

# TROUTBECK Experiences Guide

**AHEAD**  
AMERICAS ASIA EUROPE MEA  
WINNER

Condé Nast  
**Traveler**  
READERS'  
CHOICE AWARDS  
2018

Condé Nast  
**Traveler**  
READERS'  
CHOICE AWARDS  
2020

Condé Nast  
**Traveler**  
READERS'  
CHOICE AWARDS  
2021

Condé Nast  
**Traveler**  
READERS'  
CHOICE AWARDS  
2022

Condé Nast  
**Traveler**  
READERS'  
CHOICE AWARDS  
2023

Condé Nast  
**Traveler**  
READERS'  
CHOICE AWARDS  
2024

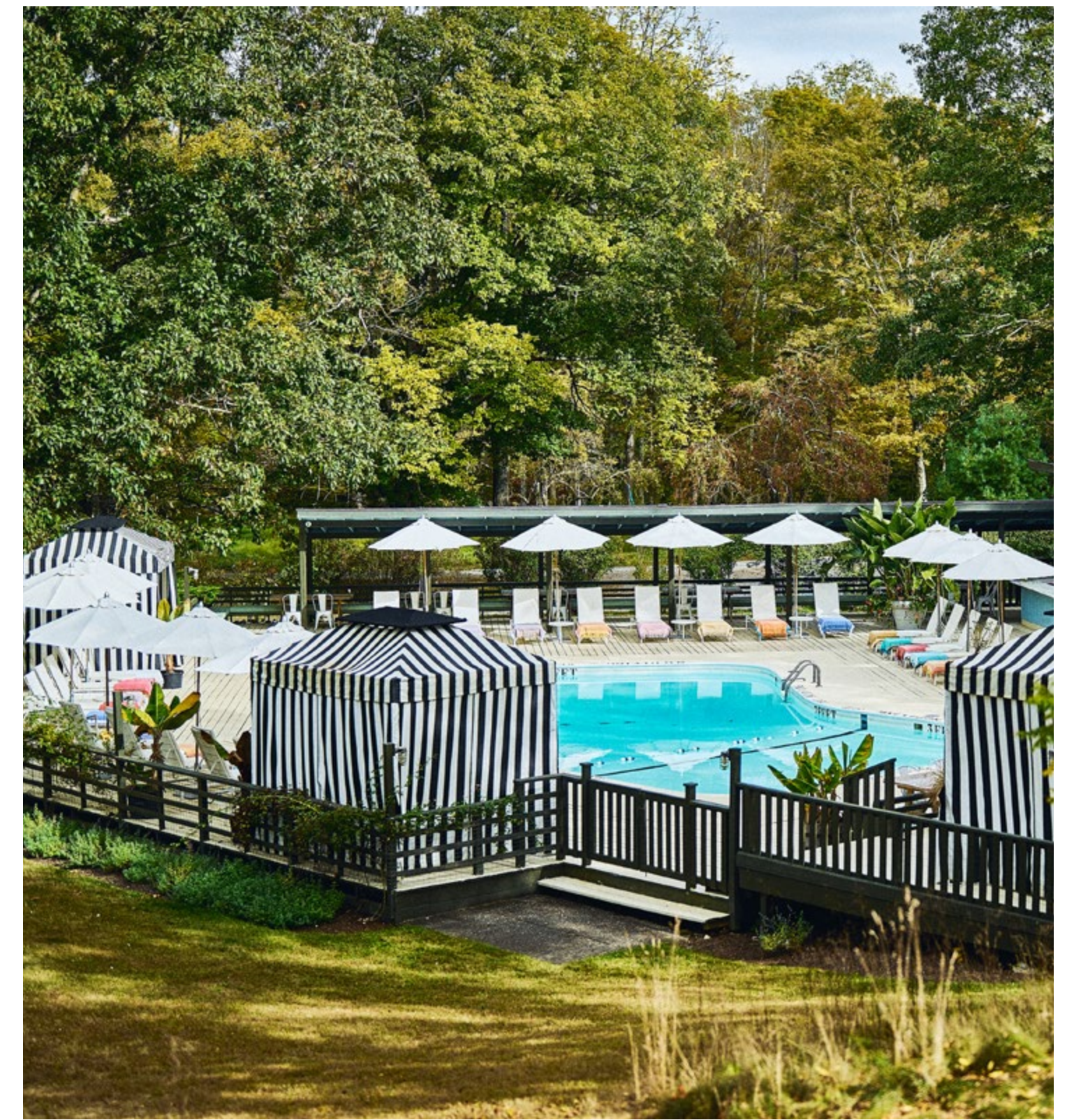
INTERIOR  
DESIGN  
**NYC** awards  
**xDESIGN**  
2024 WINNER

