



- [Home](#)
- [Food](#)
- [Arts](#)
- [Style](#)
- [Health & Wellness](#)
- [Parties & Openings](#)
- [Road Trips](#)
- [Community](#)
- [Kids](#)
- [Contact Us](#)
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 - [Restaurants](#)
 - [Recipes](#)
 - [Drinks](#)
 - [Shopping](#)
 - [News](#)
 - [AgriCulture](#)
- Arts**
 - [Movies](#)
 - [Music & Dance](#)
 - [Visual Art](#)
 - [Theater](#)
 - [Books](#)
- Style**
 - [House](#)
 - [Garden](#)
 - [Shopping](#)
 - [Health & Wellness](#)
 - [The Wandering Eye](#)
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 - [Party Pictures](#)
 - [Save the Date](#)
- Road Trips**
 - [Excursions](#)
 - [Lodgings](#)
 - [Historic Homes](#)
 - [Museums & Gardens](#)
 - [Train & Bus Schedules](#)
 - [Gas Prices](#)
 - [Weather](#)
- Community**
 - [Passages](#)
 - [News](#)
 - [911](#)
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Health & Wellness

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Snowcapades: Winter Sports

By New England standards, this winter is looking positively mild-mannered — all the more reason to get out and enjoy it! Thanks to the magic of modern snowmaking machines, skiers and snowboarders can find fresh powder at any one of six resorts in Berkshire and Litchfield counties, each of which offers affordable prices and a one-of-a-kind atmosphere. After the flurries have fallen, sporty types can tour serene, snow-covered countryside by strapping on cross-country skis or float off on a moonlit snowshoe hike. And for a quintessential seasonal workout, take a spin on outdoor skating rinks in Lenox, Becket, and Pittsfield. Whether or not you can land a triple axel, the crisp air and swoosh of skates hitting the ice will make you feel like a perfect 10. — *Sarah Todd*

Skiing and Snowboarding



Butternut Ski Resort

Butternut Ski Resort in Great Barrington prides itself on its family-friendly atmosphere and state-of-the-art snowmaking. On weekends, visitors from New York and Connecticut flock to 110-acres' worth of trails, which range from gentle slopes to the Twisted Terrain Park, with rock jibs and rails that appeal to adrenaline junkies seeking big air. With more than 300 instructors, Butternut has lessons for skiers and boarders at every level of experience.

For an eco-friendly approach to hitting the slopes, head to **Jiminy Peak** in Hancock, MA — the first U.S. resort to harness wind power to supply its own energy. With 45 trails, including the 2-mile long Left Bank run, Jiminy Peak offers diverse options that are sure to satisfy everyone from newbies to black diamond chasers.

Mohawk Mountain in Cornwall, CT is the ideal resort for skiers and boarders looking for a peaceful place to sharpen their skills. Founded in 1948, the resort is Connecticut's first snow sports center. Women seeking out a new way to mingle will love the weekly Fab Friday for Ladies, an outdoorsy alternative to book clubs and knitting groups. Members take skiing lessons and coast down the mountain in the morning, then gather afterward for a lady's lunch.

For a trip back in time, check out **Otis Ridge** in Otis, MA, which prides itself on serving up "skiing the way it used to be." Regulars in the cozy lodge warm themselves by a wood-burning stove, while the swift-moving lines and short but rousing runs lend a day at the slopes unique intimacy. The prices are retro, too: A weekend lift ticket costs \$30, and rented skis, boots, and poles can be yours for \$25.

The oldest ski area in the Berkshires is **Bousquet Ski Area** (right) in Pittsfield, founded in 1932. The small mountain has a 750-vertical-foot drop; parents who shy away from skiing but still want to give the young'uns a dose of fresh air can take the whole



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family tubing. Bargain deals abound at Bousquet. Best of all is the \$25 Sunday Saver pass, which lets ski bums hop up and down the lift from 9 a.m. to 4 p.m.



Come winter, **Catamount**

Ski Area transforms from an aerial adventure park packed with forest-skimming zip lines to a charming ski resort. Crowds praise Catamount for its varied trails and picture-perfect views of the Berkshires from on high. After a good day's run, warm up with an après-ski meal of wienerschnitzel at the Swiss Hutte Lodge, located right on the property.

Jiminy Peak

37 Corey Road, Hancock, MA 01237
(413) 738-5500

Open weekends 8:30 a.m. to 10 p.m., midweek from 9 a.m. to 10 p.m. For rates, [click here](#).

Mohawk Mountain

46 Great Hollow Road, Cornwall, CT 06753
(860) 672-6100

Open Monday-Friday 9:30 a.m. to 10 p.m., Saturday 8:30 a.m. to 10 p.m., Sunday 8:30 a.m. to 4 p.m. For rates, [click here](#).

