansfield, enjoy the world-class hospitality as you play up, over, and around the Green Mountains.

The Mountain Course is reserved exclusively for Club Members and guests with a qualifying stay at The Lodge at Spruce Peak. Save on rounds when you purchase them at the time of booking!

Hole-by-hole Playlist 

Stowe Country Club

Watch Video 

Located in the heart of the Stowe Village, our sister course Stowe Country Club occupies what was once a turn-of-the-century dairy farm transformed into a splendid course showcasing beautiful undulating fairways and manicured greens.

As a challenging and rewarding test of skill, Stowe Country Club offers 360-degree views of the mountains and long summer days surrounded by nature, making every shot a memory to cherish.

For the best daily rates and weekly memberships visit StoweVTGolf.com

TPI Golf Screening

The Spa at Spruce Peak offers expert TPI screening and consultations so you can perfect your swing and up your game. Ask the Spa Concierge for details.

MOUNTAIN GOLF

Take in the scenery and energizing mountain air from the pristine greens of the golf course. With special offers and exclusive access to two fantastic courses, a golf getaway to Spruce Peak is as inspiring as it is challenging.

The Spruce Loop

Head out The Spa doors onto the plaza and start your journey at the wooden foot bridge. Follow the signs through Spruce Peak Pathways to quickly lose yourself in a pocket oasis. Follow rivers, cross bridges, run up a hill, or sit by a cascading waterfall.

Rated Easy - 1.8miles

Barnes Camp Boardwalk

This wheel-chair accessible, wooden boardwalk weaves through beaver-built swamps and ponds, complete with educational panels, towards a breathtaking view of Smuggler's Notch.

Rated Easy - Wheelchair Accessible 600ft

The Stowe Rec Path

Perfect for both cycling and casual walks, this paved path criss-crosses the town of Stowe allowing for a self-guided tour of such popular spots as Idletyme Brewing and Stowe Cider.

Rated Easy - 5.3miles total

Bingham Falls

Wind through the rocky forest to a pristine 40-foot cascading waterfall with deep gorges - a perfect destination for warm summer days.

Rated Moderate - 0.5miles

Sterling Pond

A beautiful option for a half-day hike, this well-maintained section of the famous Long Trail takes you past a beautiful mountain pond and numerous scenic photo-spots.

Rated Moderate - 2-3.4 miles

HIKING TRAILS & TOURS

The Lodge at Spruce Peak is set in the midst of the beautiful Green Mountains and hiking trails surround the property. Check out these local favorites, or stop by Spruce Peak Outfitters for a personalized recommendation.

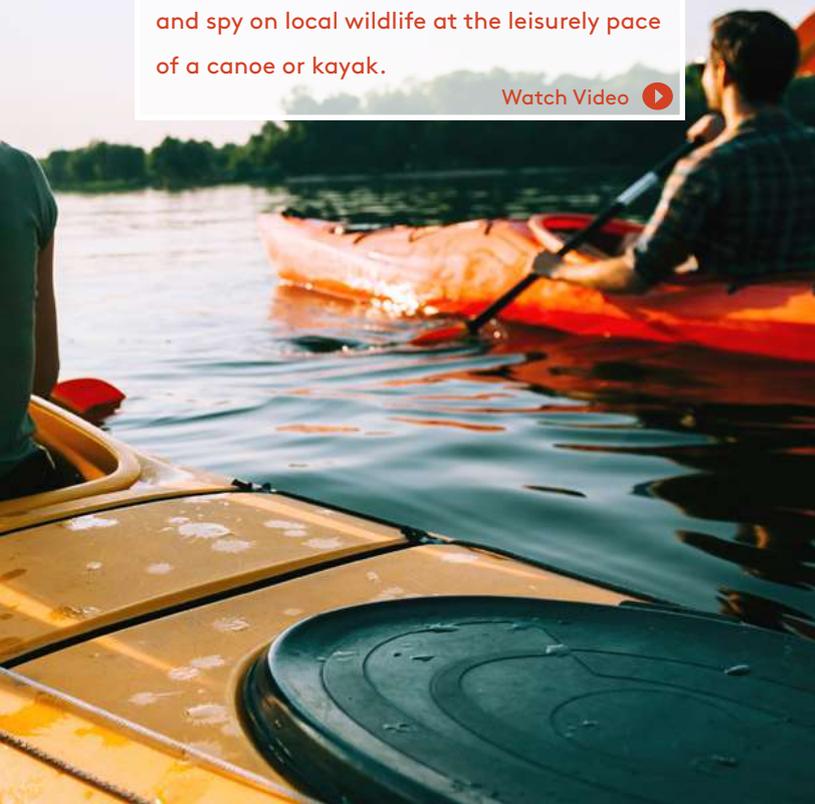
Watch Video 

CANOE & KAYAK

by Vermont Canoe & Kayak Guided
Adventure Tours

The Lamoille River is a scenic wonderland that cuts through the Green Mountains towards Lake Champlain. Explore the scenery and spy on local wildlife at the leisurely pace of a canoe or kayak.

