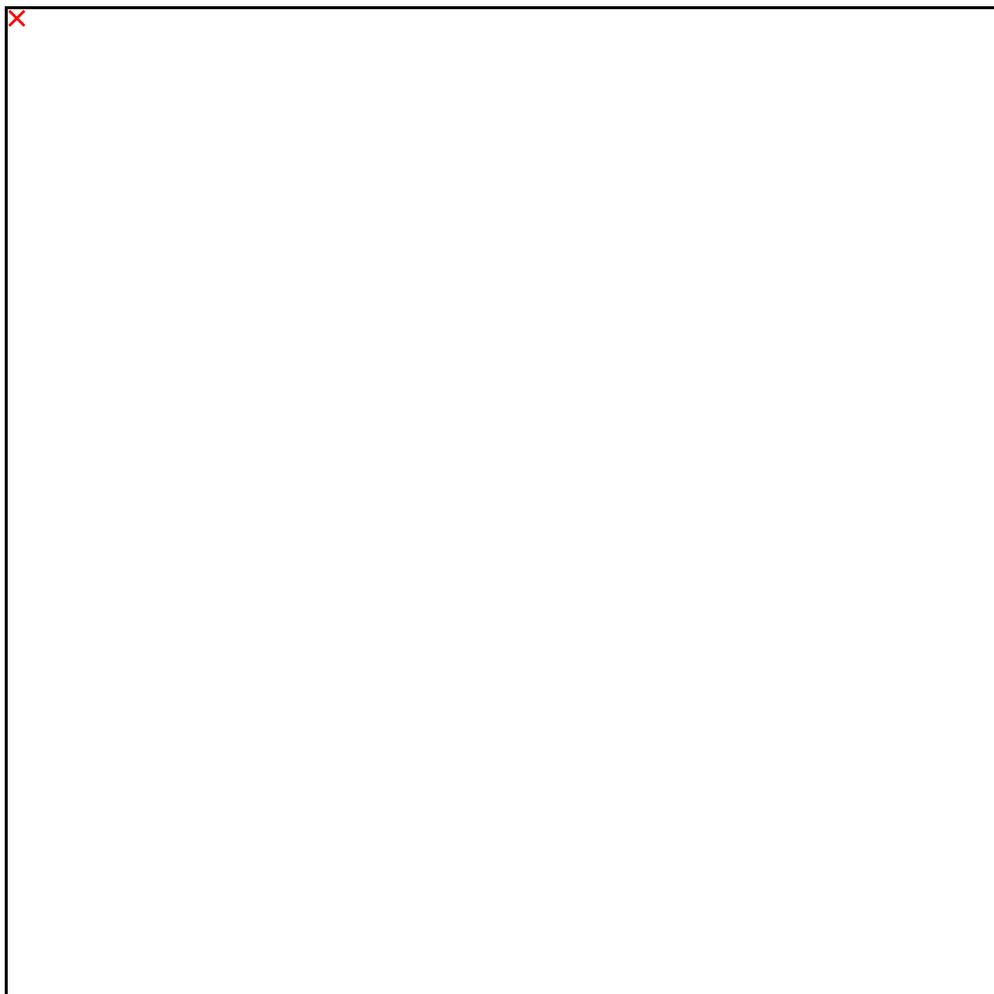


4 Winter Adventures to Warm You Up When it's Oh-So Cold Outside

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It's no secret that winter in Vermont is, well, cold. With average temperatures topping out in 20s at the peak the season, the Green Mountain State can pack a hefty winter weather punch between December and February. But with that brisk weather comes plenty of snow – making Vermont an ideal destination for winter adventures that promise to help shake off the chill.

Snowmobiling

Zip through Vermont's rugged landscape on a snowmobile and your adrenaline is sure to help spike an increase in body heat. Venture less than an hour east of the resort to Stowe where riders of all experience levels can embark on a two-hour backcountry tour by way of Snowmobile Vermont. This adventurous, 25-mile journey will take riders through Mount Mansfield State Forest for a fast-paced jaunt across hills, woods, and straightaways.

Dog Sledding

Hop into the drivers' seat of a classic dog sled to glide through terrain of Little River State Park. Pulled by a pack trained Siberian Huskies and led by the team at October Siberians, this age-old winter experience will take riders up mild to steep climbs and back downhill at speeds of up to 14 miles per hour. Keep an eye out for wildlife that calls the area home - deer, beavers, and moose, among others – as you cruise along the Waterbury Reservoir's ancient roads, past rock walls, old foundations, and cemeteries. This ride of a lifetime promises to keep the excitement level high, a proven contributor to natural increases in body heat.

Cross Country Skiing

Go ahead and cross a trip to The Essex's fitness center off your list and get your workout in via cross country skiing. At Catamount, located two hours west of The Essex, skiers will find more than 20 miles of trails suitable for varying levels of experience. Unlike downhill skiing, this method of skiing utilizes a person's own locomotion to propel forward, engaging a range of muscles, elevating the heart rate, and ultimately, warming the body.

Ice Skating

Lace up for an outdoor ice-skating adventure unlike any other: Lake Morey Ice Skating Trail, the longest groomed ice trail in the U.S. An all-day excursion less than two hours south of The Essex, the Lake Morey trail leads skaters four miles across the entire lake, from north to south, at a moderate level of difficulty. This ice-skating experience doesn't come with railing to help prevent a fall, testing the body's balance and coordination while amping up the heart rate. Interested in skating indoors? Check out the nearby Essex Skating Facility.

For more information on The Essex's Destination Exploration – Winter Adventures Awaits package, which includes up to 20% off nightly accommodations, snowshoes to explore the resort's 18-acre grounds, nightly hot cocoa and s'mores by the fire pit, and discounts on weekday spa services, please visit [Vermont Resort Packages | Essex Resort](#).

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