Butternut Ski Resort

380 State Road, Great Barrington, MA 01230
(413) 528-2000

Open 9 a.m. to 4 p.m. 7 days a week. For rates, [click here](#).

Otis Ridge

159 Monterey Road, Otis, MA 01253
(413) 269-4445

Open Wednesday-Friday 9:30 a.m. to 10 p.m., weekends 9 a.m. to 10 p.m. For rates, [click here](#).

Bousquet Ski Area

101 Dan Fox Drive, Pittsfield, MA 01201
(413) 442-8316

Open Thursday 3-8 p.m., Friday 4-8 p.m., Saturday 10 a.m. - 8 p.m., Sunday 10 a.m. - 4 p.m. For rates, [click here](#).

Catamount Ski Area

3290 Massachusetts Rt. 23, Hillsdale, NY 12529
(518) 325-3200

Open Monday-Friday 9 a.m. - 4 p.m, weekends 8:30 a.m. - 4 p.m., evenings 3-9 p.m. Wednesday and 3-10 p.m. Friday and Saturday. For rates, [click here](#).

Cross Country Skiing, Snowshoeing, and Ice Skating



For an adventure off the beaten path, don't miss **Hilltop Orchards'** moonlit snowshoe treks on January 26 and February 23. For \$10, a guide will lead journeyers across snowy drifts while recounting lunar mythology. Sans snow, the trek morphs into a hike. Either way, rambblers warm up afterwards with a bonfire, wine tasting, and live music. If you'd rather explore the terrain by daylight, take to the **cross-country trails** for \$15.

At an elevation of 1,700 feet, **Canterbury Farm** in Becket, MA often has a soft layer of snow while lower locations stay green. Cross-country skiers can explore 22 miles of trails and admire views of Mount Greylock; snowshoers get their own private routes. For an ice skating experience straight out of a storybook, take a lesson with master-rated champion figure skater Linda Bacon, then try out a toe loop atop Farm Pond.

Cranwell Resort in

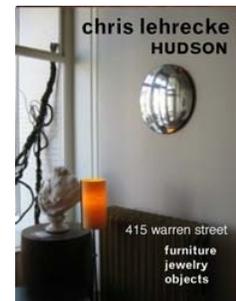
Lenox is a well-known luxury spa, but locals may not know that \$16 can buy all-day access to more than six miles of trails and an outdoor skating rink. Cross-country skiers and snowshoers will feel plenty luxe sliding by Cranwell's towering Tudor-style mansion, while skaters can enjoy scenic views of the



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This winter, Pittsfield firefighters volunteered to reinstate a beloved tradition and create an ice skating rink at **First Street Common**. At last word, the rink was **under construction**, but its debut will be sure to supply a new generation of skaters with unforgettable winter memories, right in the heart of downtown.



A number of parks in **Berkshire**, **Dutchess**, **Columbia**, and **Litchfield** counties offer cross-country skiing and snowshoeing trails. Among them are **James Baird State Park** in Pleasant Valley, NY; **Lake Taghkanic State Park** in Gallatin, NY; and the tranquil **Topsmead State Forest**, former summer estate of Edith Chase, in Litchfield. Guided snowshoe treks at **Bartholomew's Cobble** are another popular choice, as is moonlit snowshowing at **Pleasant Valley Wildlife Sanctuary** in Lenox. —Sarah Todd

Canterbury Farm

1986 Fred Snow Road, Becket, MA 01223
(413) 623-0100
For details, [click here](#).

Cranwell Resort

55 Lee Road, Lenox, MA 01240
(413) 637-1364
For details, [click here](#).

Hilltop Orchards

Rt. 295 / 508 Canaan Rd, Richmond, MA 01254
(413) 698-3301
For details, [click here](#).
<http://www.hilltoporchards.com/specialevents.html>

First Street Common

First Street, Pittsfield, MA 01201
(413) 499-9343

James Baird State Park

4 Maintenance Lane Pleasant Valley, New York 12569
(845) 452-1489

Lake Taghkanic State Park

Off Taconic State Parkway or 1528 Rt 82, Taghkanic
(518) 851-3631

Topsmead State Forest

Litchfield, CT
(860) 424-3200
For directions, [click here](#).

Bartholomew's Cobble

105 Weatogue Road, Ashley Falls, MA 01257
(413) 229-8600

Pleasant Valley Wildlife Sanctuary

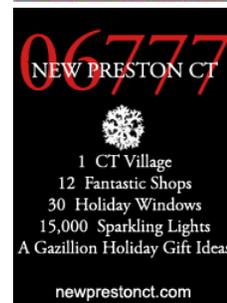
472 West Mountain Road, Lenox, MA 01240
(413) 637-0320

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