

Trapp Family Lodge



Activities Guide

2024

Spring, Summer & Fall



Wildflower Walk

Duration: 1 Hour

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Join us for a scenic stroll with our Staff Naturalist through the Trapp Family pastures and trails exploring the tremendous biodiversity of the wild forest plants and flowers. Hiking boots are always recommended.

Learning the Forest

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Take a guided hike through our picturesque forests to learn what makes these woods unique and sustainable. Be prepared with sturdy footwear and proper clothing.



Bird Watching Walk

Duration: 1.5 Hours, beginning at 7:30am

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 15

Join us for an early morning bird watching walk with Karen Nielson, who has 25 years of birding experience.



Meet the Cows

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Join our farmers on a property hike to meet our friendly Scottish Highlander herd. We have extensive history with this herd, so don't be shy in asking questions. Proper footwear and weather-appropriate clothing required.



Meet the Sheep

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Learn about our cute and friendly flock of Katadhin sheep, named after Mount Katadhin in Maine. Our sheep are on property all season long and love to be hand fed by our guests when they come to visit with treats.



Hike with the Goats

Duration: 2 Hours

Pricing: Adults \$65, Children 13-17 \$45, Children 5-12 \$20

Difficulty: Moderate

Capacity: 8

Enjoy a 2 mile hike with the goats, Teton and Loki or Potter and Weasley as we trek on our scenic wooded trails. We will stop to enjoy some snacks along the way, including goat cheese, crackers, fruit and bottled water. Proper footwear is required.

Hike to the Chapel

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Enjoy a short (but steep) hike to the chapel that Werner von Trapp and other member of the family built. We'll head into the lovely woods behind the Lodge to explore this important von Trapp landmark.



Hike to the Bierhall

Duration: 2 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Take a guided hike to the Bierhall from our Outdoor Center. This adventure ends at our famous Bierhall where you can enjoy a meal and cold von Trapp Brewing lager (or two).



Maple Sugar Tour

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Our maple sugar tour is a casual one-mile hike to our sugarhouse where you will learn about our process and enjoy a tasty maple treat.



Mountain Biking

Duration: 2 Hour Lessons / 2 Hour Full & Day Rentals

Pricing: Hardtail 2 Hour \$45, Full Day \$65. Full Suspension 2 Hour \$65, Full Day \$89. Kids 2 Hour \$25, Full Day \$40.

Difficulty: Easy-Challenging

Ride our eight miles of expert and intermediate single track or more than 20 miles of double track through mountains, fields, and forests. Try our two skills parks or ride Lager Lane over to the von Trapp Brewery Bierhall - the best trailhead ever!

Winter



Snowshoe to the Chapel

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Enjoy a short (but steep) snowshoe to the chapel that Werner von Trapp and other member of the family built. We'll head into the lovely woods behind the Lodge to explore this important von Trapp landmark. Snowshoes and weather-appropriate clothing are required.

Moonlight Snowshoe to the Bierhall

Duration: 2 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Challenging

Capacity: 30

Take a guided snowshoe to the Bierhall, by headlamp, from our Outdoor Center. This adventure ends at our famous Bierhall where you can enjoy a meal and cold von Trapp Brewing lager (or two). Weather-appropriate clothing is required. Snowshoes are required and are available to rent for an additional cost.



Maple Sugar Tour

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Our maple sugar tour is a casual one-mile hike to our sugarhouse where you will learn about our process and enjoy a tasty maple treat. Snowshoes and weather-appropriate clothing are required.



Learning the Forest

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Take a guided hike through our picturesque forests to learn what makes these woods unique and sustainable. Snowshoes and weather-appropriate clothing are required.

Meet the Cows

Duration: 1.5 Hours

Pricing: Adults \$20, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Moderate

Capacity: 30

Join our farmers on a property hike to meet our friendly Scottish Highlander herd. We have extensive history with this herd, so don't be shy in asking questions. Proper footwear and weather-appropriate clothing are required.





Cross Country Skiing

Open: 9:00am - 5:00pm Daily

Pricing: Trail Passes - Adults \$29 Weekday / \$34 Weekend & Holiday.

Children \$14 Weekday / \$16 Weekend & Holiday

Difficulty: Easy - Challenging

Ready to hit the trails? We have 40 miles of groomed trails and access to miles of backcountry trails suitable for cross country skiers of all abilities. Ski rentals and lessons are available at our Outdoor Center for an additional cost.

