

# RESORT ACTIVITIES

## WELLNESS

Take care of your mind and body during your stay with a selection of fun, invigorating, and relaxing wellness options. Vacation doesn't have to mean a break in your fitness routine.

### FITNESS STUDIO

Activity Center

*Daily 8am-6pm (on site)*

Treadmills, Elliptical, and Stationery Bike;  
Free Weights, Yoga Mats, Yoga Ball, Water, Towels

### SAG HARBOR GYM

1 Bay Street

*Mon - Fri 5:30am - 9:30pm | Sat, Sun 7am - 7pm*

Complimentary gym passes for Baron's Cove guests.

Fitness Classes: Zumba, Bodypump, Body Conditioning and more.

\$15 per class

Personal Trainer: 1 hr session for \$125

### YOGA

Complimentary Yoga on the Lawn

*Daily 8:30am - 9:30am*

Yoga mats, blocks and water provided.

Private Sessions Available:

\$125 per hour (1-2 people) | \$150 per hour (3-4 people)

### SPA SERVICES

Activity Center

*Daily 8am - 8pm*

Treatments are available in-room or at the Activity Center

See spa brochure for more information.

Call the Front Desk for reservations and pricing at  
(631) 725-2100 or ex. 4032.

## RECREATION

### BARON'S COVE BIKES

Activity Center

*Daily 8am - 6pm (2hrs. at a time at first come, first serve)*

Take one of our complimentary bikes out for a ride or go for an invigorating run along the marina. Ask the concierge for route recommendations for walking through town or hiking in the nearby Mashomack Preserve on Shelter Island.

### PREMIUM BICYCLE RENTAL

Sag Harbor Cycle, 34 Bay Street

*Fri - Tues 10am - 5pm*

Hybrid Bikes: \$30 / 4hrs. | \$45 / 24hrs. | \$145 / 1 week

Road Bikes: \$50 / 4hrs. | \$75 / 24hrs. | \$250 / 1 week

High-end demo bikes also available.

### TENNIS

*Daily 8am - 6pm (on site)*

The Tennis Courts open to all guests; rackets and balls available.

### TENNIS CLINICS

Complimentary group sessions available with tennis pro.

*Wed & Fri 9am-10am | Sat 4pm-5pm*

Private Tennis Lessons: \$150 per hour (maximum 2 guests, minimum 1 guests)

*By Appointment Only (on site)*

### KAYAK TOUR

Global Boarding, 50 Water Street

*Complimentary for Baron's Cove guests. | Wed 4pm - 5pm*

Kayak Rentals: Single \$55 for 2hrs | Double \$65 for 2hrs

### STAND-UP PADDLE BOARDING

Global Boarding, 50 Water Street

*Complimentary SUP Lessons for Baron's Cove guests. | Sat 8am - 9am*

SUP Rentals: \$55 for 2 hrs

# RESORT ACTIVITIES

## POOL & BEACH

### SALTWATER POOL

*Daily 8am-8pm*

Play in the water, get lost in this summer's bestseller or share a light meal with friends at one of our outdoor tables. Pool attendants are at your service when you are ready to order from our pool menu or need a refreshing poolside cocktail.

### SUN TENTS

*Daily 8am-8pm (June - September)*

Lounge in the privacy of our oversized grey and white striped sun tents with a generous seating area on the poolside lawn. Daily tent rental comes with a bucket filled with ice, two large bottles of water and a \$50 food and beverage credit. Call the Front Desk for reservations and pricing.

### COMPLIMENTARY BEACH SERVICE

*To Long Beach*

Our complimentary summer shuttle, plus use of our beach chairs, umbrellas and plush towels takes all of the hassle out of a day at one of the nearby Hamptons beaches.

*Depart from Baron's on the hour: Sat & Sun 10am - 4pm*

*Depart from Long Beach on the half hour: Sat & Sun 10:30am - 4:30pm*

*Upon Demand Mon - Fri (June - September)*

### BEACH PARKING PASSES

*Daily 8am-6pm*

Prefer to drive? Complimentary parking passes for Southampton Town beaches are available to all hotel guests, as are beach chairs, beach umbrellas, and towels. Passes are available for pick up at the Activity Center.

Call the Front Desk for reservations and pricing at  
(631) 725-2100 or ex. 4032.

## OTHER ACTIVITIES

### SAILING

Breakwater Yacht Club | Sag Harbor

### SURFING & FISHING

Flying Point | Sag Harbor

### PONTOON BOAT TOUR

Global Boarding | Sag Harbor

### GOLF COURSES (PUBLIC)

Poxabogue Golf Course | Bridgehampton

Sag Harbor Golf Club | Sag Harbor

### HORSEBACK RIDING

Beautiful Day Farm at Mecox Bay Farm | Bridgehampton

Deep Hollow Ranch | Montauk

### HIKING/NATURE WALKS

Elizabeth A. Morton National Wildlife Refuge | Sag Harbor

Mashomack Preserve | Shelter Island

Long Pond Greenbelt | Bridgehampton

Mountain Laurel Loop Trail | Southampton

### VINEYARDS

Channing Daughters | Bridgehampton

Duck Walk Vineyards | Watermill

Shinn Estate | Mattituck

Wölffer Estate | Sagaponack