



Welcome to.....

CAPON SPRINGS AND FARMS



For over 75 years, families and friends have been gathering here with us, experiencing our heritage and traditions, creating lasting friendships, and enjoying great food and outdoor fun!



Have you ever experienced a vacation where you completely relaxed and didn't have to worry about anything? A place where you and your family and friends enjoyed great food and outdoor fun while making lasting friendships? Now what if you could return 10, 20, 40 or even 50 years later to that very same place and rediscover these very same experiences? Wouldn't you want those you care about to experience a place like that? You have this newsletter precisely because someone thought you would appreciate this kind of getaway.

Capon's 19th century architecture and town square layout, combined with our camp-like informal atmosphere, help create the feeling that you have somehow stepped back in time to a quieter, gentler era. Any cares or worries you may have brought with you melt away as our full service all-inclusive resort gives you the sense that you have come home.

The days flow around family-style made-from-scratch meals which begin with the ringing of the dinner bell. In between meals, Capon offers plenty to do... golf, tennis, shuffleboard, badminton, swimming, hiking, fishing, reading, relaxing at our spa or napping in one of our hammocks.

Nature's gifts of woodlands and water provide the perfect setting... clean air, the night sky full of stars, the morning songs of the birds and the evening sounds of tree frogs and cicadas. The spring water, known for centuries for its healing qualities, is fed to all the drinking fountains, kitchens, and guest buildings around the grounds – even to the outdoor pool and to our Hygeia Bath House and Spa.

Our grandfather, Lou Austin, used to say, "Once you've made your first trip to Capon, you're considered an old friend." We look forward to your first visit and to sharing our home, hospitality, and traditions with you.

*Jonathan Betsy Glenn Ginny Eddie
Carolyn Pete Phil Patty Tom*

~For all of us at Capon

P.S. To help you better visualize what the Capon experience is all about, we would be glad to send you our free DVD. Please email us, give us a call or go on our website and fill out a request form. And when you visit our website, you will discover a section just for you, our new guests. There you will find excerpts from our DVD as well as some great photos and testimonials from our guests.

All rates are PER PERSON PER NIGHT and vary depending on location and time of year.

Adults

Spring and Fall \$89 - \$139

Summer \$120 - \$157

Kids staying in the room with 2 adults

Under 5 free

5 - 12: \$30 - \$45

Over 13: \$52.50 - \$79

Please call or visit our website and let us find the most affordable rate package for you.

THESE RATES INCLUDE:

Your lodging, **THREE** family-style "all-you-can-eat" meals daily, before breakfast and after dinner coffee, before dinner and evening snacks, as well as the following....

SWIMMING:

Enjoy a refreshing swim in our spring-fed pool warmed by the sun. There are two smaller pools for the kids.

FISHING:

Try our two half-acre fishing ponds. Row boats, life jackets, stick poles and bait are available. Catches over 8 inches can be prepared for your breakfast the next morning!

TENNIS:

Try a game on the Har-Tru (clay) court or on one of two all-weather courts that have lights for night play.



HIKING:

Explore and enjoy Capon's mountains and valleys on any of our five different trails for various ages and abilities. Guided nature walks are offered on many weekends. Stroll up the road past our Fish Pond. Then stop in and visit our pigs at "Hog Heaven".

OTHER ACTIVITIES AVAILABLE:

Croquet, badminton, basketball, horse-shoes, lawn bowling (boccee), indoor puzzles, cards and games, ping-pong, shuffleboard and volleyball.



CHOOSE TO TAKE PART IN ...

The daily flag-raising, sports tournaments (golf, tennis, ping-pong, badminton, basketball, shuffleboard, running), Bingo, Saturday campfire sing-a-longs, dances, hayrides, talent shows, and weekly instructional programs in the spring and fall. Try your hand at **The Caponchase Adventure:** a serious code-cracking treasure hunt that sends teams all around Capon to discover secret historical and natural wonders.





OR JUST RELAX! Catch up on your rest. You'll get a break from doing the cooking and cleaning. **There are no TVs or phones in your room to disturb you.** Spend some time relaxing in a hammock, reading on the lawn, or lying on the sundeck by the pool. Listen to the gentle sounds of the many fountains, the murmuring creek and the songs of the birds. Stop to smell the flowers. Join in a conversation on the Front Porch of the Main Building... Enjoy concerts by visiting musicians- from classical to Irish, from Big Band to bluegrass.

