THE ULTIMATE PADDLE GUIDE
EVERYTHING YOU NEED TO KNOW TO FIND YOUR WINNING PICK

PLUS
ASK A PRO
OUR COACH ANSWERS YOUR PRESSING PICKLEBALL QUESTIONS

RECHARGE
POSTGAME STRATEGIES TO BECOME A STRONGER PLAYER

NEWS + NOTES
PEOPLE, PLACES, AND PRODUCTS THAT ELEVATE YOUR GAME
RANCHO LA PUERTA
TECATE, MEXICO

HAPPINESS, WELL-BEING, and community are the top priorities at Rancho La Puerta, a 4,000-acre retreat dating back to 1940. When you’re surrounded by exotic gardens, imposing mountains, and rolling countryside, eating organic food from the 6-acre farm, and attending an array of unique classes, those goals are easy to meet. Adding to all of that is a huge hit of fun in the form of pickleball. “Our 100-year-old cofounder, Deborah Szekely, says: ‘Movement is life. Stop moving and you stop living.’ Pickleball is a fun way for our guests to meet one another, have some friendly competition, and move,” says Barry Shingle, the ranch’s director of guest relations and programming.

ABOUT THE PICKLEBALL
The ranch has six lighted courts and offers pickleball classes for all levels. Coming up: specialty pickleball weeks in which pros like Nancy Meyer and Kim Evans lead classes. “Since we introduced the game to our guests, pickleball has increased in popularity almost threefold,” says ranch pickleball instructor Marcos Landavazo.

WELLNESS MEETS PARADISE
Packages include weeklong visits that give guests time to fully experience all the activities (like cooking classes at the organic farm) and form a community of new friends. There are multiple pools, spa treatments, and morning hikes on the 40 miles of trails that wind around Mount Kuchamaa, recognized as a national historic site. Movement, views, peace of mind, and pickleball—that’s the meaning of a true getaway.

—ISABEL BURTON