



**S**ummertime in Southern Vermont is something everyone should experience. Take a drive through the twisting dirt roads and pull over when you see a trail leading to the West River—not much is better than lying on the cool rocks next to the rushing water. You can see the river bending and turning like the roads, reflecting the sun and speckled clouds overhead. The wind picks up and the leaves of the trees clap against one another. Then, when the heat from the sun becomes too much, jump into the cool water for a swim. Return to your space on the rocks and eye the “tubers” floating

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by in the distance down the river. Families and friends all come to these secret spots hidden in the woods to cool down from the Vermont summer sun.

The winter is in no way less of a therapeutic or thrilling experience. Snowshoeing or cross-country skiing are relaxing ways to see some beautiful spectacles while downhill skiing and snowboarding are for the thrill-seeking snow-



Photo Credit: Jason R. Henke



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carving enthusiasts. Getting wrapped up in snow pants and never-ending layers of jackets, gloves and hats always seems too laborious when you're anticipating the sweet slopes and glades of Stratton Mountain. But, riding up the chairlift, talking with friends about how fast the snow is that day, debating which trail to take next, skiing off the lift, you get a great adrenaline rush—you're finally there. As you sail down the mountain, the wind hitting your jacket sounds like thunder crashing through the sky. The green blur of evergreen trees races beside you as you accelerate. With childhood enthusiasm, you become a speed racer, flying down the mountain.

At the end of the day, whether from the sun, swimming or moving through the snow, a Southern Vermont day is always satisfying. Beautiful rivers and monstrous mountains provide never-ending thrills and relaxations. Now, that is a day in Vermont.



Photo Credit: Stratton Mountain Resort



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For more information about Stratton go to: [stratton.com](http://stratton.com).