  
**MICHELIN**  
2024  




# PROPERTY AMENITIES ABOUND

- The Barns (studio classes, Technogym fitness, wellness services, saunas)
- Wildsmith wellness treatments, such as massage, facials, full body scrubs ++
- Two U.S. Open surface tennis courts
- Lawn games (corn hole, bocce, badminton, foosball, ping pong, connect four, and chess)
- Solar-heated swimming pool
- Cross-country bicycles
- Boardgames
- Indoor fireplaces
- Hammocks + fire pits
- Picnic sites





## TROUTBECK CORE VALUES

Establish a sense of place — connect to history and our vibrant local community with insights from Troutbeck’s talented team, offered as a complimentary hospitality touch



### HISTORY TALK

Troutbeck has served as an enchanting private estate, country inn and tavern since the 1700’s and has for centuries, been a favored retreat of distinguished guests important in the arts, letters, matters of policy and social justice. During the time of the estate’s first owners, the Benton Family, it played frequent host to Thoreau, Emerson and the naturalist, John Burroughs.

Share this strong sense of place and rich history with your group through a brief and informative conversation.

● *10-15 minutes*



### CULINARY CONVERSATION

The Power of Place at Troutbeck extends to our culinary program, with impeccable sourcing and respect to our natural landscape. We strive to make environmentally ethical choices that support our community, relationships and commitments to local farmers and purveyors, and proudly work with nearby farms.

Enjoy a moment learning about our sourcing ethos and the ways in which our culinary team works within our overall community.

● *Culinary team engages with table during dinner*



## BEVERAGE EXPERIENCES

Come together over impeccably sourced wines and spirits, sourced from our neighborhood and around the globe



### COCKTAIL COMPETITION

A unique, engaging teambuilding experience where your group will explore ingredients to craft cocktails/mocktails for our judge's table, who will score based on creativity, presentation, and overall flavor profile. This experience serves as a creative way for guests to interact and engage.

- *\$75 per person*
- *1 hour*
- *Up to 40 guests*



### WINE TASTING

Whether your group is full of seasoned connoisseur's or casual wine enthusiasts, a tasting provides a wonderful opportunity to explore a variety of wines in a fun, social setting. Curated by our knowledgeable sommelier and designed for your group's preferences, this experience can focus on the region, producer, or varietal.

- *\$60 per person*
- *1 hour*
- *Up to 50 guests*



# Adventure & Outdoors





# ADVENTURE & OUTDOORS

Set on 250 acres in the Hudson Valley, Troutbeck and its environs are ready to explore



## SCAVENGER HUNT

Your group will split into teams of 4-5 and receive a special map with 10 locations identified across the property. The groups will find the individual locations and complete action items at each spot. Each location has a different activity ranging from trivia to puzzles, code cracking to currency conversion. The winner is identified based on speed and accuracy in completion. The scavenger hunt also offers the opportunity to curate words/tasks that are specific to the group.

- *Starting at \$450*
- *90 minutes*
- *Up to 40 guests*



## FALCONRY

Skyhunters in Flight – A dynamic educational program featuring trained birds of prey of many species. Includes flight demonstrations and Q & A.

Skyhunters in Flight present Nighthunters – A close encounter with nature's nighthunters, the owls. Includes flight demonstrations, can be done indoors or outdoors. Can also be done at night. Very popular in fall and winter.

- *Each experience is 1 hour*
- *Starting at \$1,500*
- *Up to 80 guests*



# ADVENTURE & OUTDOORS



## ARCHERY

Set at the tennis courts, archery is an engaging activity that can be elevated to meet the intention of the group. Learn the subtle art of archery in a serene setting from an expert. This often pairs well with lawn games or tennis to create an area of fluid activity for the group.

- 1.5 – 2 hours
- Starting at \$2,500
- Up to 40 guests



## AXE THROWING

Set at the Pole Barn, axe throwing is a fun and recreational activity for groups. This pairs well with lawn games and an outdoor fire cauldron.

- 2 hours
- Starting at \$1,750
- Up to 40 guests



## CORPORATE SURVIVAL CHALLENGE

Focusing on the four pillars of survival (food, water, shelter, fire), this challenge includes an informational demonstration of each pillar with a set task for the group to complete. Easily catered to fit your groups need, from an educational, hands-on program to the conventional team building experience to a mini Olympics-type program that is competitive, fun, and challenging!

