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EARLY SPRING 2019

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Inside

THE DEFINITIVE GUIDE TO 2019
CHARITY EVENTS ON THE PLATEAU
A DAY IN A LIFE AT HOME WITH
SMART TECHNOLOGY
RANCHO LA PUERTA, A PLACE TO
RECENTER AND REJUVENATE





RANCHO LA PUERTA

An enchanting
place to rejuvenate,
refresh, and renew

*Words: Shauna L. Nosler
All photos courtesy of Rancho La Puerta*

RANCHO LA PUERTA IS A MAGICAL PLACE WHERE PEOPLE ESCAPE FROM THE MUNDANE TO REVIVE THEIR SOULS AND GAIN A FRESH OUTLOOK ON LIFE.

Year after year, the Ranch is voted a top spa destination by both *Condé Nast Traveler* and *Travel and Leisure* magazines. As for what sets the Ranch apart from other spas and resorts, it's difficult to narrow down just one thing ... as it is, according to one guest, "something that must be experienced to be explained."

"We provide the true luxury of time and space," says founder Deborah Szekely, "that which is most lacking in today's life, what will be 'the longer-living, younger life.'" This unique element at the Ranch, along with its unparalleled staff, vast amenities and healing environment, is what keeps the Ranch's guests coming back.

Often touted as the original "fitness resort" and spa, the fitness program is truly unmatched. Presided over by a staff of more than 20 full-time instructors in-residence, the daily offerings include everything from pilates, cardio-cycling, volleyball, weight training, and most of the expected fitness classes, as well as guided hikes, Feldenkrais, Qi Gong, NIA (Neuromuscular Integrative Action), meditation, and many more. Additionally, the Ranch offers world-re-

nowned cuisine prepared from organic gardens, sublime spa treatments, and plenty of opportunities to recharge your mind and spirit.

The Philosophy

Family-owned and operated, the Ranch has provided guests with unparalleled luxury amidst a natural, environmentally-sound setting for nearly 80 years. Founders Edmond and Deborah Szekely started the place paid \$17.50 to pitch a tent and bathe in the year-round near-perfect climate while learning to live a more holistic life—all without any electricity or running water. And nowadays, as it was from their opening day in June 1940, guest comfort is the staff's first priority, and they continue to ensure that while taking care of individual needs, it's done so in a safe, eco-friendly manner that reduces the spa's environmental impact.

But the approach to sustainability at the Ranch goes further than the basics, such as simply using refillable water bottles or chemical-free cleaners, as they've incorporated technology and installed composting



*Plan on a digital detox while staying at the Ranch
as WiFi is only accessible in a few select areas.*

TRAVEL

toilets among other things.

The Ranch's motto, *siempre mejor*, means "always better," and Deborah Szekely believes it also means "always changing," a philosophy the Ranch reflects from the ground up.

The Program

Typically, guests come to the Ranch for a Saturday to Saturday stay, but shorter stays are available. Throughout the year, there are specialty-themed weeks like family week, chamber music week, detox and cleansing week, yoga week, and more, including educational workshops and executive wellness programs. During the week, there can be up to five different classes at one hour, so there's truly something for everyone, all day long, and many are sequential in developing a student's expertise, assuring guests become stronger and more skilled in several disciplines by the end of the week. A typical day could include:

6 a.m. Meet in the main lounge for one of many hikes which can range from two to seven miles, then head to the dining hall for breakfast.

9 a.m. to noon Take a class or two or three: pilates, tennis, H₂O, yarn painting, volleyball, sound healing, postural therapy, or TRX before stopping for lunch.

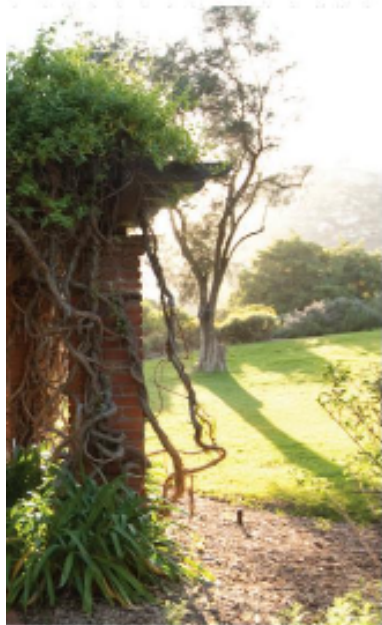
1 p.m. to 5 p.m. Take a few more classes—perhaps one on cooking, meditation, drumming, or join a scheduled discussion on mastering your metabolism, brush up on your Spanish skills, or maybe lay by the pool and nap.

5:30 p.m. Enjoy dinner and conversations with fellow Ranchers, then, if you're not too tired, watch a movie, learn the art of self-hypnotic techniques, or relax in one of the many lounges with a book.

The Grounds

Nestled under the watchful eye of Mt. Kuchumma, Rancho La Puerta offers 4,000 acres of peaceful tranquility, including hiking trails, an organic farm, 32 acres of gardens, several pools, an exquisite spa, state-of-the-art fitness facilities, a salon, dining hall, an intimate library and more. Throughout the Ranch, you'll find colorful Mexican folk art along with sculptures, paintings, and outdoor areas designed for rest and personal reflection. Take at least one of the morning hikes as the sunrise is unlike anything you have ever seen. Some are more advanced than others, but the





TIP: It's okay to take a day off or a partial day off from activities to enjoy the comforts of your casita, the spa, or the beautiful scenery. And be flexible and open to new experiences. There's so much to explore here that you're sure to learn something new so long as you stay receptive.

TRAVEL



NOT TO MISS: The lunchtime salsa bar and fresh tuna. Note, the Ranch is dedicated to making sure each guest's dietary needs are met. If you have a request, just ask. They are more than happy to accommodate.

Ranch has guides for those who want to fly up the mountainside as well as for those who want to take a more laid back, leisurely stroll. Be sure to pack some warmer clothes you can layer as mornings can prove chilly.

The Food

Meal times at the ranch are community centered and designed to bring people together. Breakfast and lunch are buffet-style and offered during a generous window of time so you can come and go as you please. A sit-down dinner is served at a set time each night and guests are encouraged to meet new people by joining different tables. The cuisine is semi-vegetarian, featuring an abundance of organic fruits and vegetables. Additionally, the freshest-of-the-fresh seafood from the port of Ensenada, Baja California, is brought in daily, allowing Ranch chefs to prepare spectacular seafood dishes five times a week. Many recipe ingredients come fresh-picked, only-hours-old from the Tres Estrellas organic garden, a six-acre working farm located north of the main Ranch area. •