[Watch Video](#) 



Water & Wine

Wet your whistle for Vermont's local culture. This guided trip starts right in Jeffersonville and travels 4 ½ miles (1 ¾-2 hours) by river to the award winning Boyden Valley Winery. We finish with a tour of the wine making process and a wine tasting with bread and cheese.

Ice Cream Float

What could be more enjoyable than a family paddle and eating ice cream? Enjoy some of Vermont's finest. Paddle for a half hour, stop and eat Ben and Jerry's Peace Pops on a beach, and then finish with another half-hour paddle (all down river)

Morning Maple Tour

This combines 1.5 hr on the river and winds up at the Maple Outlet to learn all things maple, have a maple cremee and take home a maple goodie.

Kayaks and Cocktails

This combines 1.5 on the river and winds up at the Smugglers' Notch Distillery for a tour, cocktail, and tasting of their quality spirits)

Rental & Shuttle Service

Explore the beauty of the Lamoille River at your leisure. Vermont Canoe and Kayak offers individual rentals of solo and tandem kayaks, canoes, and stand-up paddleboards, as well as shuttle service for your personal boats at a cost.

Vermont Canoe and Kayak has initiated new safety & hygiene protocols this summer to provide guests a clean & healthy experience. All life jackets, paddles, boats, and shuttles will be disinfected after each use. Face masks are encouraged while in the office or shuttle. All shuttle drivers are required to wear masks and shuttles are limited to individual groups to avoid crowding.



Guided Tours by Fly Rod Shop

At The Fly Rod Shop, they offer a variety of both fly fishing and spin fishing instructional classes along with multiple options for guided fishing adventures. They encourage first time fly fisherman to take a free casting clinic at the shop where they go over the basic equipment for fly fishing and techniques needed to master the sport.

50% Deposit required at time of booking

The Fly Rod Shop has initiated a safety & hygiene protocol to protect guests. In addition to requiring guests and guides to wear face coverings and gloves, all rented equipment are washed and cleaned after each use. The Fly Rod Shop will also no longer be providing transportation to and from the fishing location



Vermont Fishing License Fees

Vermont Residents

Season \$26 | 3 Day \$11 | Youth (15-17) \$8

Non-Residents

Season \$52 | 3 Day \$31 | 1 Day \$21 | Youth (15-17) \$15



Fly, Spin, & Boat Excursions by Catamount Fishing Adventures

Catamount Fishing Adventures is a long time Stowe fly fishing and fishing guide service that offers fishing adventures from summer to winter. Catamount is the only Federation of Fly Fishers certified casting instructor in the region. Whether you want to cast a small dry fly to a rising trout or rip a large streamer to a big pursuing northern pike, Catamount has the experience and knowledge to offer a wide variety of trips.

Maximum 2 people on the motorboat and drift boat. Anglers must at least 10 years of age for boat trips. Canoe trips are for 1 angler and river wading for 1 to 4 people. Larger groups can be accommodated with advance notice..

Half Day River Wade - 4 Hours for 1 to 4 people

Full Day River Wade - 8 Hours for 1 to 4 people

Full Day Motorboat/Driftboat - 8 Hours up to 2 people

Full Days include lunch.

FISHING

Vermont is home to over 90 species of fish, from walleye to trout. The waterways surrounding Spruce Peak and Stowe offer anglers a bountiful experience in the deepest parts of nature.

[Watch Video](#)



BIKING

From road biking to mountain biking Stowe is home to a vibrant cycling community. Take advantage of The Lodge's complimentary Bike Valet service and bring your own bike along for the ride.

[Watch Video](#) 



Bike Rentals by MountainOps

Just down the Mountain Road, MountainOps Outdoor Gear offers comfortable, high quality rental bikes for any rider — including Carbon or Aluminum Mountain Bikes, Gravel Bikes, and Junior Bikes. Rental duration is flexible, so you can rent for an afternoon or the length of your stay. Helmets are included free with every rental.