"We had the most memorable days while visiting Capon Springs. Thank you for the great food, programs, hospitality, and opportunity to make new friends. Our first stay will hopefully be the foundation of future visits with our children and grandchildren. Thank you is not sufficient to express our gratitude to each of you that make and keep Capon Springs as it is."

*Sandy & Rick Horning,
Virginia Beach, VA*



GROUP MEETINGS

Many churches, schools, businesses and social organizations - including those who enjoy gardens, nature and history - gather at Capon. With DSL internet access in our meeting facility, connecting to the outside world is fast and easy. A new multi-media room is now available for groups of 30-45.

...and Family Gatherings

Every year Capon also plays host to dozens of birthdays, 50th wedding anniversaries and extended family reunions. Destination weddings and graduation celebrations have also become popular.

"What a joy to be able to come year after year. When the world is in turmoil, I can count on Capon to have the values and stability we hold dear. I came here as a young bride in the sixties and now my grandchildren share the beauty, friendship and the good food. Thanks to the family of Lou and Virginia Austin for your hard work and gift - preserving Capon and making it even better each year."

*Pat Belair Rayfield
Severna Park, MD*

GOLF

Nine hole regulation course over rolling hills with majestic mountain views, plus a nine hole Par 3 course for beginners. (*Tee times not necessary.*)

GREENS FEES — Both Courses:	
\$20.00 Daily	\$110.00 Weekly

Prep Course Only: \$5.00 Daily	\$25.00 Weekly
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GOLF CART: \$16.00 for 9 holes

HYGEIA BATH HOUSE AND SPA



For information about services or to make an appointment, please call **(304) 874-3004** or email us at

Hygeia@mountain.net

More information is located on our website. We recommend scheduling your appointment about 2 weeks prior to your visit.

TYPICAL WEEKLY ACTIVITIES IN JULY AND AUGUST:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Evening Music	Chicken BBQ on the Hill Kids Softball Hayrides	Golf Tournament One Mile Race Front Porch Dance	Tennis Tournament Lunch on the Hill BINGO	Kids Shuffleboard Ping-Pong Tournament Steak Dinner on the Hill Adult Softball	Golf Tournament Badminton Tournament Basketball Free Throw Contest Talent Show	Nature Walk Spring Tour Campfire and Hotdog Roast

F.Y.I ...

We're Open: The end of April through October

Capacity: 200 adults, 50-75 children

Co-Workers: 125

Property size: Approximately 4700 scenic acres

Lodging facilities: A dozen cottages varying in size
(Most are set up hotel style, with common hallways and stairways.)

Dining: Three all-you-can-eat family style meals daily

Rate Specials: Seasonal and children's discounts

Payment: Check, cash, credit card

(Visa/MasterCard/Discover)

Pets: Service animals only

Dress: Strictly casual; no neckties please!

Alcohol: Use limited to your room and porch

Curfew: 11 pm

Smoking is not permitted anywhere indoors at Capon and the Front Porch of the Main Building is smoke-free as well. If you do choose to smoke elsewhere, we ask that you be especially considerate of your neighbors.

Minimum Stay: One night when available. While many of our guests spend a full week here with us during July and August, there are often times available even during these months for you to enjoy shorter visits. We encourage you to contact us **any time** during the year for visits of any length and for last minute openings.

Connecting with the "Outside World": There are no phones, TVs or internet access available in guest rooms and cell phone reception is very limited. However pay phones are located in the Main Building and in the Meeting House. Calling cards can be purchased at the Front Desk. TVs are located in Rooms 3 and 4 in the Meeting House. High speed internet access (wired and wireless) is available in the Meeting House free of charge.



LOCATION

With interstate access, yet worlds apart,
Capon Springs is less than
~ 30 - 40 minutes off of Interstate 81 from
Strasburg or Winchester, VA;
~ 100 minutes from Dulles Airport,
~ 2 hours from Washington, DC,
~ 3 hours from Richmond, VA,
~ 4 hours from Pittsburgh, PA,
~ 5 hours from New York City.

For driving directions, please see our website.
PLEASE NOTE: If you are coming by way of
Rt. 50 (either East or West) use our
directions and not your navigation system!



CAPON SPRINGS AND FARMS
is listed on the National Register
of Historic Places.

All photos included here are pictures that were taken by our guests who have graciously shared them with us.