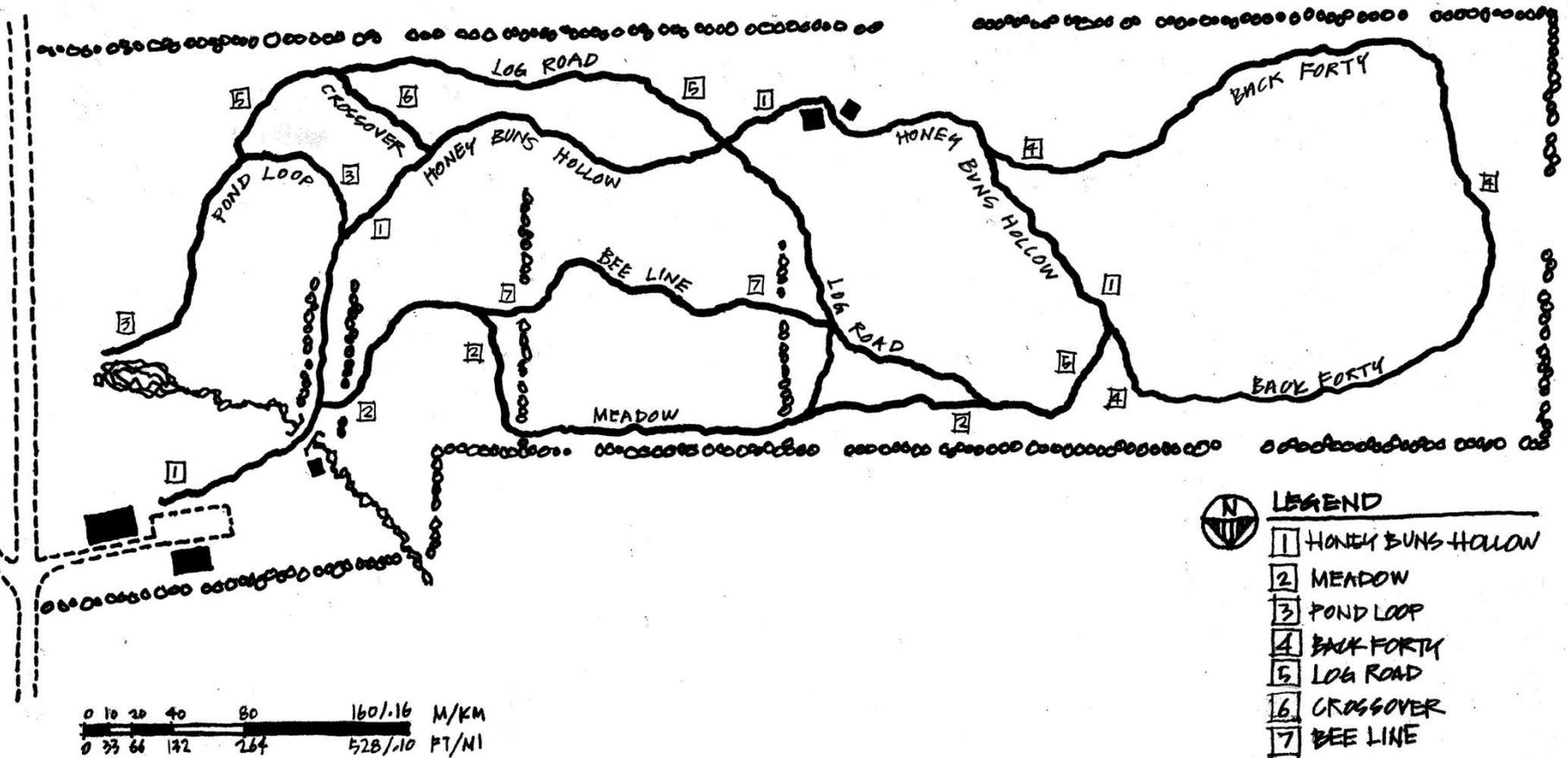


BED & BREAKFAST AND MASSAGE OASIS FOR MEN | SOUTHERN VERMONT | 877.365.7242





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**Welcome to Frog Meadow!** We are committed to providing a welcoming, non-judgmental and comfortable space for men to relax and shed the trappings of busy modern life. In the "aloha spirit" of Hawaii that inspired us to create Frog Meadow, our guests are considered "ohana", or extended family. It is our hope that following your stay at Frog Meadow, you will return home refreshed and renewed, having taken some of our "Vermont aloha spirit" back home with you to share with others.

Frog Meadow is located on the site of the Wheeler Farm, a 1700's dairy farm and apple orchard that bordered historic Newfane Village's original mountaintop site atop Newfane Hill. Our extensive perennial and annual gardens, varietal apple orchard, fruit and vegetable gardens are pollinated by our active beehives, butterflies, hummingbirds and bats who also call Frog Meadow their home. In addition, owls, hawks, songbirds, wild turkeys, pileated woodpeckers, otters, deer, the occasional moose - and of course, our many species of frogs - share their wonderful habitat with us.

Taken from the word "recreation", use your time at Frog Meadow as an opportunity to re-create yourself. Explore our hiking, snowshoeing and cross-country skiing trails and re-connect with nature and yourself. Enjoy Frog Meadow's spring-fed swimming & lap pond. Take the time to release muscle aches, stiffness, pains and renew your body and soul with a soak in our 750-gallon, eco-friendly wood-fired hot-tub, followed by a 60- or 90-minute therapeutic massage.

Enjoy!

-Scott & Dave

### **Frog Meadow's Trail Network**

**Most of Frog Meadow Farm's 63 secluded acres are held in a conservation easement and managed through a state-approved, long-term forest management plan, dedicated to responsible agricultural and recreational use.**

- Frog Meadow's trail network is ideal for hiking as well as snowshoeing & cross-country skiing, in season. The trails are well-marked and posted with maps in multiple locations at trailheads and major intersections.
- The highlight of the trail network is our own "**Brokeback Cabin**", a small rustic hut with beautiful views that can be used as a warming hut in the winter and/or as a fun destination in warm weather. The Brokeback Cabin is approximately a quarter mile from Frog Meadow's Main House on trail #1 "Honey Buns Hollow".
- There is an electric fence around the open areas of Frog Meadow to keep deer out of the gardens & orchard. To open the gate at the trailhead, grab the spring coils by the black plastic handle and bring to the other side and hang on the fence post. As long as you only touch the black plastic you will be OK. You may leave the fence open while on the trail system and close it behind you on your return.

**Keeping it Green:** In the spirit of being green and minimizing our waste output, we use natural, vegetable-based, earth- and septic-friendly soaps, detergents and cleaning products whenever possible at Frog Meadow. We recycle or re-use all paper, plastic and metal containers, and compost all our renewable kitchen waste for use in our gardens. Cloth towels are used in our kitchen and for cleaning. Cloth napkins are used at mealtime.