

Where to meet?

Hikes—Spruce Peak Outfitters Office

Scavenger Hunt—Spruce Peak Outfitters Office

Nature Arts & Crafts—Spruce Peak Outfitters Office

Yoga— The Spa

Vigor Outdoor Sessions—The Spa

All activities shaded red meet at the Toy & Candy store

Cancellation Policy

Prices listed for all activities are per guest. Activities cancelled within 24 hours of their schedule time are subject to a 50% fee.



More information on
Spruce Peak Activities



More information on
Live Like a Local!

All activities will occur in most weather conditions unless deemed unsafe or unsuitable by the guide.



OUTFITTERS
GEAR & ADVENTURES

ACTIVITY SCHEDULE
JUNE 20TH - OCTOBER 10TH



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM							Recovery & Ice Bath w/ Vigor Outdoors 60 min. \$35
9 :00AM	Woods Workout w/ Vigor Outdoors 75 min. \$35	[9:30] Mountain Bike w/ 4 Points VT 2 hours \$93*		Morning River Kayak w/VT Canoe & Kayak 2 hours \$60			Woods Workout w/ Vigor Outdoors 75 min. \$35
10:00 AM	Spruce Loop Hike 50 min \$20	Spruce Loop Hike 50 min \$20	Complimentary Spruce Loop Hike 50 min	Spruce Loop Hike 50 min \$20	Complimentary Spruce Loop Hike 50 min	Spruce Loop Hike 50 min \$20	Spruce Loop Hike 50 min \$20
	Yoga 90 min \$20	Yoga 90 min \$20		River Paddle Umiak 4-miles \$49		Yoga 90 min \$20	Yoga 90 min \$20
11:00 AM	Recovery & Ice Bath w/ Vigor Outdoors 60 min. \$35					Paint & Sip w/ T&C 1 Hr. Complimentary	Crafts w/ T&C 1 Hr. Complimentary
	Build-A-Buddy w/ T&C 1 Hr. \$30						
11:30 AM	Meditation 30 min \$10	Meditation 30 min \$10				Meditation 30 min \$10	Meditation 30 min \$10
12:00 PM	Nature Crafts 50 min \$20	Boardwalk Hike 1.5 hours \$30	Sterling Swim 5 hours \$60	Aromatherapy Cart 1 hr. \$35	Boardwalk Hike 1.5 hours \$30	Nature Crafts 50 min \$20	Sterling Swim 5 hours \$60
12:30 PM							WHM Breathing w/ Vigor Outdoors 60 min. \$35
1:00 PM			Ice Cream Float w/VT Canoe & Kayak 2.5 hrs. \$110	Complimentary Yoga 75 min			Tasting w/ T&C 1 Hr. Complimentary
				Boardwalk Hike 1.5 hours \$30			
2:00 PM	River Tubing Shuttle w/ Umiak 3.5 miles \$20-35		Tie Dye 50 min \$26		Build-A-Buddy 50 min \$30	Boardwalk Hike 1.5 hours \$30	Scavenger Hunt 50 min \$20
					E-bike Tour w/ 4 Points VT 3 hours \$192		Recovery & Ice Bath w/ Vigor Outdoors 60 min. \$35
3:00 PM	Yoga 90 min \$20	Yoga 90 min \$20				Yoga 90 min \$20	Yoga 90 min \$20
						Woods Workout w/ Vigor Outdoors 75 min. \$35	
4:00 PM	Spruce Moose is on the Loose! 50 min \$20	Nature Crafts 50 min \$20		Scavenger Hunt 50 min \$20	Spruce Moose is on the Loose! 50 min \$20	Build-A-Buddy 50 min \$30	Mountain Games 30 min \$10
5:00 PM						Mindful Mobility w/ Vigor Outdoors 60 min. \$35	Game Night w/ T&C 3 hrs. Complimentary
						Property Tour 30 min Complimentary	
7:00 PM						Campfire 2 HR Complimentary	Campfire 2 HR Complimentary
<i>Live like a Local Tours:</i>	<i>Family Fish w/The Fly Rod Shop</i>	<i>Bike w/4 Points VT</i>	<i>Zipline & Adventure w/ArborTrek</i>	<i>Rock Climbing w/ Sunrise Mountain Guides</i>	<i>Brew Tours w/ Savor Vermont</i>	<i>Bike w/Mountain Ops</i>	<i>River Tubing w/Umiak</i>