

Giddy Up & Get Over It!



Local Host: Sara Diane Nolan
Jamie Ziehm
Location: Higher Ground Farm
382 Tate Road
Hoosick Falls, NY 12090
Date & Time: October 23-25, 2020 (Fri. - Sun.)
9:00-5:00 Each Day
Trainer: Heide Burch, PhD

****Register directly with the O.K. Corral Series.**

Accommodation:

- Best Western, 22 Northside Drive, Bennington, VT 05201, (802) 442-6311, \$161/night
- Hampton Inn - 51 Hannaford Square, Bennington, VT 05201, (802) 440-9862, \$175/night

Directions to Hotels from Albany International Airport (ALB)

Best Western Folks:

1. Head southwest on NY-155 E toward Albany International Airport 1.2 mi
 2. Turn left onto the I-87 N ramp 0.4 mi
 3. Merge onto I-87 N 2.4 mi
 4. Use the right two lanes to take exit 7 for NY-E toward Troy/Cohoes 0.3 mi
 5. Continue straight for 29 miles
 6. Turn right to stay on NY-7 E ENTERING VERMONT 0.9 mi
 7. Continue onto VT-9 E/West Rd 3.4 mi
 8. Slight left onto W Main St 1.0 mi
 9. Turn left onto North St 125 ft
- Destination will be on the left

38 miles | 51 minutes

Seminar Data Sheet

Hampton Inn Folks:

- | | |
|---|--------|
| 1. Head southwest on NY-155 E toward Albany International Airport | 1.2 mi |
| 2. Turn left onto the I-87 N ramp | 0.4 mi |
| 3. Merge onto I-87 N | 2.4 mi |
| 4. Use the right two lanes to take exit 7 for NY-E toward Troy/Cohoes | 0.3 mi |
| 5. Continue straight for 29 miles ENTER VERMONT | |
| 6. Continue onto VT-279 E | 3.0 mi |
| 7. Use the right lane to take the VT-67A ramp to VT-7A/North Bennington | 0.3 mi |
| 8. Turn left onto VT-67A N | 0.5 mi |
| 9. Turn left into Hannaford Square | 0.1 mi |

38 miles | 54 minutes

Directions to Higher Ground Farm from Local Hotels

Best Western Folks:

- | | |
|---|--------|
| 1. Head south on North St. toward Main St. | 125 ft |
| 2. Turn right at first cross street onto Main St | 1.0 mi |
| 3. Continue onto VT-9 W/West Rd (ENTER NEW YORK) | 3.4 mi |
| 4. Continue onto NY-7 W | 0.9 mi |
| 5. Turn left to stay on NY-7 W | 2.4 mi |
| 6. Turn right onto Hill Road | 2.3 mi |
| 7. Continue onto Main St | 0.2 mi |
| 8. Continue onto Church St and stay straight on Church Street | 0.8 mi |
| 9. Turn left onto Mechanic Street | 0.6 mi |
| 10. Turn left onto Cummings Street | 0.3 mi |
| 11. Continue onto Clay Hill Rd | 0.3 mi |
| 12. Turn right onto Tate Road | 1.5 mi |
| 13. Turn right onto drive to Farm | |

14 miles | 24 minutes

Seminar Data Sheet

Hampton Inn Folks:

1. Head southeast toward Hannaford Square	171 ft
2. Turn left toward Hannaford Sq	112 ft
3. Turn right onto Hannaford Square	108 ft
4. Turn left to stay on Hannaford Sq	197 ft
5. Turn right onto VT-67A South	0.1 mi
6. Turn right onto the VT-279 W ramp to Troy ENTER NEW YORK	4.4 mi
7. Continue onto NY-7 W	2.4 mi
8. Turn right onto Hill Road	2.3 mi
9. Continue onto Main St.	0.2 mi
10. Continue onto Church St and stay straight on Church Street	0.8 mi
11. Turn left onto Mechanic Street	0.6 mi
12. Turn left onto Cummings Street	0.3 mi
13. Continue onto Clay Hill Rd	0.3 mi
14. Turn right onto Tate Road	1.5 mi
15. Turn right onto drive to Farm	

12 miles | 23 minutes

Area Attractions

Bennington Battlefield, local covered bridges, Nuns of New Skete, multiple hiking trails in the Green Mountains and fishing spots along the Battenkill River, art galleries and antique shops within and around Hoosick Falls and Bennington

Dining Options (lunches are included in the seminar fee)

Browns Brewing Tap Room and Restaurant Byte Pizza Iron Coffee Company

Hoosick Falls Diner Pangea Lounge Madison's Brew Pub Chili's Bar and Grill

Weather

Weather in October is cool and can be windy. Temperatures range from 45-65 degrees. The facility has an indoor and outdoor arena. The farm is located at the top of a hill that can affect temperature by ~10 degrees at times. Facility has an indoor ring and stables, tack room is heated.

Seminar Data Sheet

What to Bring

- Layers of clothing, hats and gloves!
- Lip balm, tissues, sunscreen
- Notebook
- Brochures for your services
- Business Cards (if any)
- Camera