

THAT'S CHELSEA

RANCHO LA PUERTA

TRAVEL · JUL 29, 2019 · 0 COMMENTS

Are you looking for a travel destination where you can detox from the stresses of life while maintaining your fitness goals? If so, look no further than [Rancho La Puerta](#), an inclusive holistic wellness resort located in Tecate, Mexico, just about an hour south of San Diego, California.

Although this resort is nestled just a few miles south of the U.S. border, you still need a passport to enter Mexico. Additionally, if you plan to stay more than 5 days at Rancho La Puerta, you will be required to purchase a travel visa. If taking shuttle service from San Diego Airport to Rancho La Puerta, you can purchase your visa on the bus. The travel visa is \$32 per person. Cash only!

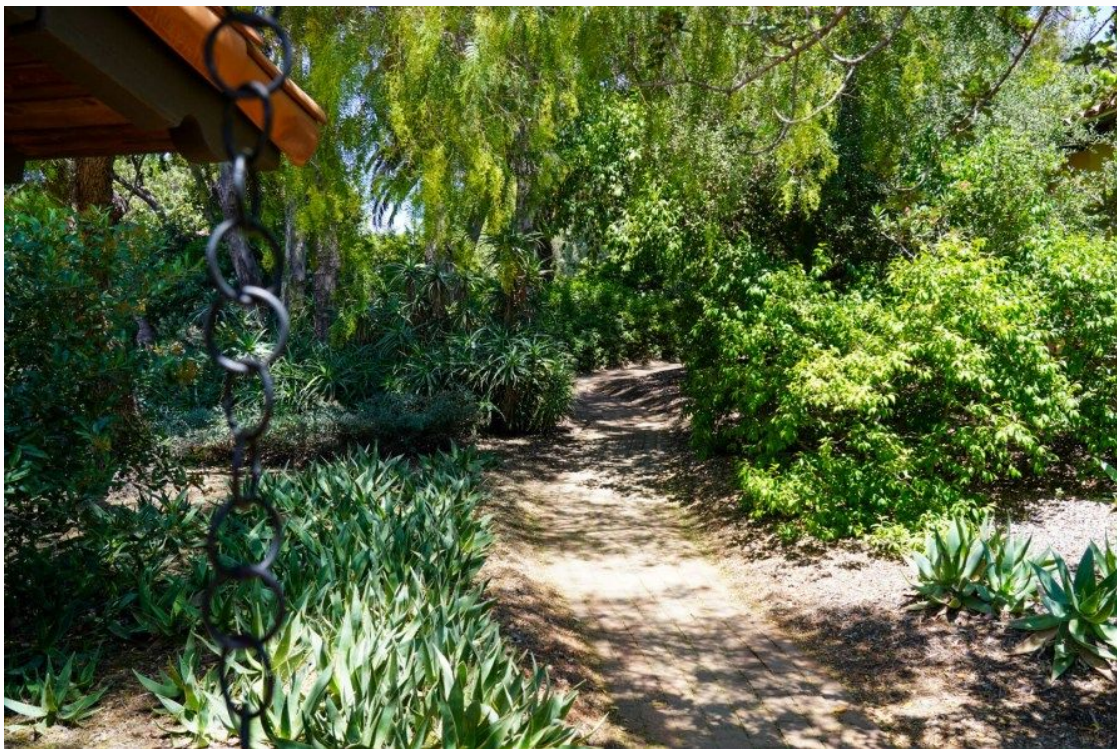
Accommodations

Rancho La Puerta is a “digital noise-free environment.” There is no wifi access in the villas. If you wish to use the internet, you can do so in the main lounge or other designated areas on the property. The purpose of this is to help guests detox from their day-to-day lives at home. Below are a few photos of my villa.





