

Seminar Data Sheet

It's Family Time: DO Try This at Home!



Local Host: Tara Lowary

Location: Rhythm Hollow Stables at Taraden
183 Park Street
N. Bennington, VT 05257

Date & Time: September 15-17, 2023 (Fri. - Sun.)
9:00 - 5:00 Each Day

Trainer: Heide Burch, Ph.D.

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

Accommodation:

- Hampton Inn – 51 Hannaford Square, Bennington, VT 05201, 802-440-9862, Rates from \$297
- Best Western - 220 Northside Dr. Bennington, VT 05201, 802-442-6311, Rates from \$237

Directions to Hotels from Albany International Airport (ALB)

HAMPTON INN FOLKS

- | | |
|--|---------|
| 1. Head north on NY-155 W | 59 ft |
| 2. Make a U-turn Continue to follow Albany Shaker Rd | 0.8 mi |
| 3. Turn left to merge onto I-87 N | 0.7 mi |
| 4. Merge onto I-87 N | 2.2 mi |
| 5. Take exit 7 for NY-7 E toward Troy/Cohoes | 0.3 mi |
| 6. Continue onto NY-7 E | 28.8 mi |
| 7. Continue straight Entering Vermont | 1.2 mi |
| 8. Continue onto VT-279 E | 3.0 mi |
| 9. Use the right lane to take the VT-67A N ramp | 0.3 mi |
| 10. Turn left onto VT-67A N | 0.5 mi |
| 11. Turn left onto Hannaford Square | 302 ft |
| 12. Turn left to stay on Hannaford Square | 0.1 mi |
| 13. Turn right to stay on Hannaford Square | |
| Destination will be on the right | 190 ft |

37.9 miles | 54 minutes

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BEST WESTERN FOLKS

- | | |
|---|---------|
| 1. Head north on NY-155 W | 59 ft |
| 2. Make a U-turn Continue to follow Albany Shaker Rd | 0.8 mi |
| 3. Turn left to merge onto I-87 N | 0.7 mi |
| 4. Merge onto I-87 N | 2.2 mi |
| 5. Take exit 7 for NY-7 E toward Troy/Cohoes | 0.3 mi |
| 6. Continue onto NY-7 E | 28.8 mi |
| 7. Continue straight Entering Vermont | 1.2 mi |
| 8. Continue onto VT-279 E | 3.0 mi |
| 9. Use the right lane to merge onto VT-67A S/N Bennington Rd
via the ramp to VT-7A | 0.6 mi |
| 10. Continue onto Northside Dr. | 262 ft |

38.5 miles | 52 minutes

Directions to Rhythm Hollow Farm from Local Hotels

1. Turn left out of hotel onto 67A
2. Drive 2 or 2.5 mi then turn left on West Rd. In the center of North Bennington.
3. At the first stop sign turn Left onto Park St.

The farm is the third property on the right. Driveway has a small green sign that says Taraden. Drive straight down the driveway (right fork) to get to the barn and parking area.

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Area Attractions

- Mile Around Woods walking trails
- Park McCullough House
- Bennington Museum
- The Fiber Guild Studio (on farm, Weaving and Spinning studio)

Dining Options (lunches are included in the seminar fee)

Pangaea Lounge Publik House Brown's Brewing Company
Madison's Brewing Company Fuji- Sushi and Asian (Takeout only, but good food)

Weather

Weather in Vermont in September can be very pleasant with daily highs in the 70s, and lows in the 40s. Wear many layers. We don't have an indoor arena so any horse activities will be outside with weather as it comes. We have tents to put up if it rains. We have a large indoor barn studio for meetings and can have lunch and discussions there if the weather is rough or cold. Bathrooms are inside and permanent, with the exception of hand dryers they are ADA compliant.

What to Bring

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