



WE ARE LOCATED in colonial Ridgefield, Connecticut, a couple of miles from the center of this west-central Fairfield County town with a rich 300-year history.

All our guest rooms have organic bedding, organic towels and eco-yoga mats. We also feature three state-of-the-art proprietary technologies: water purification, air filtration and special sleep systems.

We serve natural, organic food, primarily grown seasonally from local farmers.

For those with a need to be connected, there's an iPod docking station, flat screen TV and wireless internet in each room.

There's plenty to do within driving distance, lots of seasonal activities: skiing, ice skating and hiking as well as theater, museums and dining out.

### PROPRIETORS

Although Barbara Simkins and Kim Wanamaker come from very different backgrounds, they share many passions. Three of them are exceptional hospitality, art and music. But their No. 1 passion is making a difference in the world by showing how each of us can take an active role in improving our own health and wellness and that of our planet and our families, too.

### SPECIAL ARRANGEMENTS

As part of our unparalleled service, upon request we can also make special arrangements for you during your stay for the following:

- Spa Services (including Massage)
- Private Yoga Instruction
- Guided Hiking & Walking Tours
- Restaurant Recommendations & Reservations
- Theater Information & Tickets and Private Dining-In



415 Danbury Road  
Ridgefield, Connecticut 06877  
[www.greenrocksinn.com](http://www.greenrocksinn.com)  
203-894-8944

REST & REJUVENATE



AN OASIS OF WELLNESS, REST & REJUVENATION



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#### OUR ROOMS

*“Live as though heaven is on earth...”*

**THE LIVE ROOM** is an environment that employs color and nature, where guests can relax their mind, body and soul. The art reflects the proprietors’ signature passion for travel and beauty.



*“Sing as though no one can hear...”*

**THE SING ROOM** boasts the most gorgeous nature views. An over-stuffed, over-sized chair, perfect for curling up with a book (or a special someone), fosters a sense of well-being and serenity. The art is bold, blue and worthy of contemplation.



*“Dance as though no one is watching...”*

**THE DANCE SUITE** is grand and spacious, yet intimate. The coordination of colors, furnishings and art creates an environment of peace and rejuvenation. This suite includes a sitting room with a TV and DVD player, with an extensive movie library.

#### WHAT IS

#### ‘ECO-FRIENDLY’?

At Green Rocks our goal is to demonstrate the small, “eco-friendly” things that each of us can do every day to help sustain the health of our planet.

That’s why we use current technologies to minimize our impact on the environment and on our “carbon footprint” (the sum of all emissions of greenhouse gases, i.e., carbon dioxide, created by one’s daily actions measured over a year).

We already derive a portion of our electricity from wind energy and also purchase, whenever available, “carbon offsets” (to further mitigate greenhouse emissions).

We compost, recycle and use compact fluorescent light bulbs. We use all-natural cleaning products and recycled paper products. We also believe in supporting local businesses and while shopping for supplies find ways to reduce our own fossil-fuel consumption.

Finally, we have a personal commitment to plant trees each year on our property and over the last 15 months have planted 10 evergreens and two Christmas trees.

*Join us for a healthful and restorative weekend.*

FOR AVAILABILITY, RESERVATIONS AND INFORMATION,  
please visit: [www.greenrocksinn.com](http://www.greenrocksinn.com)