

AMERICA'S ORIGINAL WELLNESS RETREAT



NEW LIFE

HIKING SPA®

— EST. 1978 —

The antidote to a stressful life.



What is a "Hiking Spa"?

A hiking spa is a destination wellness vacation. Such facilities provide a comprehensive program that includes a hiking program, physical fitness activities, wellness education, healthy cuisine, special interest programming and spa services. New Life became the very first "Hiking Spa" in 1978.

All of New Life Hiking Spa's main programs revolve around the gorgeous beauty of Vermont. However, our affordable, all-inclusive retreat also provides private rooms with a private bath, three meals a day in the New Life dining room, indoor and outdoor fitness and wellness programming, and one massage or reflexology appointment for each three night stay.

Award-winning hiking program

New Life Hiking Spa is the most award-winning retreat in the country for hiking, wellness, and outdoor adventure.

Guided by professionally trained hiking guides who live, breathe and love Vermont, every guest will find a hike to suit their needs. We give our guests an authentic Vermont hiking experience.



Affordable Rates

All-inclusive prices range from \$229-\$269 per person, per night and include a private room with a private bath, guided hikes along the Appalachian Trail and Long Trail, three freshly prepared meals a day, all fitness and yoga classes, wellness lectures and one massage for each three-night stay.

3 TO 10 NIGHT JUMP START GETAWAY

\$269 per night (Single Occupancy)

\$249 per night, per person (Double Occupancy)

A 3 to 10 night Jump Start Getaway allows you to lose weight, de-stress, and get stronger while learning new techniques to continue with a healthy lifestyle.

11-20 NIGHT WEIGHT LOSS RETREAT

\$259 per night (Single Occupancy)

\$239 per night, per person (Double Occupancy)

A Weight Loss Retreat of 11 nights or longer empowers you to make realistic solid changes in your eating habits and lifestyle. Our extended program provides a safe comfortable environment where you can realize your permanent weight loss goals.

21 NIGHT EXTENDED STAY WELLNESS RETREAT

\$249 per night (Single Occupancy)

\$229 per night, per person (Double Occupancy)

The 21-night Extended Stay Wellness Retreat was created due to popular demand for those guests who are able to fit an extended wellness vacation in their schedule.