



## FAVORITE THINGS TO DO

For more than 100 years, guests at The Hedges have engaged in countless fun and memorable activities during their stay.

Below are some suggestions for things you can do this year to enhance your stay. Keep it as a reminder of your Hedges' experiences each year!

Please do not participate in any activity that could endanger your health. Have fun and be safe!

Watch a sunrise and/or sunset  
Play ring toss  
Attend Hedges programs  
Spend time just sitting on a porch or deck  
Visit the ADK Experience  
Jump off Rock Island  
Bike, run or walk into the village  
Catch and release a fish  
Paddle (canoe, kayak, paddleboard)  
Play horseshoes, cornhole and/or tennis  
Thank/compliment staff members  
Borrow or donate a book to  
    The Hedges' library  
Buy something at the Crow's Nest  
Climb Castle Rock (added challenge:  
    Paddle to the lakeside trailhead)  
Go a day without electronic devices and  
    social media  
Swim every day

Take a nap  
Identify trees, birds and flowers  
Play table games in the recreation barn  
Climb Blue Mountain  
Take a hike (see the trail placemat)  
Journal every day during your stay  
Build a sandcastle  
Make a new friend  
Take a photo or make a drawing for  
    submission to Hedge Clippings  
Swim before breakfast  
Visit the Arts Center  
Tour Great Camp Sagamore  
Play Bingo  
Paddle to Lake Utowana and back  
Stargaze  
Read your room copy of The Hedges  
Play basketball  
Make s'mores at the campfire

For more ideas, go to our Calendar of Activities at [www.thehedges.com/calendar-of-activities](http://www.thehedges.com/calendar-of-activities) or scan this QR code with your phone.

