

Nourishing Mind, Body and Soul

**Avon Old Farms Hotel,**

**Avon, Connecticut, USA.**

A front view of a hotel

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*Here is some general information which you might find useful as you plan your trip to Avon, Connecticut to this wonderful event. If we have missed anything or you have any further queries, please don’t hesitate to let us know.*

**How to get there…………and more!!**

**Travel Information to Avon Old Farms Hotel**

Avon Old Farms Hotel is conveniently located in Avon, Connecticut, just outside Hartford, making it easily accessible from major cities in the Northeast. The most common travel hubs are **Bradley International Airport (BDL) in Windsor Locks**and **Hartford Union Station (Amtrak and bus service).** While limited public transportation is available, we recommend renting a car, arranging a ride with a fellow retreat member, or hiring a private car or taxi service for the most convenient travel experience.

**By Car….**

#### **Driving Times to Avon Old Farms Hotel**

(Estimated times without traffic)

* **New York City:** ~2 hours, 15 minutes
* **Boston:** ~1 hour, 45 minutes
* **Providence:** ~1 hour, 30 minutes
* **New Haven:** ~50 minutes
* **Hartford:** ~20 minutes

### **Driving Directions to Avon Old Farms Hotel**

📍 **Address:** 279 Avon Mountain Rd, Avon, CT 06001

#### **From Bradley International Airport (BDL) / I-91 South**

* Take **I-91 South** toward Hartford
* Merge onto **I-84 West** via Exit 32A-32B toward **Waterbury**
* Take **Exit 39** for Route 4 toward **Farmington**
* Follow **Route 4 West** for about 4 miles
* Turn **right onto Route 10 North** (Waterville Road)
* After 3 miles, turn **left onto Route 44 West**
* Avon Old Farms Hotel will be on your **right**

#### **From New York City (via I-684 and I-84)**

* Take **I-684 North** to **I-84 East** toward Danbury
* Follow I-84 East through Waterbury toward **Hartford**
* Take **Exit 39** for Route 4 toward **Farmington**
* Follow **Route 4 West** for about 4 miles
* Turn **right onto Route 10 North** (Waterville Road)
* After 3 miles, turn **left onto Route 44 West**
* Avon Old Farms Hotel will be on your **right**

#### **From Boston (via I-90 & I-84)**

* Take **I-90 West (Mass Pike)** to Exit 9 for **I-84 West**
* Follow I-84 West through Hartford
* Take **Exit 39** for Route 4 toward **Farmington**
* Follow **Route 4 West** for about 4 miles
* Turn **right onto Route 10 North** (Waterville Road)
* After 3 miles, turn **left onto Route 44 West**
* Avon Old Farms Hotel will be on your **right**

#### **From Providence / Rhode Island (via I-395 & I-384)**

* Take **I-95 South** to **I-395 North**
* Merge onto **Route 6 West** toward Hartford
* Follow **I-384 West** into **I-84 West**
* Take **Exit 39** for Route 4 toward **Farmington**
* Follow **Route 4 West** for about 4 miles
* Turn **right onto Route 10 North** (Waterville Road)
* After 3 miles, turn **left onto Route 44 West**
* Avon Old Farms Hotel will be on your **right**

**By Air -:**

Avon Old Farms Hotel is conveniently located near several major airports:

* **Bradley International Airport (BDL), Windsor Locks** – 30 minutes
* **Tweed New Haven Airport (HVN), New Haven** – 50 minutes
* **T.F. Green Airport (PVD), Providence** – 1 hour, 40 minutes
* **LaGuardia Airport (LGA), New York** – 2 hours, 15 minutes
* **JFK International Airport (JFK), New York** – 2.5 hours
* **Newark International Airport (EWR), New Jersey** – 3 hours

**Rental Car -:**

All major rental car companies operate at the airports listed above. Renting a car is a convenient option for reaching the retreat venue and exploring the surrounding area if you plan to stay for a few extra days.

**Suggestions for Taxi Services to Avon Old Farms Hotel -:**

Both **Uber and Lyft** are available from Bradley International Airport, JFK, LaGuardia, and Newark. However, availability may be limited when departing from Avon during peak times, so we recommend booking a ride in advance.

**Suggested Taxi & Car Services (Reservations Recommended):**

* **To and From Bradley International Airport (BDL)**
  + Hesham Taxi Service – 📞 860-690-1612
  + Accent Limousine – 📞 860-529-0400
* **To and From Hartford Union Station (Amtrak & Bus Service)**
  + Yellow Cab Co. – 📞 860-666-6666
* **To and From JFK, LaGuardia, Newark Airports**
  + Liberty Limousine – 📞 203-235-9200
  + CT Limousine – 📞 203-974-4700
  + Scanlon – 📞 203-668-4734

**By Train -:**

The nearest major train station is **Hartford Union Station (HFD),** which is **20 minutes** from Avon Old Farms Hotel. Amtrak provides service from both New York City and Boston.

For those traveling from **New York City, Metro-North Railroad’s New Haven Line**connects to Hartford via Amtrak or the Hartford Line.

* **Amtrak (Hartford Union Station)** – 📞 800-872-7245
* **Metro-North / Hartford Line (NYC to Hartford)**

From **Hartford Union Station**, a taxi, Uber, or private car service can take you to the

**About our Retreat Location - Avon Old Farms Hotel, Avon, Connecticut**

Nestled in the picturesque landscape of Connecticut’s Farmington Valley, Avon Old Farms Hotel spans **10 acres of beautifully manicured grounds,** offering a peaceful and rejuvenating retreat setting. Surrounded by lush gardens, a meandering stream, and scenic mountain views, the property provides a tranquil escape from everyday life.