- 3 hours
- Starting at \$3,500
- Up to 40 guests



# Artistic Endeavors





## ARTIST-TAUGHT WORKSHOPS WITH COTTAGE COURSES

Cottage Courses are artist-taught workshops created in the spirit of sharing unique methods and skills within our community. Founded by Natalie Baxter and Polly Shindler, these all-level courses connect participants with artists and practitioners who bring their own spin to learning and creating. Course offerings are related to the artists' own practice, sharing ideas and work through casual gatherings.

These courses will empower participants to create and innovate on their own.

*Additional courses available upon request.*



### OBSERVATIONAL PAINTING

Using the unique surroundings at Troutbeck, participants will explore the elements of objects by investigating color and shape. Possibilities include a floral still-life, property landscape, or design exploration using gouache (opaque watercolor) on watercolor paper.

- 1-1.5 hours
- \$150 per person
- 10 people minimum



# ARTIST-TAUGHT WORKSHOPS WITH COTTAGE COURSES



## NATURAL DYE

Participants will learn how to use local plants and common household kitchen scraps to create natural color. We will teach the process of preparing fabric for natural dyeing, how to extract color from plants, and participants will dye their own swatches and bandanas to take home.

- *1-1.5 hours*
- *\$200 per person*
- *10 people minimum*



## PRINTMAKING

Participants will design and carve a rubber stamp to create their own pattern to print on stationary, wrapping paper, fabric, or a bandana.

- *1-1.5 hours*
- *\$150 per person*
- *10 people minimum*



# Wildsmith Treatments, Wellness Therapies & Restorative Experiences





# WILDSMITH

## AT

### THE BARNs



#### CANCELLATION POLICY

If treatment/session is canceled within 7 days of appointment, a 25% refund is offered. Refund void if canceled within 48 hours.

\*For your convenience, an additional 20% service charge is added to all Wildsmith Treatments for the full value of the session (prior to any Member discount).

The Barns is an adult-only space, 18 and up.

#### MENU OF SERVICES

	DURATION	MEMBER	GUEST
WILDSMITH TIME	120 mins	\$380.00	\$400.00

Inspired by nature’s innate circadian rhythms, our practitioners provide a bespoke reset that draws on kinesiology principles and mechanisms of movement to reveal the body’s unique requirements. A therapeutic massage sequence - using essential oil blends formulated specifically for the time of day - is tailored to your individual needs and includes craniosacral holds, abdominal massage, and foot reflex zone therapy to help clear blocked energy pathways. Expect to leave feeling reconnected and balanced.

	DURATION	MEMBER	GUEST
WILDSMITH RADICAL BOTANY FACIAL	90 mins	\$315.00	\$335.00
	60 mins	\$240.00	\$260.00

An all-encompassing approach to skin health and wellbeing. Our clinically proven facial, utilizing award-winning Wildsmith skin formulas, delivers immediate results - notably toned, smooth and plump looking skin. Incorporating a sequence of breathwork, myofascial release, acupressure, and craniosacral holds to dissipate tension and restore balance. This extraordinary facial surpasses expectations to help ground, centre and re-energize the mind, while delivering cleansed, healthy, radiant looking skin.

	DURATION	MEMBER	GUEST
WILDSMITH MASSAGE	90 mins	\$310.00	\$330.00
	60 mins	\$230.00	\$250.00

An unscripted, bespoke therapeutic massage adapted to suit the individual, and using essential oil blends aligned to specific times of day to support the circadian rhythm. Drawing on a diverse set of massage modalities to dissolve tension and ease muscle fatigue, while helping to stimulate circulation, rebalancing the physical body.

	DURATION	MEMBER	GUEST
WILDSMITH SALT SCRUB	30 mins	\$100.00	\$120.00

Compliment your chosen Wildsmith massage and encourage skin renewal with a moisture boosting full body scrub. A blend of natural exfoliators helps buff away dead skin cells to reveal a smoother more refined skin texture and maximize the absorption of our rich botanical body oils during your treatment.

	DURATION	MEMBER	GUEST
WILDSMITH NEW LIFE	90 mins	\$315.00	\$335.00
	60 mins	\$240.00	\$260.00

An indulgent yet efficacious treatment designed for expectant parents, from the second trimester onwards. Delivered in a relaxed seated posture optimum for pregnancy, deeply restorative massage movements to help ease muscular aches and pains are combined with our nourishing essential oil-free body oil, to help maintain skin tone and promote elasticity.

