

# THE RANCH

HUDSON VALLEY™

ENDURANCE • NUTRITION • WELLNESS





INTRODUCING

## *The Ranch Hudson Valley*

Experience The Ranch's award-winning, highly structured and results-oriented wellness program and retreat at its first East Coast property. Set on our historic, private lakefront estate that spans across 200 forested acres in the Lower Hudson Valley, less than an hour from New York City, The Ranch Hudson Valley immerses 25 guests in either a 3-night, 4-day (Monday – Thursday) or 4-night, 5-day (Thursday – Monday) group program. Each day features The Ranch's signature schedule of mountain hikes, strength training classes, restorative yoga, deep tissue massage and organic, plant-based meals.

The program is tailored to your ability and personal needs. It delivers noticeable changes to both mental and physical health while fostering human connection and creating meaningful and positive change in one's life.







Through the guidance of a talented and caring staff who educates and nurtures guests each week, The Ranch Hudson Valley's program options are designed to jumpstart a journey that can lead to an improvement in mental and physical health including fat loss, muscle gain, full body detoxification, mental clarity and an increased sense of self-confidence and empowerment.



In each program, the morning begins with stretch and breakfast before embarking on your choice of a two- or four-hour group hike. As in Malibu, hikes are done for time rather than distance and guests are treated to hundreds of miles of breathtaking trails steps from the property in the 4,000-acre Ringwood State Park, or a short drive to the 40,000-acre Harriman State Park. You'll explore dense forests, hike alongside streams, lakes, and waterfalls, and scale challenging peaks with trails featuring panoramic views of the Hudson River and the surrounding mountains and valleys.

*“Nothing less than life-changing. I’ve been to many 5-star luxury resorts that have been fabulous, but none have left me feeling the same way long after I’ve left, in the way The Ranch does so effectively.”*  
- A.M.



Each season also offers a unique opportunity to connect with nature's vibrant display, making every hike a visual delight. Brilliant greens and blossoming flowers fill the trails in Spring and Summer, while Autumn's stunning foliage provides spectacular views and has made this region a must-see destination each year. In the Winter, the trails and trees create a serene and scenic respite for a one-of-a-kind hiking experience.





Following lunch, guests enjoy naptime before the afternoon programming, which includes strength training, restorative yoga, and daily massage. Fitness, yoga, and meditation classes are held in The Ranch Gym, a 2,000-square-foot space that was once the estate's formal ballroom, and features original architectural elements including detailed wood paneling, a grand fireplace, and an intricate sculptured plaster ceiling. In the Spring and Summer months, guests can enjoy water activities including kayaking and stand-up paddle boarding. In the Winter, with fresh snowfall, there is an incredible sledding hill on-site, and we will also offer spin and additional water classes in our indoor heated pool during times of inclement weather.



To further enhance recovery, results, and mental clarity, guests can experience more unique health services and treatments, including colon hydrotherapy, IV therapy, Bod Pod body composition analysis, chiropractic treatments, infrared sauna, energy healing, acupuncture, physical therapy, a sound bath, and contrast hydrotherapy through a hot and cold plunge pool.

*“The amazing facilities, grounds and hiking are only the beginning of an incredible experience with the fantastic staff looking after your every need.”*

- G.C.



The active routine is complemented by a nutritionally dense, plant-based menu, created by our award-winning culinary team. Using an abundance of seasonal and organic ingredients, sourced from nearby local farms, dishes are artfully prepared, full of flavor and designed to cleanse and detoxify. To foster a greater sense of community, meals are enjoyed together in the estate's former sun room, which overlooks the rolling lawn, lake, and surrounding mountains. Mealtimes are also used as an opportunity to educate and discuss with guests the necessary tools for sustainably maintaining healthy habits long after their Ranch stay.



## COMPLETE SERENITY STEEPED IN HISTORY

Ideally situated along the border of Tuxedo Park and Sloatsburg, The Ranch Hudson Valley offers a respite amidst 200 forested acres less than an hour from New York City, Westchester, Fairfield and Bergen counties. Known as the Table Rock Estate, this 40,000+ square-foot manor was built in 1907 by JP Morgan for his daughter as a wedding gift when she married the great grandson of Alexander Hamilton.



Working with renowned interior designer Steven Gambrel, Founder and Principal of S.R. Gambrel and his accomplished team, great care was taken to preserve and highlight the property's extraordinary architectural features while maintaining a warm and inviting feeling. Interiors are timeless yet approachable with a neutral palette and natural textures that complement the detailed stonework, rich woods, expansive fireplaces and incredible carved plaster ceilings.

Throughout their stay, guests can immerse themselves in the picturesque views of the on-site lake and gardens, both from the elegant dining room and the 5,000-square-foot Solarium with an indoor heated pool, hot and cold plunge, and an infrared sauna. In addition, the property includes a great room, game room, multiple sitting areas, treatment rooms, and a spacious gym.