Snowshoeing

Open: 9:00am - 5:00pm Daily

Pricing: Trail Passes - Adults \$29 Weekday / \$34 Weekend & Holiday.

Children \$14 Weekday / \$16 Weekend & Holiday

Difficulty: Easy - Challenging

Dashing through the snow is a great way to enjoy the outdoors in the wintertime, get some exercise and have fun all at the same time! We offer ample terrain so you can plan a route that suites your experience. Snowshoe rentals are available at our Outdoor Center for an additional cost.



Teambuilding Relay Ski Race

Duration: 3 hours

Pricing: \$85 per person

Difficulty: Moderate

Fuel the competitive spirit, strengthen bonds and create fun memories as your team tackles our 1km relay loop, completing three challenging stations along the way such as, skiing while balancing an egg on a spoon, knocking down targets at our beanbag biathlon and navigating through a dynamic obstacle course. Kick off the event with a forty-five minute ski lesson from our ski center pros to get you race-ready before heading out on the course. Pricing includes lessons, ski rental package and relay race coordination/staffing.



Year-Round



von Trapp Brewery Tour

Duration: 1 Hour

Pricing: Adults \$20 (must be 21+)

Difficulty: Easy

Capacity: 30

For two decades Johannes von Trapp dreamed of building an Austrian style brewery to brew an American version of the beers he enjoyed in Austria. Join us for a tour of our 36,000 sq. ft. state of the art brewery and enjoy a sampling of our beer.



von Trapp History Tour

Duration: 1.5 Hours

Pricing: Adults \$25, Children 6-12 \$5, Children 5 & Under Free

Difficulty: Easy

Capacity: 75

This 90 minute experience gives you insight to the truth's and imagined story lines in the Sound of Music and gives you an in depth look at how the von Trapps escaped Austria and ended up here in beautiful Stowe, Vermont.

Disc Golf

Duration: 1.5 Hours

Pricing: Day Pass \$6

Difficulty: Easy - Moderate

Our 18-hole disc golf course was created to suit all levels of players. The course starts near our brewery and takes players through the forests and meadows on the grounds of Trapp Family Lodge. Discs available for purchase at the Bierhall and Outdoor Center.



Yoga

Duration: 1 Hour

Pricing: \$18 Per Person

Difficulty: Easy - Moderate

Capacity: 15

Stretch, breathe and relax. It's a great way to start or end your day. Our talented yoga instructors love to connect and guide you through relaxing yoga poses. Mats and blocks available.



Rock Climbing Wall

Duration: 30 Minutes

Pricing: \$15 Adult (16 & over), \$10 Child (under 16)

Difficulty: Moderate - Difficult

Capacity: 5 People Per Session

Our 30-foot indoor rock climbing wall features a fun way to climb for all skill levels during any weather. We provide climbing shoes and harnesses.



Horse- Drawn Wagon or Sleigh Rides

Duration: 30 Minutes

Pricing: Adults \$40, Children \$20

Difficulty: Easy

Capacity: 8 Per Sleigh

Experience the natural beauty of Trapp Family Lodge and our extraordinary mountaintop setting through our scenic pastures and woods on a horse-drawn wagon ride in the summer and fall, or sleigh ride in the winter.

Wine Tasting

Duration: 2 Hours

Pricing: Adults \$35, Children \$10 (cheese & crackers only)

Capacity: 22

Our wine cellar is filled with varietals from all over the world including Austria, Germany and the U.S. Join us to sample some wonderful wines, chosen by our sommelier, on the front lawn in the warmer months or downstairs in our wine cellar in the winter.



Information & Booking

Booking Policies

All pricing quoted is for private tours. Private tours may be booked based on availability and require a minimum of 20 paying guests.

Tour pricing is subject to 6% Vermont Sales Tax, 1% Stowe Tax and 20% Service Gratuity (for private tours).

Pricing is subject to change.

Clothing and Equipment

Many of our tours take place outside, so we recommend weather appropriate clothing and sturdy footwear or hiking boots for summer activities and dressing in warm layers with insulated, water proof boots for winter activities.

Some activities may require snowshoe rentals, which are available at our Outdoor Center for adults and children at an additional cost.

Booking Contact

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