

Brave Women FLX ❄️ Breathe ITINERARY

Let fresh air and self-care be your guide. When you're feeling like you need to hit pause and be present, there's no better place to slow down, take a breath, and regain focus on yourself. Immerse yourself in the natural beauty of the Finger Lakes and take advantage of self-care practices like meditation and yoga. Enjoy historic walking tours, healthy local foods, and peaceful lodging.

DAY ONE

Matilda Joslyn Gage House - Fayetteville, NY

Breathe deep and dive right into your day with a visit to the Matilda Joslyn Gage home. Gage co-founded the National Women Suffrage Association. Many of the movement's ideas came from Gage's observance of how the Haudenosaunee treated women equally. In fact, she was adopted into the Wolf Clan of the Mohawk Nation. Gage wrote, along with Susan B. Anthony and Cady Stanton, the History of Woman Suffrage. However, after a dispute with Anthony over the separation of church and state in government, Gage's name was removed as an author.

Gage then left the NWSA and founded the Women's National Liberal Union. She was the mother-in-law to L. Frank Baum (author of the Wizard of Oz) and the inspiration behind the "Dorothy" character (strong and stood up for what she believed). Her home also served as a station on the Underground Railroad.



Explore the Village of Skaneateles

Breathe in the beauty, warmth, luxury, and hospitality of Skaneateles. This village is nestled on the shores of Skaneateles Lake. It's the kind of place that romance novels are set in. The pristine lake, quaint but affluent shops, and occasional celebrity sightings make this place the perfect escape. The historic downtown district's shops and galleries are housed in restored buildings dating back to 1796. Browse for unique foods, distinctive fashions, original art, home accessories or a special antique. Dickens Christmas is an annual tradition in Skaneateles, the celebration begins the day after Thanksgiving and runs every Saturday and Sunday through December 24.



Inns of Aurora – Aurora, NY

It's time to relax, enjoy and take a breath of tranquil serenity at the [Spa at Inns of Aurora](#). Situated on the crest of the hill above Aurora with stunning views of Cayuga Lake, the farm-inspired spa campus is designed to promote healing and harmony for the body and mind. The Spa is dedicated to a holistic approach to wellness, with two hydrotherapy circuits, thoughtfully designed single and co-ed spaces, and therapeutic treatments provided by Rasa Spa. Enjoy a delicious end to your day, at the Spa's complimentary grazing table in their seasonally inspired café. Be sure to come again when you can experience a full day of enjoyment. Any treatment that is booked will allow you access to the spa for as long as you would like to stay. The Spa's pool, sauna, steam room and café are open to all Spa guests to enjoy at your leisure.



Your peaceful retreat awaits at the [Inns of Aurora](#). Pamper yourself at one of the five luxury accommodations located in the charming village of Aurora. Set on the shores of Cayuga Lake, the secluded atmosphere at the Inns is perfect for a cozy, intimate experience. Curl up by the fire with a glass of Finger Lake's wine and immerse yourself in Finger Lakes culture steeped with food, arts, and heritage.

DAY TWO

Village of Aurora

Begin your day taking a stroll and breathing in the beauty of the quaint Village of Aurora, also designated as a National Historic District. At just under one square mile, you can enjoy a harmonious respite from the busy world. Visit the village market and browse the local shops. You're sure to find a special treasure that you won't be able to leave without! For special items for your home, stop by nearby McKenzie Childs.

Cayuga Lake State Park – Seneca Falls, NY

Find some breathing space and fresh air when you spend some time snow showing or cross-country skiing at Cayuga Lake State Park. You will be awed at the expansive view of Cayuga Lake as you move about the park.

Rylee's Place – Willard, NY

Warm up with a delicious meal at this woman owned diner. Breathe in the aroma of down-home cooking and enjoy great food and great service in a comfortable atmosphere. You will have your choice of a wide assortment of appetizers, specialty burgers, sandwiches, and soups.



Hosmer Estate Winery - Ovid, NY

End your day at this family-owned winery where the wine maker and the assistant wine maker are women. Sipping wine and taking in breathtaking views of the western shore of Cayuga Lake is something you won't want to miss! Hosmer Winery is comprised of the nearly 70 acres of grapes which include Pinot Noir, Cabernet Franc, Lemberger, Pinot Gris, Chardonnay, Riesling, and Sauvignon Blanc, among several other natives and hybrids.

