

Tours & Activities

With an abundance of tours, activities and team building opportunities for every season, you'll never run out of things to do at Trapp Family Lodge. Take a break from your meeting to get outside and explore, or build a day into your agenda for attendees to take advantage of the experiences we have to offer.



Spring, Summer & Fall

- **Wildflower Walk**

Time: 1 Hour

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

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

Difficulty: Moderate

Capacity: 30



- **Learning the Forest**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Sitting on 2,600 acres of pure Vermont, Trapp Family Lodge is home to numerous wildlife and plant life species. 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.

Difficulty: Moderate

Capacity: 30



- **Bird Watching Walk**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Join us for an early morning Bird Watching Walk at 7:30 am with Karen Nielsen, who has 35 years of birding experience. Karen received a Bachelor's Degree in Zoology from the University of Vermont and a Masters Degree in Applied Biology, and teaches Ornithology for the University of New Hampshire.

Difficulty: Moderate

Capacity: 30



- **Hike With the Goats**

Time: 2 Hours

Pricing: ****

Summary: Enjoy an approximately 2 mile hike with the goats, Teton and Loki or Potter and Weasley, as we trek on our scenic and wooded trails. We will stop to enjoy some snacks along the way to include Goat Cheese, Crackers, Fruit, and bottled water. Be one of the first to enjoy this new activity. Proper footwear is a must.

Difficulty: Challenging

Capacity: 10



- **Meet the Cows Tour**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Join our Vermont 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. Come and see all the new cute calves in the Spring months! Proper footwear and weather-appropriate clothing required.

Difficulty: Moderate

Capacity: 30



Spring, Summer & Fall Continued



- **Meet the Sheep**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: 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.

Difficulty: Moderate

Capacity: 30



- **Hike to the Chapel**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

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

Difficulty: Moderate

Capacity: 30



- **Hike to the Bierhall**

Time: 2 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Enjoy a guided hike to the Bierhall from our Outdoor Center. This adventure ends at our famous Bierhall when you can celebrate over a meal and a cold von Trapp lager (or two). Snowshoes and weather-appropriate clothing are required.

Difficulty: Challenging

Capacity: 10



- **Sugar Maple Tour**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Our Maple Sugar Tour is a casual, 1-mile hike around the property where you learn about our process and enjoy a tasty maple treat.

Difficulty: Moderate

Capacity: 30



- **Mountain Biking**

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

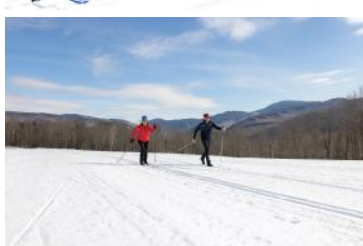
Pricing: Kids - \$25 - 2 hrs. | \$40 full-day, return 4:45 | Hardtail MTBs- \$45. - 2 hrs. | \$65 full-day, return 4:45 | Full Suspension MTBs - \$65. - 3 hrs. | \$89 full-day, return 4:45

Summary: Trapp Family Lodge's 2,600 acres feature an extensive mountain bike trail network with two skills parks. Ride our eight miles of expert and intermediate single track or more than 20 miles of double track through mountains, fields, and forests.

Difficulty: Easy-Challenging

Capacity:





Winter

- **Learning the Forest**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Sitting on 2,600 acres of pure Vermont, Trapp Family Lodge is home to numerous wildlife and plant life species. Take a guided snowshoe hike through our picturesque forests to learn what makes these woods unique and sustainable. Snowshoes and weather-appropriate clothing are required.

Difficulty: Moderate

- **Meet the Cows Tour**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Join our Vermont 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. Snowshoes and weather-appropriate clothing are required.

Difficulty: Moderate

Capacity: 30

- **Meet the Sheep**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: 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. Snowshoes and weather-appropriate clothing are required.

Difficulty: Moderate

Capacity: 30

- **Snowshoe to the Chapel**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

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

Difficulty: Moderate

Capacity: 30

- **Snowshoe to the Bierhall**

Time: 2 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Enjoy a guided hike to the Bierhall from our Outdoor Center. This adventure ends at our famous Bierhall when you can celebrate over a meal and a cold von Trapp lager (or two).

Difficulty: Moderate

Capacity: 10

- **Sugar House Tours**

Time: 1.5 Hours

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Our Maple Sugar Tour is a casual, 1-mile snowshoe around the property where you learn about our process and enjoy a tasty maple treat. Snowshoes and weather-appropriate clothing are required.

Difficulty: Moderate

Capacity: 30

- **Snowshoeing**

Time: 9AM—5PM

Pricing: Adults-\$30 Weekdays, \$35 Weekend/Holidays—Children \$25 Weekdays, \$30 Weekend/Holidays

Summary: 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! Our resort offers ample terrain where you can snowshoe on your own or with a scheduled group tour.

Difficulty: Easy—Challenging

Capacity:

- **Cross Country Skiing**

Time: 9AM—5PM

Pricing: Adults-\$35 Weekdays, \$40 Weekend/Holidays—Children \$25 Weekdays, \$30 Weekend/Holidays

Summary: 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 ages and abilities.

Difficulty: Easy—Challenging

Capacity:



Year Round



- **von Trapp History Tour**

Time: 1.5 Hours

Pricing: Adults \$30 (Spring, Summer Fall) & \$25 Winter - Children 6-12 - \$5 Children 5 and under - Free

Summary: This hour and a half 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. Watch a 20-minute documentary about Maria's last trip to Salzburg and if you are lucky, you will even get to meet a family member and hear what their experience was like growing up with Maria. **Difficulty:** Easy

Capacity: 75

- **von Trapp Brewery Tours**

Time: 1 Hour

Pricing: Adults \$20 - Children 6-12 - \$5 Children 5 and under - Free

Summary: Johannes von Trapp wondered why lagers were so under-represented in the states. Discover how his dream for Austrian-inspired crisp, clean, traditional lagers came to life in a world of IPA's right here on our 2,600-acre property.

Difficulty: Easy

Capacity: 30

- **von Trapp Disc Golf**

Time: 1.5 Hours

Pricing: Day Pass—\$6

Summary: The newest addition to our Vermont outdoor recreation options is a 18-hole disc golf course! 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.

Difficulty: Easy-Moderate

Capacity: N/A