

Lodging and site

The ABC Institute is offered at the beautiful Elmhirst's Resort in Keene, Ontario. Participants will share one of the 30 waterfront cottages (2 to 3 participants, per cottage) with a private bedroom for each participant.



The ABC Committee determines which participants will share a cottage. Please note, the ABC Institute cannot accommodate participant's guests in the cottages or onsite.

Each cottage is fully equipped as follows :

- Bedroom with a double-sized bed, fresh linens and a soft duvet as well as a closet.
- Functional kitchen (fridge, stove, dishwasher, microwave, coffee maker, dishes).
- Complete bathroom (whirlpool bathtub, shower, sink, toilet) with supplied toiletries, towels and linens.
- Comfortable living room (sofa, chairs, LCD TV with cable and DVD, radio with CD player) with a wood burning fireplace (wood included).
- Unlimited Wi-Fi.
- Waterfront deck with chairs and propane barbeque, picnic table and access to a private dock.
- Parking space for two cars directly in front of each cottage (other parking lot available near main reception office).
- Card key to lock/unlock cottage door.

You can bring extra food to keep in the refrigerator or in the cupboards for special snacks and drinking at your convenience.







The main lodge is where most of the Institute's activities will be held. On its main floor, you'll find the main reception office, the bar as well as two distinguished dining rooms with restaurant service. One of these rooms will serve as the Institute's dining room for everyday self-serve buffet breakfast, lunch and dinner. The lower floor is where the conference room is located with a spectacular view and access to the lake. The conference room is equipped with unlimited Wi-Fi, too.

Many activities are available at the resort in the morning, evening and in between the Institute daily activities. They are as follows :

- Walking paths along the lake as well as to the working farm with animals and produce onsite. All products are for the sole consumption of Elmhirst's kitchen. Their menus are developed to use only the freshest and best ingredients.
- Swimming in the lake as well as in the indoor and the outdoor pools.
- Boating, canoeing, kayaking and Rabaska available with lifejackets.
- Fishing from the shore or by boat (bring your own fishing gear).
- Campfire site where we try to have at least one group campfire (bring your own musical instruments!)
- Sightseeing - beautiful trees, flowers and wildlife - great for photography!
- Sightseeing airplane tours (reservations required).
- Fitness facility.
- Onsite SPA (reservations required).
- Onsite wine cellar visits including wine tasting (reservations required).
- Guided horseback riding (reservations required).

For outdoor activities, it might be useful to bring bug repellent (especially for the evenings) as well as a flashlight. For daytime outdoor activities, sunscreen is mandatory!

