

TRAVEL+ LEISURE

This Iconic U.S. Wellness Resort Is Opening Its First New York Outpost in Hudson Valley — Take a Sneak Peek Inside



Over a decade after opening The Ranch Malibu, the luxurious wellness retreat [favored by T+L readers](#) and celebrities alike, will debut its first East Coast outpost on April 18 in New York's Hudson Valley.

“We’re so excited for our guests to begin reserving their stays to experience The Ranch — in a brand-new setting! Ideally located less than an hour from New York City, Connecticut, and New Jersey, the property is the perfect getaway for a wellness reset for anyone looking to support their health along with corporate groups,” Alex Glasscock, co-founder and CEO of The Ranch, said in a press release shared with *Travel + Leisure*.



Housed in a 1904 lakefront mansion near Tuxedo Park and boasting 40,000 square feet, The Ranch Hudson Valley sits on 200 acres and immerses its guests in the region's famously pastoral environment. Guests will partake in multi-hour daily hikes, on-site activities, spa treatments, and nutritious meals.

The estate, fully reimagined by New York designer Steven Gambrel of SR Gambrel, features 25 light-filled guest rooms, beautifully blending a palette of soothing nature-inspired colors, timeless furnishings, and the building's original features such as fireplaces, wood-paneled accents, and carved ceilings. Gambrel transformed the mansion's 2,000-square-foot ballroom into a gym for meditation and yoga classes, while another 5,000-square-foot space adjacent to the property houses an indoor pool and exercise facilities (another outdoor pool is open seasonally).

In addition to an elegant dining room overlooking the lake, guests can relax in the living room and game room.



The Ranch Hudson Valley will offer three- and four-night programs (available from Monday through Thursday and Thursday through Monday, respectively) that incorporate low-impact exercises, hikes, yoga, massages, and hot and cold plunges. Those who would like to take their stay a step further can add IV therapy and energy healing sessions.

"These programs are perfect for a much-needed lifestyle reset and indoctrination into the Ranch ethos," Glasscock told T+L. "The Ranch Hudson Valley will definitely embrace the seasons, with active sledding and snowshoeing when optimal in the winter months, and paddleboarding, wild swimming, and kayaking on the lake in summer."

The property works with local suppliers and organic farms to prepare nutritious plant-based dishes, and guests are encouraged to enjoy them together to enhance the communal experience (each retreat is limited to 25 guests at a time).

In 2022, The Ranch partnered with Palazzo Fiuggi, an idyllic estate and a medical retreat an hour south of Rome, on an [intensive seven-day](#) program.

Bookings are [now open](#) at The Ranch Hudson Valley, and rates start from \$2,575 per person for a three-night program.