

Find Your Farm Wellness

By Peggy Newland - Columnist | Sep 13, 2026



I lean against Mable’s fur during my donkey yoga class at Mountain View Grand Resort and Spa and I’ve never felt more calm. My mat is spread across the meadow as Mable and I namaste with views over Mount Lafayette, distant Owl’s Head peaks, and the Killkenny Range.

I’m in the midst of a solo weekend away to try out farm inspired mountain wellness at this beautiful gem of a resort in Whitefield, New Hampshire, and I’m surrounded by the Presidential Range of the White Mountains, flowered meadows, deep forests, mountain streams and lakes, and a barnyard of furry and feathered friends on property. I’ve been introduced to some llamas, Elmer and Yowie, met up with Henry, Tilly, and Marigold, the goats, and gobbled at Paul, the happy turkey. I feel like I’m in a fairytale wonderland. Especially with the elegantly serene Mountain View Grand Resort and Spa as my mountain hide-away for two nights. Bright yellow, with deep wraparound porches, sprawling landscaped grounds, wine cellar, “dining with a view” restaurants/bars, Tower Spa, mountainside golf course, outdoor pool, and classic rooms with upscale charm, this is relaxation at its best.

In 1866, William and Mary Jane Dodge made their family home into a cozy inn, the Mountain View House; generations of travelers came to this landmark location “for the mountain airs” until its closure in 1986. Revitalized and restored, Mountain View House became the “all season” Mountain View Grand Resort and Spa in 2002 and is listed on the National Register of Historic Places. Historic nooks and libraries offer quiet respite throughout the resort and the fireplaces are always lit. The Dodge Parlor is especially charming with framed photos and scenes from the late 1800s.

Mable lays next to me at the end of class and we stare at the sky until she decides it’s time for a snack. She introduces me to another miniature donkey, Silas, and he joins in on the fun as I rake some hay over to them. Chickens race around under our feet and hooves. I now consider Mable my best spa buddy.

The Agritourism market is expected to reach \$477 million by 2030 and grow annually by 8.5%. According to the National Institute of Health, mindful farm stays and animal assisted wellness increases deeper calm and decreases stress and anxiety by 25%. Going solo for a spa retreat on a farm is the best of both worlds.



Mable and Silas take well deserved naps while I find lunch on the outdoor porch, mountains as my backdrop. Afterwards, I head over to the heated pool for an afternoon dip. A family plays croquet in the distance as hawks hover overhead in the mountain thermals. The breeze speaks of the coming fall, and the hot tub beckons.

Dinner that night is in the 1865 wine cellar and it’s like I’ve found a personalized speakeasy, only this one filled with vintage wines. Ensnconed in deep brick, cushioned seating, and candlelight in my own private nook, this is romance for one, especially with a friendly waiter and paired menu for wines. I start with a rustic bread service to accompany a classic wedge salad with pancetta, egg, Great Hill creamy bleu dressing and a glass of Chandon Brut Classic. For dinner, I choose parmesan crusted cod with ratatouille nicoise, fingerling potatoes, chive oil, and fried capers. A glass of Rombauer chardonnay pairs perfectly. Dessert is white chocolate ganache mousse with candied pistachios, and raspberry tartelette.

I keep the windows open for mountain air and fall asleep immediately on the feather pillows.

The next morning, after a green smoothie and an egg sandwich, I go on a trek with Elmer and Yowie, my newfound llama friends. We hike for two hours on the vast trail network surrounding the resort. Assisted by the farm manager, Henry Bogdanowicz, I learn that llamas have three stomachs, talk to each other by humming, and can live up to 30 years old. “These ones don’t spit,” Henry tells me, as I hug Elmer’s neck before heading into the fern and deep pine forests of the Heritage Trails, Yowie taking the lead.

We all settle on a quiet rhythm, Henry, Yowie, Elmer, and I. Light filters through oak and pine as the llamas stop often for snacking on boughs and drinking from streams. Eventually, we find ourselves back at the resort and the view across the Presidential Range is breathtaking.

All this hiking and mindfulness with llamas requires a Tower Spa visit. Think 365 views in a window-lined perch with mountains surrounding on all sides, six candlelit treatment rooms, and curated nature-inspired massages, facials, and body treatments. I have a botanical deep tissue massage by candlelight and then sit in the tower room with tea.

My last night is spent on the wraparound porch for sunset. Warm spinach and artichoke dip with spiced tortilla chips, some Blue Point oysters on the half shell, and salmon with roasted corn puree, couscous, cucumbers, heirloom tomatoes, and Kalamata olives with a glass of pinot grigio. A perfect ending to a farm-inspired solo getaway.

I plan to return for another visit in the spring for more Mable Mountain Yoga.

Mountain View Grand Resort and Spa. www.mountainviewgrand.com. 101 Mountain View Road, Whitefield, NH. 855-837-2100. Come for the farm but stay for this elegantly classic grand resort in the White Mountains. The Tower Spa is a spectacular way to spend the afternoon but Mable is the highlight.