

AN ETERNAL DESIGN CAPITAL, UP CLOSE & PERSONAL

# ELLE DECOR

MAY 2021

## ITALY FOREVER!

**ROMAN  
FANTASY**  
A ROOM WITH  
THE WORLD'S  
BEST VIEW

**COME SI DICE  
DREAMHOUSE?**  
CAPRI VILLA  
IN THE SKY

**MOVIES TO  
LIVE IN**  
AN ITALIAN  
CINEMA HOME  
TOUR WITH  
A.O. SCOTT

**A MILAN  
DESIGN  
MYSTERY**

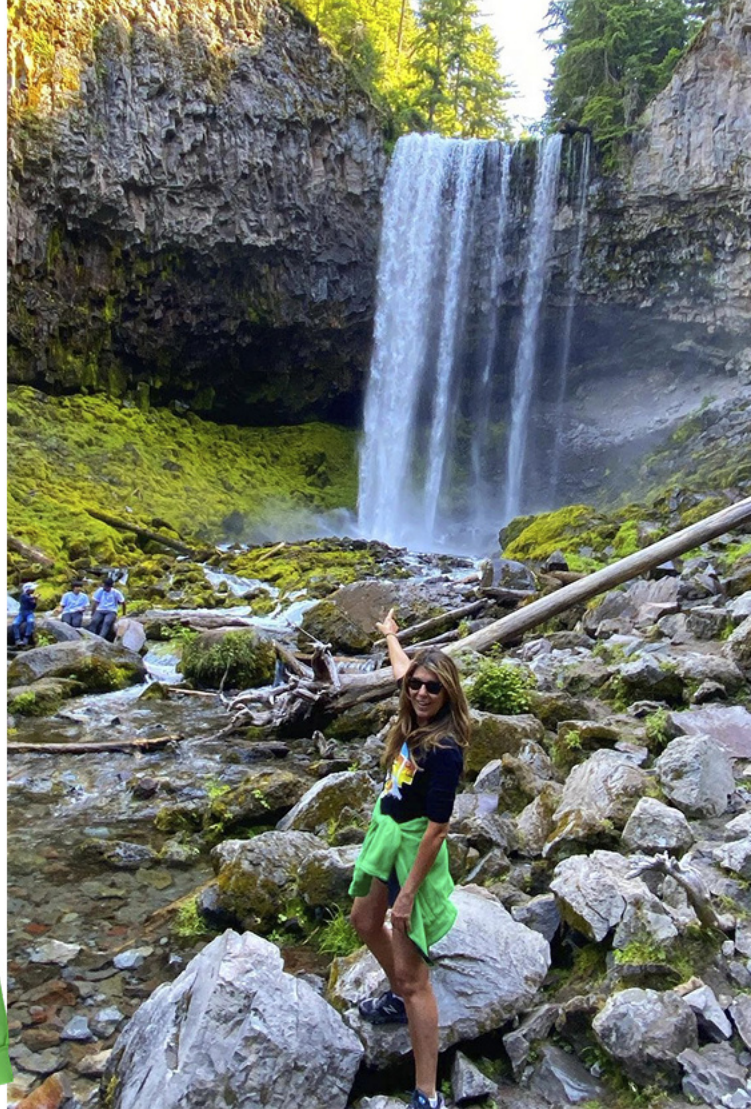
**EXCLUSIVE**  
Zadie Smith's  
Tuscan Refuge





## THE CLIMB

From the Pacific Northwest to California, ELLE's intrepid editor-in-chief embraces the *restorative powers* of a nature hike.



GARCIA HIKING IN MT. HOOD NATIONAL FOREST, OREGON.



With the change in season, I couldn't wait to come out of my winter cocoon and explore the great outdoors. After falling in love with hiking during a trip to Oregon's Mt. Hood National Forest last year, I set out to find a destination that offered equally challenging terrain, as well as a place to comfortably nestle in for some relaxing time to myself afterward. Enter The Ranch Malibu, where each day, I'd set out on a four-hour hike with the other guests. What at first felt like an impossible challenge became an incredibly rewarding experience by the end of the week, as we all went from total strangers to teammates.

I quickly learned the importance of having the right gear: a hydration pack (like CamelBak's streamlined version), terrain-appropriate footwear, and brightly colored layers so I could be easily spotted on the trail. (I was also reminded of how crucial recovery is: The Ranch Malibu's in-house line of products is divine and was such a treat at the end of a long day.)

Whether you're setting out alone or with others, hiking provides a much-needed moment of Zen. With everything that's going on in the world, we all need to take time to cut out the noise and connect with ourselves. I encourage everyone to get out on the trails this summer, where social distancing comes with the territory, and reconnect with nature and its rhythms.

1. BACKPACK, CAMELBAK, \$60, CAMELBAK.COM. 2. ORANGE-FLAVOR AQUA+ PROBIOTICS, MORE LABS, \$36 (FOR SET OF 30), MORELABS.COM. 3. HOODIE, PANGAIA, \$150, THEPANGAIA.COM. 4. SHORTS, PERFECT MOMENT, \$120, PERFECTMOMENT.COM. 5. SNEAKER, HOKA ONE ONE, \$145, HOKAONEONE.COM. 6. ORANGE EUCALYPTUS PLANT BAR, \$28, SPEARMINT ROSEMARY PLANT BAR, \$28, BEE'S MILK FACIAL SCRUB, \$62, THE RANCH, THERANCHMALIBU.COM. 7. JACKET, 1 MONCLER JW ANDERSON, \$1,485, MONCLER.COM.

GARCIA: COURTESY OF THE SUBJECT; REMAINING IMAGES: COURTESY OF THE DESIGNERS.