GUIDED HIKES
Let us guide you around the Spruce Peak woods on a mostly wide gravel trail where you may cross bridges, get a glimpse of the golf course as well as some amazing views of Mount Mansfield and the Worcester Range mountains.
Be prepared to add or shed layers.

Spruce Loop Hike: Take a tour of our community
This 1–2 mile tour begins near The Spa and spans around the Spruce Peak Community.
No experience necessary.

Scavenger Hunt Tour: Search the forest for these naturally or not so naturally occurring items with the assistance of your guide.
For ages 8 and under. Parents must accompany their children.

OUTDOOR FITNESS CLASSES
Pop Cycling: Enjoy indoor cycling again outdoors while listening to some of your favorite tunes! Class to be held on the pool deck.
Weather appropriate attire recommended. Meet on the pool deck.

Aqua Fitness: Get fit in the water with this cardio sculpting class.
Meet at the bottom of the stairs near the pool host stand.

Fun Run: Join other runners for a guided 2-3 mile run. Surfaces to include road and gravel pathways.
Meet on the plaza outside The Spa entrance.

OTHER ACTIVITIES:
Map & Compass: Using a map and compass, learn how to pinpoint your location, and gain an understanding of the 4 cardinal directions, identify surrounding land features and more.
For ages 7+. Meet on the plaza outside The Spa entrance.

All Tours, Classes, Demos, and Activities require a reservation by 6pm the prior day. Activities cancelled within 24 hours of their schedule time are subject to a 50% fee.

Call the Spa at 802-760-4061 or email btvdh-spa@hyatt.com for reservations.

Updated for April 2021