

TOWN&COUNTRY

20 Wellness Retreats To Reset Your Body And Mind

Hand-picked global destinations to put a pep in your physical and emotional step.

by MICAELA ENGLISH and LEENA KIM FEB 25, 2020

12. HIKING & BIKING IN UPSTATE NEW YORK



VALLEY ROCK INN IN SLOATSBURG, NEW YORK

When: Year-Round

Where: **Valley Rock Inn & Mountain Club**, Sloatsburg, NY

What: Created by 1st Dibs founder Michael Bruno, this charming, 17-room hotel just an hour north of Manhattan has an intensive Mountain Club Boot Camp series perfect for both NYC daytrippers and long weekenders. The activities—most notably hiking, kayaking, and biking (bikes provided), all of which are done in one day—take advantage of the 70,000 acres of trails, lakes, and parkland that surround the hotel. The property itself focuses on fitness and nutrition too, with a 7,000 square-foot gym, a 75-foot-long pool, and an organic market and restaurants that source produce from their farms in the Hudson Valley.

Price: The boot camp costs \$500 per person, or \$400 for overnight guests. Hotel rooms start at \$495 a night. Book [here](#).