

### What items do I need to wear to these activities?

Outdoor activities: Wear waterproof shoes that you don't mind getting dirty, and layers. \*Snowshoes provided.

Yoga/Barre: Comfortable workout clothes.

Recovery & Ice Bath: Comfortable workout clothes for the first portion of the class and a bathing suit for the ice bath.

### Where to meet?

Snowshoes Tours - The Cottage

X-Country Skiing - The Cottage

Scavenger Hunt, Snow Golf, Arts & Crafts, Sledding - The Cottage

Build a Buddy – Lobby

Fitness Classes (Blue) - Fitness Center

Vigor Outdoors Classes - Spa Reception

### Only want to rent snowshoes or x-country skis?

Snowshoes - \$30 per guest.

Skis - \$45 per guest.

Pick up between the hours of 9am and 3pm from the Cottage, located by the golf course. All gear must be returned by 5pm.

### Cancellation Policy

Activities cancelled within 24 hours of their scheduled time are subject to a 50% fee.

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

Reservations required for all activities by 7pm the prior day. Call 802-760-4061 or email [btvdh-spo@hyatt.com](mailto:btvdh-spo@hyatt.com).



## OUTFITTERS

GEAR & ADVENTURES

### WINTER ACTIVITY Schedule

November 27th - APRIL 1st



	SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		
<b>9:00 AM</b>	Recovery & Recharge Ice Bath 50 min   \$50	Yin & Yang Yoga 75 min   \$30							Recovery & Recharge Ice Bath 50 min   \$50		
<b>10:00 AM</b>	Spruce Loop Snowshoe 50 min   \$30		Spruce Loop Snowshoe 50 min   \$30	COMPLIMENTARY Spruce Loop Snowshoe 50 min	Spruce Loop Snowshoe 50 min   \$30	COMPLIMENTARY Spruce Loop Snowshoe 50 min	Spruce Loop Snowshoe 50 min   \$30		Spruce Loop Snowshoe 50 min   \$30		
<b>10:30 AM</b>	Mountain View Snowshoe 2.5 hrs.   \$60	Winter Meditation 45 min   \$30	Weight Training 45 min   \$30		Weight Training 45 min   \$30	Yin & Yang Yoga 75 min   \$30	Mountain View Snowshoe 2.5 hrs.   \$60		Mountain View Snowshoe 2.5 hrs.   \$60	Active Mobility & Recovery 50 min   \$50	
<b>11:00 AM</b>	Introduction X-Country Ski 1.5 hrs.   \$60	Recovery & Recharge Ice Bath 50 min   \$50	Introduction X-Country Ski 1.5 hrs.   \$60	Introduction X-Country Ski 1.5 hrs.   \$60	Introduction X-Country Ski 1.5 hrs.   \$60	Introduction X-Country Ski 1.5 hrs.   \$60	Introduction X-Country Ski 1.5 hrs.   \$60	Yin & Yang Yoga 75 min   \$30	Introduction X-Country Ski 1.5 hrs.   \$60	Power Yoga 75 min   \$30	
<b>12:00 PM</b>	Bingham Falls Snowshoe 2.5 hrs.   \$60				Kickboxing 45 min   \$30	Gentle Yoga 60 min   \$30	Bingham Falls Snowshoe 2.5 hrs.   \$60		Bingham Falls Snowshoe 2.5 hrs.   \$60		
<b>1:00 PM</b>	Guided X-Country Ski Tour 50 min   \$45	Gentle Yoga 60 min   \$30	Guided X-Country Ski Tour 50 min   \$45	Guided X-Country Ski Tour 50 min   \$45	Guided X-Country Ski Tour 50 min   \$45	Guided X-Country Ski Tour 50 min   \$45	Guided X-Country Ski Tour 50 min   \$45		Guided X-Country Ski Tour 50 min   \$45	Gentle Yoga 60 min   \$30	
<b>1:30 PM</b>	Smugglers Notch Snowshoe 2.5 hrs.   \$60					Winter Meditation 45 min   \$30	Smugglers Notch Snowshoe 2.5 hrs.   \$60		Smugglers Notch Snowshoe 2.5 hrs.   \$60	Recovery & Recharge Ice Bath 50 min   \$50	
<b>02:30 PM</b>	Sledding & Snow Tubing 30 min   \$20		Scavenger Hunt 1 hr   \$30	Snow Golf 1 hr   \$30	Family Arts & Crafts 1 hr   \$30	Snow Golf 1 hr   \$30	Sledding & Snow Tubing 30 min   \$20	Winter Meditation 45 min   \$30	Sledding & Snow Tubing 30 min   \$20	Winter Meditation 45 min   \$30	
<b>3:00 PM</b>	Kids' Snowshoe 50 min   \$20				Cardio Workout 60 min   \$30		Kids' Snowshoe 50 min   \$20	Recovery & Recharge Ice Bath 50 min   \$50	Kids' Snowshoe 50 min   \$20	Recovery & Recharge Ice Bath 50 min   \$50	
<b>4:00 PM</b>	Twilight X-Country Ski 50 min   \$45		Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Après Ski Stretch 60 min   \$30	Twilight X-Country Ski 50 min   \$45	Gentle Yoga 75 min   \$30	Twilight X-Country Ski 50 min   \$45	Après Ski Stretch 60 min   \$30
<b>4:30 PM</b>	Twilight Snowshoe 50 min   \$30						Twilight Snowshoe 50 min   \$30		Twilight Snowshoe 50 min   \$30		
<b>5:00 PM</b>	Build a Buddy 45 min   \$40						Build a Buddy 45 min   \$40	Recovery & Recharge Ice Bath 50 min   \$50	Build a Buddy 45 min   \$40	Recovery & Recharge Ice Bath 50 min   \$50	
<b>Live Like a Local</b>	Horse Drawn Sleigh rides w/ Gentle Giants Sleigh & Carriage Rides		Nordic Skiing w/ Spruce Peak Outfitters	Ice climbing w/ Sunrise Mountain Guides	Beer Tours w/ Savor Vermont	Ice Skating w/ Spruce Peak	Bingham Falls Snowshoe w/ Spruce Peak Outfitters		Snowmobiling w/ Stowe Snowmobile		