	DURATION	MEMBER	GUEST
WILDSMITH SKIN RENEWAL	90 mins	\$310.00	\$330.00

A full body exfoliation treatment, paired with our Restorative or Purifying body wrap. Designed to help regenerate skin, boost circulation, and encourage lymphatic drainage - featuring dedicated essential oil blends to purify and ease fluid retention, or hydrate and soothe muscle fatigue. Emerge with skin feeling soft, smooth and supple.



# THE BARNs

## WELLNESS TREATMENTS, THERAPIES & PRIVATE INSTRUCTION

### MENU OF SERVICES



#### CANCELLATION POLICY

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	DURATION	MEMBER	GUEST
ACUPUNCTURE			
Regular Acupuncture	60 mins	\$205.00	\$230.00
Gua Sha + Facial Acupuncture + Celluma Light	90 mins	\$325.00	\$350.00
YOGA			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
MEDITATION			
Meditation (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
PILATES MAT			
Pilates (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
SOMATIC EXPERIENCE			
Somatic Experiencing® private session with Sandrine Harris	60 mins	\$245.00	\$275.00
KINESOMA			
Kinesoma with Sandrine Harris (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
TENNIS INSTRUCTION			
Individual or Couple Group (max 8 people)	60 mins	\$140.00	\$165.00
Group (max 16 adults)	60 mins	\$200.00	\$225.00
Individual or Couple Group (max 8 people)	90 mins	\$200.00	\$225.00
Group (max 16 adults)	90 mins	\$275.00	\$300.00
INFRARED SAUNA			
Quick Heat	25 mins	Complimentary	
Full Heat	50 mins	By reservation	
SOUND BATH			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
FOREST BATHING			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
ASTROLOGY			
Soul Pattern Personal Astrology Reading	60 mins	\$225.00	\$250.00
Cosmic Connections: Relationship Readings (total for 2 people)	60 mins	\$250.00	\$275.00
Group Readings (for 3-4 people total)	90 mins	\$335.00	\$375.00
PERSONAL TRAINING			
Private (1-2 adults)	50 mins	\$125.00	\$150.00



# Off-Site Experiences

Situated in the Hudson Valley near Connecticut's Litchfield County, our upstate creative corridor offers endless possibilities at local attractions and businesses. Our sales team will introduce you to our community partners and let the planning begin!





# EXPLORE THE HUDSON VALLEY

**ORVIS SANDANONA** Millbrook, NY  
*the oldest permitted shooting preserve  
with sporting clay events, fly-fishing, and  
wingshooting instruction*

**ELK RAVINE FARM** Amenia, NY  
*Carriage rides amidst adorable Scottish  
Highland Cattle*

**LIME ROCK PARK** Lime Rock, CT  
*high-performance driving programs with  
custom-designed experiences*

**MOUNTAIN VALLEY FARMS** Millerton, NY  
*private, guided trail rides*

**KC&E ADVENTURES**  
*guided e-bike tours from Troutbeck through our  
pastoral neighborhood and beyond*

**WASSAIC PROJECT** Wassaic, NY  
*guided tours of artist-run non-profit gallery and  
education center*

**HILLROCK ESTATE DISTILLERY** Ancram, NY  
*tours and whisky tastings distilled on-site*

**TEN MILE DISTILLERY** Wassaic, NY  
*tours and tastings of vodka, gin, and single malt  
whisky distilled on-site*

**INNISFREE GARDEN** Millbrook, NY  
*gardens featuring Modernists and Romantic  
ideals with Chinese and Japanese design  
principles*

**WETHERSFIELD ESTATE & GARDEN**  
Amenia, NY  
*1,000 acres of gardens and trails, with tours  
available*

**LE JARDIN** Amenia, NY  
*flower studio and shop offering workshops and  
garden tours*





# Team Gifts





## GIFTS



### SINCERELY YOURS CAP

- 100% cotton twill six-panel ball cap
- Cool crown mesh lining
- Adjustable leather strap
- \$35



### TROUTBECK WATER BOTTLE

- 24oz double wall stainless steel bottle
- Threaded lid with swing handle
- \$45



### TROUTBECK TOTE

- Troutbeck Tote
- 10oz recycled cotton
- 19"W x 15.5"H x 7.5" gusset bottom
- \$25



### EX LIBRIS PLAYING CARDS

- Imagery inspired by Troutbeck and the Hudson Valley
- Ex Libris artwork on card backs and box
- \$20



### PANTRY ASSORTMENT

Customize an assortment of housemade bakery treats, local snacks and beverages, and even housemade dried pastas to take home and enjoy. Can be bundled together in a Troutbeck Tote.