



PRESS RELEASE

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RANCHO LA PUERTA CELEBRATES FOURTH-ANNUAL FAMILY WEEK AUGUST 1-8, 2015

Families enjoy an educational, active and unforgettable family vacation at the Ranch

TECATE, Mexico (March 2, 2015) – This summer, families seeking a unique and memorable vacation can escape to Rancho La Puerta, a world-renowned, destination fitness resort and spa, for its fourth-annual Family Week, “Camp Kuchumaa.” Family Week, August 1-8, offers the perfect blend of activities, fitness, education and relaxation. Children will thrive, parents will unwind and families will enjoy quality time together.

“Our guests have shared that they would love to enjoy the Rancho La Puerta experience with their families,” said Chief Executive, Roberto Arjona. “It was natural to take that experience to the next level and create a special week-long summer retreat that the whole family can enjoy. As we welcome our fourth year of the special Family Week, the Ranch is happy to provide an active and inspirational vacation setting that truly has something for everyone.”

During the seven-day stay, families can take part in a vast array of events and outdoor recreation ran by Rancho La Puerta’s expert staff and a line-up of acclaimed artists, musicians, photographers and teachers with specialties that include:

- Hiking and bird watching among the Ranch’s 3,000 acres of mountains, forests and meadows
- Painting, drawing and sculpting
- Harvesting fresh ingredients from the six-acre garden and cooking classes at La Cocina Que Canta
- Music classes that include drumming, dancing, family concerts and family sing-alongs
- Family fitness classes, and outdoor recreation including volleyball, swimming, yoga and tennis
- Story telling, Spanish classes, photography workshops, martial arts and more

In addition to specially scheduled Family Week programming, guests can take advantage of Rancho La Puerta’s fitness and wellness offerings with more than 70 classes, as well as spa treatments and therapies by the destination spa’s renowned therapists.

“Parents can take part in the Family Week programming, or leave it to the kids to explore at their own pace while they use the Ranch’s world-class facilities. Either way, families will thrive as a unit and create memories that will last a lifetime,” Arjona said.

“Camp Kuchumaa,” the fourth-annual Family Week at Rancho La Puerta, includes accommodations, three daily meals, the activities listed above and more. Weekly rates are \$3,250 per adult, \$1,250 per child ages 14 to 17, and \$850 per child ages 7 to 13. Family Week is open to children ages 7-17. For more information, visit www.rancholapuerta.com/familyweek or call 800-443-7565.

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About Rancho La Puerta:

The first true fitness resort and spa in North America, Rancho La Puerta, welcomes guests to its 3,000 private acres of gardens, mountains and meadows with an approach to wellness that strikes a true mind, body and spirit balance. Facilities and amenities include cottage-style casitas, fitness classes, spa, dining, outdoor recreation and more, all available for exclusive use during three, four or seven day stays. Guests enjoy inclusive rates that cover accommodations, fitness classes, semi-vegetarian, gourmet meals, activities and special presentations. Spa treatments, personal training sessions and cooking classes at the ranch's La Cocina Que Canta cooking school are available à la carte throughout the course of a stay.

Situated at the juncture of the Laguna and Sierra Juarez mountain ranges, Rancho La Puerta is located three miles from the Tecate Baja California/Mexican border and within an hour and a half drive of downtown San Diego. Rates are available [here](#).