Guided Bike Tours by MountainOps

MountainOps offers guided bike tours everyday by reservation. Whether you're looking for the thrill of single track mountain biking or the carefree leisure of the award-winning Stowe Bike Path, we can take care of your every wish. All bike tours are led by one of our experienced guides with extensive knowledge of the surrounding trails. Design your own excursion through the lush valleys of Stowe with the help of our great staff.

Mountain Biking Instruction by Four Points VT

[Watch Video](#) 

New to mountain biking? Interested in the sport, but not really sure how to get started? Let Four Points trained instructors show you the way by walking you through a step by step process to get you familiar with the equipment, proper body position, cornering, braking and a lot more. Lessons are two hours, which is usually long enough to actually learn the basics and still have time to do some riding.

Private Lesson - One on one private lessons with a trained instructor are available to help personalize your mountain bike experience and accelerate your learning. You can add friends or family members for an additional fee.

Group Lesson - Join a group of other new riders to learn the basics. Groups are limited to a maximum of 6 participants to ensure that everyone gets the most out of their time.



Mountain Bike Guides by Four Points VT

If you're a veteran mountain biker, take advantage of local knowledge and let Four Points show you the best trails in the area to suit your taste! Whether you prefer it fast and flowy or old school gnar, we have plenty of trail to choose from. Don't want to waste time getting lost? Four Points guides are local and can show you a great time by picking the appropriate trails and ride to suit the needs of your party

[Guided Services available for up to 6 People](#)



HORSEBACK RIDING

A classic and traditional way to see the scenery. Ride your way through rolling Vermont fields and forests for a memory to last forever.



Trail Rides by LaJoie Stables

Watch Video 

Your trail ride will take you on a relaxing, serene tour through the hardwoods, into a grove of Blue Spruce, and then through the pristine open pastures. Views of Mount Mansfield will encompass you. As your tour ends, you will cross into Black Creek to water your horse.

As soon as you pull into the driveway, you'll experience the genuine service of this family owned and operated outfit. All levels of riding ability are welcome. You can request a quiet, gentle ride or a faster paced ride. Riders must be ages 5 and up. All rides are private.

Sunrise Mountain Guides 802-253-2062

Sunrise Mountain Guides is Stowe, Vermont's premier mountain guide service, located at the foot of Mount Mansfield — Vermont's highest peak. From ice climbing, backcountry skiing, snowshoeing and cross-country skiing in the winter to rock climbing, hiking, and trail running in the summer, Sunrise Mountain Guides offer guided tours and instruction for individuals, families and groups.

Our mission is simple: To foster a love for outdoor recreation and adventure. Experience Vermont's beauty and natural resources, with safety, risk awareness and injury prevention being priority #1. Teach "Leave No Trace" principles and promote land preservation for future generations.