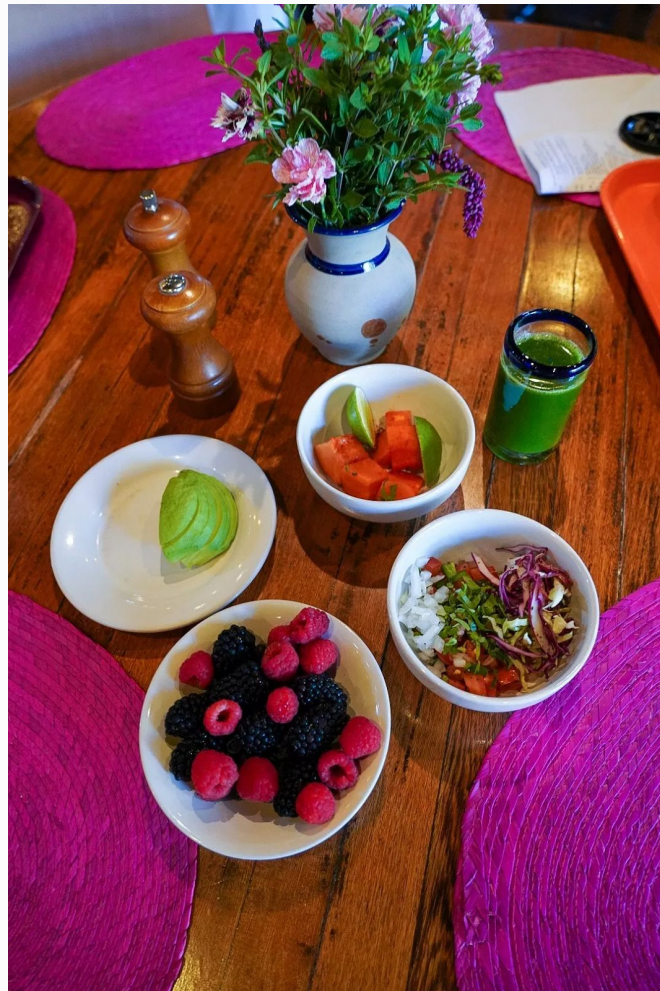




Dining

Rancho La Puerta is a plant forward property. No meat is served. Only fish, dairy, and vegan options are available. Wine is available for purchase at Bazar Del Sol. Breakfast and lunch are buffet style. This allows you the opportunity to customize your selections, and also get to know your fellow guests at the Ranch.

If you have a dietary restriction notify the dining room supervisor upon your arrival. You will be provided with a form to enter your name, room number, and special requests for the week. At dinner, you will be provided with a personalized flag with your name and requirements to place at your table so staff can serve you accordingly. You can also complete this form online prior to arrival.







Recommended Activities

Organic Garden Breakfast Hike

Take a moderate 4 mile hike (2 miles each way) to Tres Estrellas six-acre organic farm. There is also an option to take a shuttle. Here, you will receive a farm-to-table style breakfast buffet, and garden tour with Salvador, who is beyond passionate and knowledgeable about gardening. Be sure to bring your camera to capture the cascading views of [Mt. Kuchumaa](#).









Hands-on Cooking Class at La Cocina Que Canta

Located in the heart of Tres Estrellas farm, La Cocina Que Canta (“The Kitchen That Sings!”), participate in a 3-hour, instructor led cooking class using farm-to-table ingredients. Transportation is provided to and from class.







Tierra Alegre

Grab a fresh pressed juice, smoothie, or superfood snack from the juice bar. I ordered the “aloe vera” – lemon, apple, cucumber, fennel, aloe, and coconut. You can also opt for a juice cleanse if you want to keep it light during your trip.



Other Activities Not Captured on Camera

Dance, stretch, and striptease classes with Manuel – He seriously made these classes so fun! I couldn't stop laughing the entire duration of the workout. If you feel uncomfortable participating in group fitness classes, one on one private training sessions are available for an additional charge in all fitness activities and classes offered on the schedule.

Pilates – Whether you select to participate on the reformer or mat, these classes were challenging! I was sore in places that I didn't even know could be sore!

90-minute Head-to-Toe Relaxing Massage – A scented massage oil warmed from its candle, is used to gently massage your body with long nourishing strokes from scalp to toes.

Sustainability

Rancho La Puerta embraces the community of Tecate through [Fundación La Puerta](#). Fundación La Puerta has actively supported environmental, social and educational projects in the Tecate and border area, including the preservation of endangered native plant and wildlife habitat within this region. In recent

years, their programs have touched over 60,000 annually, particularly at Parque del Professor (a Tecate city park built by Fundación La Puerta) and the Environmental Education Center, Las Piedras.

What I Wish I Packed

1. The grounds are STUNNING! You can never bring enough clothes for mini photoshoots or products for staging.
2. More cash for tips (there are tip suggestions/guidelines on Rancho La Puerta's website.) The service was impeccable and in some cases the staff truly deserved more than the suggested amount.
3. Additional footwear that I was not wedded to.
4. Hair ties, headwraps, and extra sun protection.

Wow, thanks for reading this far! Here's a special gift!

If you mention my name: Chelsea Williams or That's Chelsea, at the time of booking, you will receive a \$250 credit on a 7+ night stay and a \$100 credit on stays less than 7-nights. I hope you enjoy the property as much as I did!

Have you ever been to Rancho La Puerta? If so, what was your experience like?

♥ Chelsea