

# TRAVEL WEEKLY

THE TRAVEL INDUSTRY'S TRUSTED VOICE

## HOTELS

### The Ranch will open a wellness retreat in New York's Hudson Valley



The Ranch Hudson Valley will be housed within an estate dating to 1902, surrounded by 200 acres of forest. Photo Credit: The Ranch

Wellness retreat specialist The Ranch is expanding to the East Coast, planning to open **The Ranch Hudson Valley** in New York next summer.

Located near Tuxedo Park, roughly 45 minutes by car from Manhattan, The Ranch Hudson Valley will be housed within a historic estate dating to 1902, surrounded by 200 acres of forest.

The property will have 25 guest rooms, a 5,000-square-foot solarium with exercise and pool facilities, a spa, a gym and an outdoor pool, among other amenities.

The Ranch Hudson Valley will showcase signature elements of The Ranch program, which debuted at the **first location in Malibu, Calif.**, in 2010. The Ranch's regimens center on a combination of hiking, fitness classes, yoga, deep-tissue massage and a plant-based diet.

The Ranch Hudson Valley will specialize in three-day and four-day wellness retreats.

The property's three-day program, The Ranch 3.0, will be available Monday through Thursday and offers a less intense option, featuring a later wake-up time and four hours of low-impact exercise daily.

Alternatively, the four-day Ranch 4.0 program will be offered Thursday through Monday and will comprise six hours of low-impact exercise daily.

The Ranch Private, the company's more individualized and customized retreat concept, will also be on offer at The Ranch Hudson Valley.

The Ranch recently introduced [The Ranch Italy at Palazzo Fiuggi](#), a wellness retreat program at the Palazzo Fiuggi Wellness Medical Retreat, which is located less than an hour outside of Rome.