


American Airlines 

# *Celebrated Living*

JULY/AUGUST 2018

## NORDIC HEIGHTS

ICELAND DEFINES  
COOL LUXURY

THE GRAND  
REVIVAL OF  
PARIS' HÔTEL  
DE CRILLON

VERTICAL  
GARDENS: THE  
NEW DESIGN  
ESSENTIAL

SUMMER CHIC  
IN CHARLOTTE



The Rosa  
Alpina Hotel in  
San Cassiano



FITNESS

# Alpine bliss

The Ranch Malibu crosses the ocean to bring its luxury health regimen to the Italian Dolomites

Anyone who has spent a week at the popular results-oriented Ranch Malibu fitness and health retreat in the Santa Monica Mountains knows the feeling of utter exhaustion—and bliss—that comes after the program’s four-hour hikes along the Backbone Trail tracing the Pacific Coast. Come fall, Ranch owners and founders Sue and Alex Glasscock are taking their health and fitness routine on the road to Europe, offering six separate weeklong programs of hiking, yoga, meditation and massages set against the rolling emerald-green meadows and jagged limestone rock spires of the Dolomite Mountains in the Alta Badia resort of northern Italy.

“We went to the Dolomites for vacation last

summer and just loved it,” says Glasscock, explaining his choice of the latest Ranch outpost (another retreat will open in Sonoma, California, in 2019). “While we were there we replicated our program by hiring hiking guides and yoga instructors and massage therapists. And so we thought, Why not try out The Ranch in the Dolomites?”

Indeed, the breathtaking landscape of this northernmost corner of Italy, right next to Austria, provides the perfect backdrop for the Glasscocks’ “no-options” hiking program, which they introduced in California in 2010 on a 200-acre ranch once owned by *Hopalong Cassidy* actor William Boyd. Ever since, the place has become a favorite hideaway for celebrities, CEOs and fitness enthusiasts who



## THE CELEBRATED SEASON

Six essential diary entries

### Gion Matsuri

July 1-31

The famous Kyoto festival is highlighted by traditional parades of fantastic floats. [japan-guide.com](http://japan-guide.com)

### Paris Haute Couture Week

July 1-5

France's leading fashion houses present their couture collections. [fashionweekonline.com](http://fashionweekonline.com)

### Gstaad Menuhin Festival

July 13-Sept. 1

One of Switzerland's largest music events includes opera and piano concerts. [gstaadmenuhinfestival.ch](http://gstaadmenuhinfestival.ch)

### Wanderlust Whistler

Aug. 2-5

This high-end Canadian fitness festival features yoga and meditation experts. [wanderlust.com](http://wanderlust.com)

### DW! São Paulo

Design Weekend

Aug. 29-Sept. 2

Design aficionados flock to Latin America's largest fair. [designweekend.com.br](http://designweekend.com.br)

### Venice International

Film Festival

Aug. 29-Sept. 8

The world's oldest celebration of cinema returns to the Lido. [labiennale.org](http://labiennale.org)



In the Dolomites, Ranch guests will hike at an altitude of at least 5,000 feet. Below: The sauna at the Rosa Alpina

want to get off the grid, drop a few pounds and reconnect with their pre-digital selves. Guests typically hand over their watches and power down their iPhones and rely on Ranch staff to lead them through an intensive daily schedule of four to five hours of hiking, followed by yoga, core and weight-lifting classes and a daily massage. Each Ranch guide is also charged with instructing the group of 16 to 18 guests on how to maintain the healthy program through nutrition, meditation and discipline—in other words, removing the words “can’t” and “won’t” from their vocabulary.

According to Glasscock, The Ranch Malibu program is easy to adapt to the plethora of challenging trails throughout the Dolomites—a spectacular UNESCO World Heritage site that is based in San Cassiano, near Cortina. The only real difference in the terrain—apart from the crystalline Alpine lakes and waterfalls—is the altitude, which is 5,000 feet at the base. More difficult hikes will take guests up to 8,000 feet, but with plenty of

acclimatization techniques and encouragement offered by both local and Ranch-trained guides.

Guests will lodge at the elegant and charming family-owned and -run Rosa Alpina Hotel in the fairy-tale village of San Cassiano. Owned by the Pizzinini family for three generations, the Rosa Alpina is a five-star chalet with a low-key luxury vibe that includes individually designed rooms in traditional Alpine style, complete with deep-pile eiderdown beds and rustic wood paneling. In addition to a first-class spa, the Rosa Alpina boasts the best food in the South Tyrol region, with one Michelin-three-star restaurant, chef Norbert Niederkofler's St. Hubertus, and a more casual wine bar and grill.

Don't get your hopes up for pots of fondue, tall glasses of *weizen* beer and homemade *apfelstrudel*, though. The whole point of The Ranch program is to eat clean meals. In order to provide the same cuisine that is served at The Ranch in Southern California, the Glasscocks have supplied Rosa Alpina with menus created by the program chef back in Malibu. Instead of South Tyrol favorites like *canederli* dumplings and *krapfen* pastries, guests will be served locally grown vegetarian cuisine such as spinach and zucchini lasagna and mushroom ragù over polenta. If the restrictive nature of the menu starts to wear after a week, guests can make a quick exit—to nearby Venice or Florence—after finishing the program. The Rosa Alpina has its own helipad. —KATE BETTS [inquiry@theranchmalibu.com](mailto:inquiry@theranchmalibu.com)

