

**Introduction to the Spirit of Fire June 21-24, 2024**  
**Hoosick Falls, NY**  
**Accommodations and Meals**

**Accommodations**

**Offsite**

Everything is approximately 10 minutes away by car.

Hotels:

Trip advisor: [https://www.tripadvisor.com/Hotels-g57183-Bennington\\_Vermont-Hotels.html](https://www.tripadvisor.com/Hotels-g57183-Bennington_Vermont-Hotels.html)

Food:

Trip advisor: <https://www.tripadvisor.com/Restaurants-g47920>

I have not had a chance to eat at any of these yet. Most have decent prices, vegetarian options, and gluten-free options.

**Meals**

**Onsite**

**Lunch:** All students are required to attend lunch. Please bring a dish for yourself and one other person, keeping in mind that there are people with dairy and gluten sensitivities. There is a refrigerator to store the food, an oven, and a microwave for warming. Also, bring your favorite beverage. There is a Hannaford and a health food store in Bennington (where the hotels are) to purchase prepared dishes. We will provide utensils, plates, cups, etc.

Spice and Nice Natural Foods: 223 North Street, Bennington, VT <https://www.spicennice.net>

Hannaford: 141 Hannaford Sq Ste 2, Bennington, VT <https://stores.hannaford.com/vt/bennington>