A park with trees and grass

AI-generated content may be incorrect.

The hotel features some **idyllic outdoor spaces**, including a serene garden gazebo and charming wooden bridge, perfect for relaxation and reflection. The surrounding area is rich with outdoor activities, from leisurely walks on nearby nature trails to invigorating hikes in the vast **Talcott Mountain State Park**, home to the renowned **Heublein Tower**and breathtaking panoramic views.

For those who love the water, **the Farmington River**—just minutes away—offers opportunities for **kayaking, canoeing, and scenic riverside strolls.** Additionally, the nearby **Farmington Valley Greenway**, a picturesque multi-use trail, is perfect for biking, walking, and running through Connecticut’s charming countryside.

Just a short drive from the hotel, the historic town of **Avon and its neighbouring villages** feature a delightful selection of **local cafés, farm-to-table restaurants, art galleries, and boutique shops,** offering the quintessential New England charm.

Whether you’re looking to relax in the peaceful surroundings or explore the natural beauty of the area, **Avon Old Farms Hotel provides the perfect balance of tranquility and adventure for your retreat experience.**

**The Weather:**

Connecticut experiences a humid continental climate, with four distinct seasons. Winters (December to February) are cold, with temperatures often ranging from 20°F to 40°F, and snowfall is common, especially in the northern and inland areas. Springs (March to May) are mild and rainy, with temperatures gradually warming from the 40s to the 70s. Summers (June to August) are warm and humid, with highs averaging in the 80s but occasionally reaching the 90s. Autumn (September to November) brings crisp air, cooler temperatures, and vibrant fall foliage.

For up-to-date weather forecasts and historical data, check out these resources:

* **National Weather Service (NWS) - Northeast Region** (www.weather.gov/okx)
* **Connecticut State Climate Center** (www.ct.gov/deep/climate)
* **Weather Underground - Connecticut** (www.wunderground.com/us/ct)
* **The Weather Channel - Connecticut Forecast** ([www.weather.com](https://www.weather.com/))

**What to bring:**

**A cart full of luggage

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For your retreat at **Avon Old Farms Hotel**, we recommend bringing **comfortable, casual clothing** for a relaxed and easygoing experience. Think of **comfortable pants** and **casual wear** for a laid-back vibe throughout your stay. It's always a great idea to **layer your clothing**so you can easily adapt to the changing temperatures during the day. As the weather can vary, packing **jeans** and **fleece jackets** for the evenings is a smart choice to stay cozy.

If you plan on exploring the scenic surroundings, you’ll want to bring **sturdy walking shoes or sneakers and** a **warm jacket, hat,** and **gloves**as temperatures can dip, especially in the early morning and evening.

Additionally, don't forget to bring **sunscreen, insect repellent**, and perhaps a **swimsuit** if you plan to take a dip in the nearby **Cedar Lake** or use the hotels outdoor pool which is open seasonally. Even though we’re hoping for great weather, **rain** is always a possibility in New England, so it’s always wise to pack a **raincoat** just in case!

By preparing for different weather scenarios and packing versatile layers, you’ll ensure that you can relax and focus on the rejuvenating retreat experience, no matter what the forecast brings.

### **In Every Room at Avon Old Farms Hotel, you’ll find a**

* **Comfortable Bed**: Each room features a **Luxurious Pillowtop Bed** with **plush bedding** for a perfect night’s sleep, ensuring you wake up refreshed and ready for the day.
* **Private Bath**: Every room comes with its own **private bathroom**equipped with modern amenities.
* **Air Conditioning & Heating**: Rooms are **fully air-conditioned**and **heated,** with many using **individually controlled, eco-friendly HVAC units.**
* **Complimentary High-Speed Wireless Internet** to keep you connected, whether for work or leisure.
* **Coffeemaker** for your morning brew or afternoon pick-me-up, right at your fingertips.
* **Iron and Ironing Board** to keep your clothes crisp and fresh for any occasion.
* **Hairdryer** available for your convenience.
* **Flat-Screen TV** with cable channels, providing entertainment and relaxation after a busy day.
* **Voicemail and Free Local Calls**, ensuring you stay in touch with loved ones or make quick local connections.
* **In-Room Safe** to keep your valuables secure while you explore the hotel and surrounding areas.
* **Wake-Up Call Service** to ensure you're up and ready to make the most of your day.
* **Charging Ports** conveniently placed for your devices, ensuring you stay powered up and ready for anything.
* We recommend bringing your own **toiletries** such as **toothbrush and paste**, and **shaving items** for your convenience.

A hotel room with a bed and chairs

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We have carefully chosen a retreat venue that offers everything you need for a relaxing and enjoyable stay, ensuring the perfect balance of space, comfort, calm and nature.

**OUR COVID – 19 POLICY**

Please review our FAQS page on our website for details about Covid-19 and Illness and the provisions we have put in place if you get Covid or the Retreat Leader cannot attend due to medical illness- <https://www.souliology.com/faqs>

**We suggest** if you are flying to this event that you wear a mask while travelling on the plane to lower your risk of catching COVID.

Finally, considering the current global circumstances, we recommend taking out travel insurance which includes trip cancellation insurance plus we recommend booking refundable flights to the retreat venue. While we are fully committed to hosting the retreat in person, we wish to acknowledge the uncertainties, and we believe it’s wise to safeguard your financial investment. (you may be able to avail of some cover through your credit card; so please don’t forget to inquire).

If you require any further information, please do not hesitate to contact us at[**contact@souliology.com**](mailto:contact@souliology.com)**.** We are here to help.

**We are really looking forward to welcoming you on retreat with us in Avon, Connecticut and thank you for choosing us to be part of your personal healing journey!**

A logo with a sun and a smile

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