

# SNOWSHOE FOR YOUR SUPPER

INN AT ROUND BARN FARM  
WAITSFIELD, VT



For an uncommonly sublime night, grab some friends and meet at the Inn at Round Barn Farm, which twice a month hosts a moonlight dinner hike for up to 20. Strap on snowshoes and a headlamp (unless, of course, there's a full moon, which will pave the trails with shimmering diamonds) and follow your guides through gentle meadows and a quiet pine forest.

After walking for about 40 minutes, you'll arrive at a cabin—your restaurant for the evening. Warm up at the bonfire or at the wood stove inside. For the next couple of hours you'll feast on Vermont cheese, bacon-wrapped scallops, beef bourguignon, and, for

dessert, s'mores. If you're smart, you've asked one of the guides to bring along a bottle of wine for you. If you're brilliant, you've booked a night (with Jacuzzi) back at the 12-room inn, which takes its name from the adjacent round barn, a century-old Shaker-style creation that is one of the last of its kind in New England.

As an overnighter at the inn, you'll breakfast on seasonal local foods. Work that off with another round of snowshoeing: The farm has 80 acres of marked trails. *Snowshoe dinner hike, \$90 per person; 1661 E. Warren Rd., Waitsfield, VT, 802-496-2276, theroundbarn.com.*

**HAROLD PARKER STATE FOREST** North Andover Just 20 miles north of Boston you'll find 3,000 acres of hardwood forest—and more than 35 miles of logging trails. Sights: glacier-formed rock outcroppings, scenic ponds, and the remains of an 18th-century sawmill. Homes surrounding the forest are said to have been part of the Underground Railroad. *305 Middleton Rd., North Andover, 508-686-3391.*

**MIDDLESEX FELLS RESERVATION** Medford This 2,500-acre preserve has a little something for everyone, plus red foxes, deer, and coyotes. Guides from Friends of the Middlesex Fells Reservation lead hikes. And it's only a couple of Orange Line stops away. *781-662-2340, fells.org.*

**MOUNT AUBURN CEMETERY** Cambridge You can't snowshoe here, but the historic cemetery—founded in 1831 and home to such famous Bostonians as Winslow Homer and Isabella Stewart Gardner—is one of the city's loveliest walking areas all year long. The roads are kept plowed, and in winter it's easier to spot owls and other wildlife. *580 Mount Auburn St., Cambridge, 617-547-7105, mountauburn.org.*

## HOW TO...



### LAYER UP

1. Whether you're rocking a sweat-suit or designer duds, long underwear is a must for frigid days. Polyester-based garments wick away moisture, keeping your body temp regular.

2. If it's extra chilly, consider cashmere as a middle layer: It provides unbeatable warmth for its weight, and feels fantastic.

3. Insulation plus a weatherproof shell offer warmth without a marshmallow silhouette, and you can wear the pieces separately year round. For down jackets, go for 800-fill over 650-fill (it'll still be cozy even if it feels lighter).

4. Opt for wool-polyester socks, which keep feet toasty and dry even when it's wet out. Shoes with waterproof lining or that have been treated with a waterproofing agent help block slush and snow.

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# 5 FUN THINGS TO DO ON ICE



## KITE

**LAKE CHAMPLAIN, VT** Kitesurfing isn't just for summertime Cape Cod—with the help of a good winter wind, you can snowkite powdery meadows and frozen lakes. To experience this sport at its best, check out its annual powwow, Kitestorm, February 20–21 on Lake Champlain. Come with skis or a snowboard, boots, and a helmet, and instructors will hitch you to a kite and get you sailing. If you can't make it that weekend, Stormboarding, one of the country's longest-running certified snowkiting schools, can hook you up with lessons and gear. *Beginner packages start at \$455; 802-578-6120, stormboarding.com.*

## COAST

**LAKE MOREY, VT** Merge cross-country skiing with ice skating and you've got the centuries-old Scandinavian sport of Nordic skating. Using special blades, skaters can travel great distances on rivers and lakes much faster than they would in cross-country skiing. Nordic Skater runs three-hour workshops, mostly on the four-mile trail at Lake Morey, the longest groomed ice-skating corridor in the U.S. Tour, instruction, and gear: \$30. The sight of bald eagles and peregrine falcons: gratis. *Location by arrangement and weather conditions; 802-649-3939, nordicskating.org.*

## SWEEP

**WAYLAND, MA** With the Vancouver Winter Olympics arriving this month, prepare for a new round of breathless (if uninformed) TV coverage of curling, in which a player slides a 44-pound granite "rock" toward a target while teammates guide it by furiously sweeping the ice. This ancient sport is more complex than you might think, as a visit to Wayland curling club Broomstones will show. Check out the college tournament on February 20, when Harvard, BU, and Northeastern are expected to compete. Try the sport yourself on March 7, with lessons at the Broomstones open house. Reserve a place, though—curling fever will be at its peak. After the 2006 Turin Olympics, a similar event drew 1,000 people in one day. *138 Rice Rd., Wayland, 508-358-2412, broomstones.com.*

## RIP

**WALPOLE, MA** Go ahead and root for Apolo Anton Ohno as he guns for more Olympic short-track speed-skating medals, but then get out and give his sport a whirl. At the Olympic-sized Iorio Arena in Walpole, the Bay State Speedskating Club's introductory course teaches the beauty of the breakaway, and more. Just bring skates, a bike helmet, gloves, kneepads, and a long-sleeve shirt, and go for your own gold. *2130 Providence Hwy., Walpole, 508-660-2005, iorioarena.com.*

## FISH

**LAKE CHAMPLAIN, VT** February and March are the big months for hooking landlocked salmon, northern pike, and lake trout, and now you can dangle a line without losing a limb to numbness or having your eyelashes frost over. In today's heated huts anglers can watch the Pats game while monitoring their poles. Rent a shanty from Bronzeback guide Gil Gagner for \$90, or for \$200 he'll take you out himself, all gear included. *2934 U.S. Rte. 7, Highgate Springs, VT, 802-868-4459, bronzebackguideservice.com.*

• **FYI** To treat frostbite, get to warmth/shelter. Don't rub the affected area; warm frozen bits in water heated to 104 to 108 degrees.

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GREAT WALKS

(CLOSE TO HOME)