

how to spend it

A Californian-style high-altitude health kick at the Rosa Alpina hotel

Head for the hills as The Ranch Malibu pops up in the Italian Dolomites



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WHERE TO FIND



Coastal **California** comes to the **Rosa Alpina hotel** in the heart of the **Italian Dolomites** from August 25 to October 5, when guests are invited to partake in **hiking-focused wellness** programmes courtesy of cult-spa favourite The Ranch Malibu. The **pop-up** will host six week-long wellness events (priced from \$8,700 per person for six nights/seven days, including return transfers to **Venice Marco Polo Airport**), with each session limited to just 22 participants to ensure a personalised experience.



The hotel is set in the striking Italian Dolomites

Rosa Alpina, located in the village of San Cassiano, within a Unesco World Heritage Site, sets the scene for a week of rugged mountain hikes and locally sourced, plant-based **cuisine**. Guests will start the day with a vigorous trek – taking in wildflower meadows and scenic lakes – followed by lunch, which will include healthy versions of Italian classics such as spinach and courgette lasagna with homemade macadamia nut ricotta; cauliflower crust pizzas; and polenta served with a hearty mushroom ragù.



The Ranch Malibu pop-up will hold six hiking-focused week-long wellness programmes |
Image: Randy Jay Braun



The package is priced from \$8,700 per person, including six nights at the hotel

The afternoon events will focus on strength training, **yoga**, **meditation** and **massages** in the hotel's spa. In addition, there will be a variety of activities to enjoy, including **cooking** demonstrations and nutritional talks designed to inform participants and enable them to maintain a healthy lifestyle once they have returned home.