

Discover Family Time, History, and Nature at This Unique Resort

—by Rebecca Hastings

When our family started searching for a getaway that combined natural beauty with rich history, we didn't expect to find it nestled into the mountains of Vermont. But the von Trapp Family Lodge in Stowe surprised us all with its stunning scenery, Austrian charm, and activities that brought us together in ways we didn't anticipate.

From the moment we arrived, we felt transported. The Lodge, perched on a mountainside overlooking rolling fields and peaks, looked like something out of a European postcard. Even our teenager, who doesn't impress easily, paused to take it all in. "This is cool," she said—and I had to agree.



Comfortable Charm

Our room was a wonderful blend of rustic style and modern comfort. The bathroom felt luxurious for a standard room, and our balcony, complete with chairs, quickly became our favorite spot. Each morning, we watched the fog lift from the mountains, and I found myself wandering out there to relax whenever we had some downtime.

All You Need, All in One Place

Though we'd visited Stowe before, we didn't want to spend this trip driving around looking for meals and things to do. The Lodge has dining options right on site, which made everything easier. On our first day, after settling in and taking a quick dip in the pool to stretch our travel-weary legs, we enjoyed dinner in the main dining room. It was elegant without feeling stuffy—a perfect fit for families. All of the food was delicious, but the highlight was a Vermont cheese and meat board that was so good, we talked about it the rest of the weekend.

After dinner, we discovered a movie showing in the lodge's downstairs theater. We enjoyed the film for a bit before continuing to explore the lodge. The game room was right down the hall from our room, but it didn't have things like foosball and ping-pong. Instead, it was filled with board games, puzzles, and a fireplace, making for a relaxed, screen-free family evening.



A Full Day of Exploration

The next morning, we started with breakfast in the dining room—an inviting buffet with both hot and cold options. Sitting by the window as the sun rose over the mountains made it extra special.

Later, my daughter and I joined a yoga class offered at the lodge. It was

our first time trying it together, and it ended up being a fun, shared memory. Meanwhile, my husband checked out the property, visiting the cow farm on site. When we met back up, we joined one of the many tours available. The lodge offers historical talks and walks that connect the family's real-life story with the beloved "Sound of Music" film. (Yes, that von Trapp family!) I learned things I never knew about the family, their remarkable journey, and the differences between the film and their real life.

Later that afternoon, we ventured down the road for a casual lunch at the von Trapp Brewing Bierhall. The food was hearty and delicious—don't skip the giant pretzel appetizer! Afterward, we joined the brewery tour and learned how the family expanded the resort with their award-winning lagers.

Back at the lodge, we fit in more pool time and a short hike to visit the cows before grabbing a light dinner in the Lounge. After dinner we relaxed in the outdoor hot tub before winding down for the night.

A QUIET GOODBYE

On our last morning, after another delicious breakfast, my husband and I visited the Outdoor Center and hiked the short trail to the Chapel built for Maria von Trapp. Quiet and peaceful, it was the perfect way to end our trip. My only regret is missing a visit to Kaffeehaus with freshly-baked Austrian pastries and Austrian coffee. That will be my first stop for our next visit!

SOMETHING FOR EVERY SEASON

We visited in spring, when the mountain meadows were just starting to bloom, but the von Trapp Family Lodge has year-round appeal. In the summer, you'll find miles of hiking and biking trails. Fall offers some of the best foliage in the country, and in winter, the lodge transforms into a cross-country skiing haven, complete with sleigh rides and snowshoeing.

Whether your family is passionate about exploring history, enjoys spending time on scenic trails, or simply craves the chance to relax and reconnect in a breathtaking setting, the von Trapp Family Lodge delivers an unforgettable experience. Blending the charm of Austrian heritage with the natural beauty of Vermont's mountains, the lodge offers a getaway that's both deeply rooted in story and refreshingly grounded in real, meaningful moments together.

Rebecca Hastings is a former elementary teacher who traded the classroom for writing when she stayed home with her three children. Passionate about authenticity, faith, and family, you can find her at RebeccaHastings.net and on Amazon. In real life, she can often be found typing words, driving her kids places, or wherever there is chocolate.





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