Epoch Times Contributor

By M. James Ward

New England is world-famous for its spectacular autumn scenery, and for that reason many choose to visit this northeast U.S. region during the fall.

Often forgotten, however, is the summer season, particularly when venturing to the interior areas away from the coast line. This is where my wife and I headed recently to get a taste of true New England’s distinct flair and style.

Our first stop was Bretton Woods and the iconic Mount Washington Hotel and Resort in the White Mountains of New Hampshire. This sprawling hotel was built in the late 1800s by local tycoon Joseph Stickney, who brought in 250 Italian stone artisans to craft the building in Renaissance Revival style. It was one of several grand hotels built in New Hampshire at a time when waves of wealthy New Yorkers took refuge in the White Mountains during the fall.

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The Four Columns consists of just 16 spacious, special rooms, a farm-to-table restaurant, a tavern, and a wellness centre and spa, and private hiking trails, all set within 138 acres. The resort has plenty of activities, including organized excursions, but we found that one of the best ways to experience this area was to simply rent a bike and go in whatever direction took us. This is actually a great way to unwind and as we rode we felt the stress of city life dissipate.

The peaceful atmosphere was also a joy—after our drive from New Hampshire I took an invigorating swim in the outdoor pool and the only sound was the chirping of birds in the nearby trees.

Artisan Restaurant at the Four Columns.

After being sold in 1981 it changed hands several times and eventually closed. It reopened in 2014 under new ownership and locals are welcome as well as guests, and friendly conversation flowed easily.

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As for the food, the Four Columns takes it to a level only the best of dining can provide. Executive chef Frederic Kieffer and head chef David Smith go the extra mile to making sure the presentation and quality of the various food offerings is nothing less than what you can find in top-tier big-city restaurants.

We rounded out our trip with a stroll for fickle weather, however, so stay aware of changing conditions.

Newfane, Vermont

After a few days in New Hampshire we headed for neighbouring Vermont and the Brattleboro area. Our desire was to counterbalance what Mount Washington so ably provided with a location more low-key and intimate.

The White Mountains is a great place to escape to.

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September 8 – 14, 2016

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