



Seasonal Activities

Respite and Restoration at Lagom Landing gives you permission to do whatever you feel will refresh your body, mind, and heart during your stay. If you want to sleep, read, and eat, that's fine! We encourage you to listen to your body, heart, and mind.

If you are staying here Monday-Friday, we encourage you to join a variety of activities, yet flexibility is a core value, so if you need to change the day's schedule, we can work with you.

Physical activity is a cornerstone of Respite and Restoration at Lagom Landing. When we use our bodies, we discover more calm in our minds, experience endorphin release, and nurture healthier appetites and sleep. Working together, we build community, share laughter, make challenging tasks more fun. By helping out, you keep our pricing affordable to all, and share an ethic of "Lagom".

Some activities are available every season, including: cooking and freezing meals for future guests, cleaning facilities, kombucha brewing, sourdough baking, yoga.

Seasonal living is another cornerstone. Specific physical activities are highly dependent on the season, so we list them here according to the season of the year:

Summer:

Summer is glorious, particularly early mornings on our shady outdoor porches, and long evenings around the campfire, watching fireflies and stars light up the sky. It is a time when we try to get most of our hard work done early in the day, so "Morning Watch" might become "Afternoon Watch" if it's particularly warm.

Athletic: Early morning swimming in Conesus Lake (6 -7:30 am), swimming at Stony Brook State Park, cycling, hiking, walking, canoeing.

Skills-based Volunteering: Join Rock on outdoor construction sites or on Lagom Landing grounds learning carpentry skills. Join Laurel in weeding, mowing/trimming, planting, harvesting and processing garden, building soil.

Field Trips: Letchworth State Park, Finger Lakes Wineries, Watkins Glen State Park, Niagara Falls, Festivals and Music in Rochester and the Finger Lakes.

Evening Activities: Campfires, Barbecue, Concerts in Rochester and Finger Lakes.

Fall:

Western New York is known for our fall color displays, which usually peak mid-October.

The chillier and earlier evenings make for beautiful campfires following dinner.

Harvesting the garden makes for delicious and fresh meals, and we spend more time harvesting and preserving our harvest. Fall bike rides are also glorious, as well as paddles on the Finger Lakes, with the fall color reflecting on the water.

Athletic: Early morning swimming in Conesus Lake or at Dansville High School (6 -7:30 am), cycling, hiking, walking, canoeing.

Skills-based Volunteering: Join Rock on construction sites or on Lagom Landing grounds learning carpentry skills. Harvest and split wood for winter. Join Laurel in weeding, mowing/trimming, pruning trees, planting, harvesting and processing garden, building soil, garden cleanup.

Field Trips: Letchworth State Park, Finger Lakes Wineries, Watkins Glen State Park, Niagara Falls.

Evening Activities: Campfires, Barbecue, Concerts in Rochester and Finger Lakes

Winter:

We are winter lovers, and hold to the adage that there is no such thing as inclement weather, just inadequate clothing! We have a large quiver of cross-country skis to enjoy exploring our 60 acres as well as nearby favorite ski and snow-shoeing routes.

Ice-skating is possible on local lakes, and skiing at nearby downhill ski hill areas—Bristol Mountain, Swain, and Holiday Valley. We end the season with one of our favorite activities that bridges winter into spring—Maple Season!

Athletic: Early morning swimming at Dansville High School (6 -7:30 am), hiking, walking, snowshoeing, cross-country skiing.

Skills-based Volunteering: Snow plowing and shoveling, join Rock for woodworking projects such as benches, picnic tables, or design and build your own fine carpentry project. Harvest and split wood. Join Laurel in food preservation, baking, garden planning, tree pruning, or volunteer on an organizational/cleaning task.

Field Trips: As weather allows - downhill skiing, volunteering with local nonprofits, going to museums in Rochester and Buffalo, dinner at Cartwright's Maple Tree Inn after the first week of February-early April.

Evening Activities: Reading, games

Spring:

What is there not to love about Spring? It's a time of daily discovery, with new ephemeral flowers and edible plants popping up in the woods each day, mushroom hunting, budding trees, and baby animals. Maple season comes to an end when the peepers peep and the maples begin to bud, and we clean up from all the hard work and welcome gardening back into our lives!

Athletic: Early morning swimming at Dansville High School (6 -7:30 am), hiking, walking, snowshoeing, cross-country skiing.

Skills-based Volunteering: Maple Season usually starts the last week of February when we tend to tap (but it is very dependent on the weather). Learn to identify maple trees by their bark, tap them, collect buckets of sap, drive a tractor, collect firewood, learn to burn a hot fire, boil sap for hours. Join Rock for woodworking projects or design and build your own fine carpentry project. Harvest and split wood. Join Laurel for finishing, filtering, bottling, and marketing/selling maple syrup, as well as seed starting, weeding, planting, soil building, yard cleanup, cooking, baking.

Field Trips: Greek Festival (late spring) in Rochester

Evening Activities: Campfires, Barbecue, Concerts in Rochester and Finger Lakes.