🌲 Rock Climbing 101 by Sunrise Mountain Guides

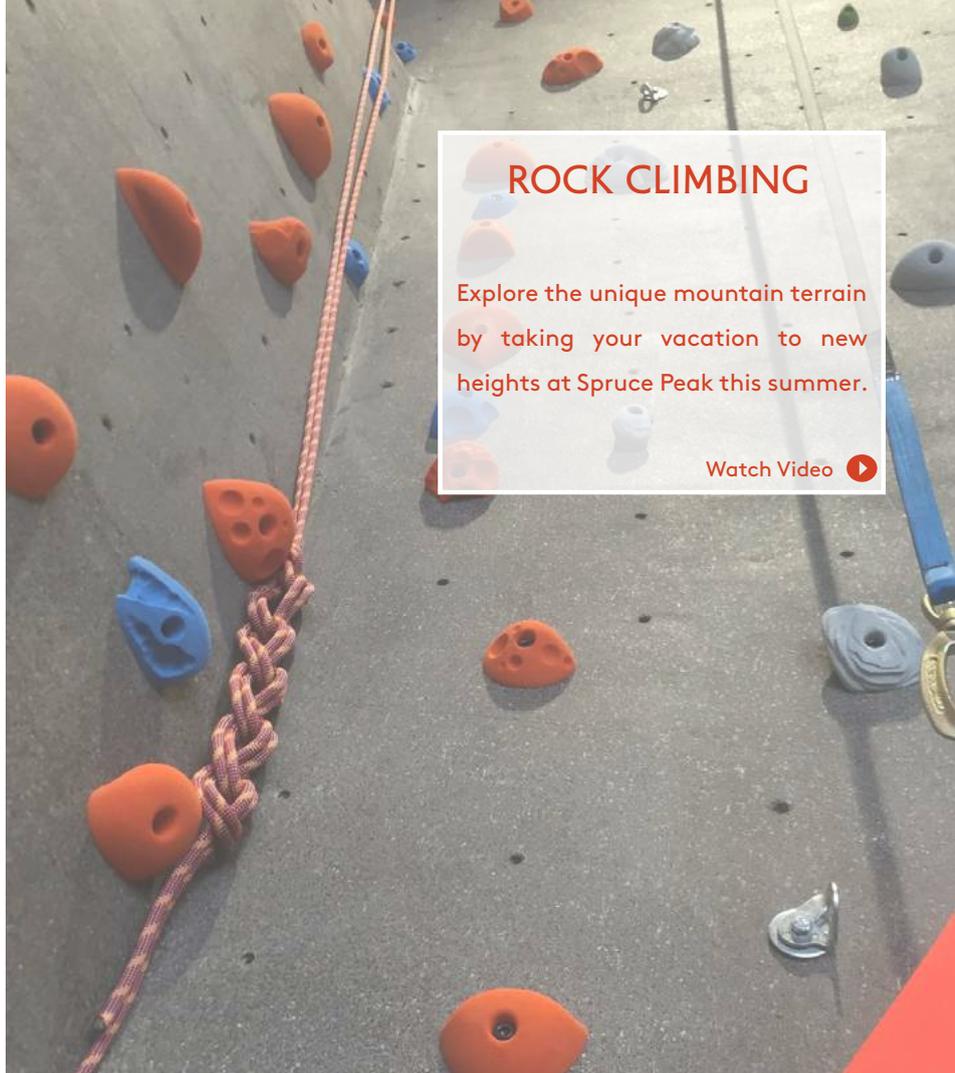
Perfect for families, groups or anyone who wants to try out climbing for the first time. The focus will be on shorter "top roped" climbs for every ability level. This is an excellent opportunity for those who are new to the sport. We will focus on safety, communication, technique and a variety of equipment.

All equipment provided | Duration 3-hours

🌲 Climbing at the 14th Green

The 14th Green on the Mountain Course at Spruce Peak features a tall, natural rock outcropping — ideal for short yet challenging climbs to take in sweeping views of the golf course, Spruce Peak village, and the expansive mountain range beyond.

Offered Tuesdays only. Check schedule for details.



ROCK CLIMBING

Explore the unique mountain terrain by taking your vacation to new heights at Spruce Peak this summer.

Watch Video 



DINING AT SPRUCE PEAK

From drinks by the pool to candlelit dinners, we work with local farms, producers, and breweries to provide our guests with the freshest and most authentic dining experience no matter their preference.

In order to best protect the health and safety of our guests, owners, and community, dining at Spruce Peak will be reinvented this summer. From increased distance between tables, to online ordering for in-room delivery, many changes are coming Summer 2020. Please note the following may not be available in the early summer.

[Click here to read our full Safety & Hygiene Guidelines](#)

🌿 Solstice Restaurant

Coastal New England meets Vermont localvore at our newly restructured Solstice Restaurant, combining the best of Solstice and Hourglass Lounge, this summer. Serving elevated bistro fare paired with local brews in a safe, socially distanced environment with outdoor seating or in-room delivery options available

Open Daily - Reservations Recommended

🌿 The Pantry & Beanery Cafe

Conveniently located in Spruce Peak Village, The Pantry offers a variety of artisan foods, local products and ingredients, and an impressive selection of wine and beer. Guests can shop for all their culinary needs to create their own authentic Vermont cuisine right in their kitchen.

The Beanery welcomes guests with a warm environment adjacent to The Pantry. Our Baristas craft an array of hot and iced drinks, blended-to-order smoothies, baked goods, cafe sandwiches, and more.

🌿 The Spruce Peak Village Green

Celebrate long, summer days with exclusive dining options on the expansive Village Green.

Old Mozo's Taco Truck: The Abnaki name for Mount Mansfield lends its name to this Tex-Mex food truck featuring inspired twists on classic favorites.

The WhistlePig Pavilion: Sip a local brew or inspired summer cocktail in the fresh mountain air from the comfort of an Adirondack chair on the green.

Zamboni's Creemees & S'Mores: A classic Vermont treat - Zamboni's serves up delicious maple soft-serve ice cream and gourmet roast-your-own s'mores kits.