



Four-to-five hour group hikes at the Ranch at Live Oak Malibu take place every morning.
Photo: Courtesy of The Ranch at Live Oak Malibu.

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View

Tough Luxe

High-end boot camp awaits at Malibu's Ranch at Live Oak

by Ann Abel - 10.24.2012

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ATHLETE

First things first: This isn't a spa. Your butt will be kicked. Hard.

Surmounting the challenge is part of the appeal at this high-end boot camp in the hills above Malibu. Nothing is optional. You will stay a full week. You will adhere to the spartan diet (no meat, wheat, dairy, caffeine, sugar, alcohol, or processed anything). You will complete the daily 12-mile (give or take) hike and three hours of fitness classes that follow it. You will get out of bed at 5:30 a.m., which is when the instructors wake you for yoga.

The program is very similar to that of the Ashram, the famously rigorous celeb-magnet that's been going for ages. The difference is that at the Ranch, which opened about two years ago, the trappings are much nicer—private rooms with lavish bathrooms, genuinely delicious and artfully presented food (what precious little there is)—and the rates (\$5,600 a week per person) reflect that.

So does the roster of attendees, who include CEOs and successful entrepreneurs. One guest during my stay was a Chicago commodities trader who had spent weeks training on a treadmill so he could outpace the rest of us on the hikes.

At week's end you feel great: the detox diet works wonders and you'll be proud of yourself for having made it. The weight-loss results are substantial. A female co-rancher lost 10 pounds. I lost less, but it was a significant percent of my body weight (and my butt got higher). I had to buy new pants—and 18 months later I'm still wearing them.

For more information, visit theranchmalibu.com.