Staying in one of 25 beautifully appointed private rooms, guests have four options from which to choose, along with double occupancy rooms with two queen beds or one king bed. Accommodations feature unique layouts and interiors while maintaining a warm and inviting atmosphere through a subtle color palette. Each has the feel of staying in a luxurious guest room, blending custom upholstered and antique furnishings and featuring lake, landscaped courtyard, mountain, and trail views





## THE DETAILS

The Ranch Hudson Valley offers a 3-night, 4-day experience (Monday – Thursday) and a 4-night, 5-day experience (Thursday – Monday). Each program is available annually and includes daily guided hikes, fitness and exercise classes, daily massages, accommodations, all meals, spa access, and some evening elective nutrition talks.



## A DAY AT THE RANCH HUDSON VALLEY

### Morning Programming

- Gentle guest wake-up
- Morning stretch
- Breakfast
- Choice of 2- or 4-hour mountain hikes
- Lunch

### Afternoon Programming

- Naptime
- Strength and core training
- Massages and restorative yoga
- Dinner
- Bedtime



*\*Cancellation Policy: All reservations require a \$2,000.00 deposit. The remaining balance, including a 16% service charge, which includes all taxes, will be billed to the credit card on file 40 days prior to your arrival. In the event of a cancellation within 40 days of your visit, and if we are able to fill your reservation, we will happily move you to a later date. A 10% cancellation fee will be charged to all refunded payments. Any credit on file will expire if not used within 18 months of the original stay date. It is highly recommended that guests purchase travel insurance so you are protected should you need to cancel your stay.*

For more information or to make a reservation please contact [guestrelations@theranchlife.com](mailto:guestrelations@theranchlife.com)

To learn more about The Ranch visit [www.theranchlife.com](http://www.theranchlife.com)

## ACCOMMODATION OPTIONS

### PETITE DELUXE

Our **Petite Deluxe Rooms** offer guests a charming space for their time with us. With a lovely courtyard view, queen bed, and bathroom featuring a shower, these rooms provide a peaceful retreat following the active day.



- 270 – 290 Square Feet
- Queen Bed
- Courtyard View
- Shower
- 2nd and 3rd Floor

### DELUXE ROOMS

Our **Deluxe Rooms** are a bit more spacious with king or queen beds, some offer both a shower and separate bathtub and all feature views of the courtyard or trail. For those desiring separate beds, accommodations feature two queen beds and beautiful views of the lake and surrounding grounds.



- 270 – 415 Square Feet
- Queen or King Bed
- Courtyard or Trail View
- Shower or Shower & Separate Bathtub
- 2nd or 3rd Floor

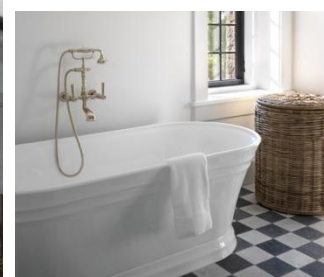


- 400 – 560 Square Feet
- 2 Queen Beds or 1 Shared King
- Lake or Courtyard View
- Shower or Shower & Separate Bathtub
- 2nd or 3rd Floor

## ACCOMMODATION OPTIONS

### JUNIOR SUITES

Guests staying in our Junior Suites will enjoy rooms with a seating area and lake or courtyard views with some offering a double vanity and separate bathtub. All single occupancy rooms feature king beds, while those guests sharing a room with two beds will be treated to a light-filled respite with queen beds and a bathroom with a separate bathtub.



- 455 – 635 Square Feet
- King Bed
- Lake or Courtyard View
- Shower or Shower & Separate Bathtub
- Single or Double Vanity
- 2nd or 3rd Floor

- 385 - 635 Square Feet
- 2 Queen Beds or 1 Shared King
- Lake or Courtyard View
- Shower & Separate Bathtub
- Single or Double Vanity
- 2nd Floor



## ACCOMMODATION OPTIONS

### PREMIER JUNIOR SUITE - MORGAN

Our Morgan Premier Junior Suite is abundant with natural light. Perched on the second floor, this room offers breathtaking views of our lake and surrounding mountains. The spacious bathroom features a double vanity and a separate bathtub and shower. There is also a sitting room just outside.



- 650 Square Feet
- King Bed
- Lake and Mountain Views with an Abundance of Natural Light

- Double Vanity
- Shower & Separate Bathtub
- Sitting Area Adjacent to Room
- 2nd Floor



## ACCOMMODATION OPTIONS

### PREMIER JUNIOR SUITE - HAMILTON

This suite is private and secluded, situated on the first floor with the option of a separate entrance to and from the estate. The room is uniquely designed, honoring the historic details of the building, and features the original wood paneling for a warm and inviting feel. A walk-in closet/dressing room and a spacious bathroom includes a double vanity and a separate bathtub and shower.



- 750 Square Feet
- King Bed
- Front Courtyard and Lawn Views
- Double Vanity

- Shower & Separate Bathtub
- Walk-In Closet/Dressing Room
- Completely Private with its Own Exclusive Entrance
- 1st Floor



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For more information or to make a reservation please contact [guestrelations@theranchlife.com](mailto:guestrelations@theranchlife.com)  
To learn more about The Ranch visit [www.theranchlife.com](http://www.theranchlife.com)