

MOUNTAIN *town* MAGAZINE



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Travel, Wellness, Culinary Treats & More

Find Wellness In Ranch Life

C LAZY U RANCH HOSTS OFF-SEASON WELLNESS WEEKEND INCLUDING FOOD PREPARATION CLASSES, STRESS MANAGEMENT, WORKOUTS AND TRAIL RIDING

by Shauna Farnell

Anyone who ambles into the wilderness atop a trustworthy steed can attest to the wellness benefits of this activity alone. Paired with an entire weekend of nutritious meals, cooking tips, workouts, yoga and soaking up the peace of ranch life, there's no question that your health – both physical and mental – will take an upturn.

Katie Hardie (Hardie Peak Performance) heads up cooking and food preparation classes, workouts, stress and recovery seminars during the wellness retreats, which take place at C Lazy U Ranch in Grand County every spring and fall.

Meanwhile, guests have access to all the ranch has to offer at an off-season rate, including trail rides, gourmet meals served family style in the ranch restaurant, yoga, archery, ax-throwing, hot-tubbing, cold-plunging and the relaxing ambiance of a weekend on the range in cozy individual cabins with wood-burning fireplace.

Hardie's food preparation classes include useful tips for seasoning (hold shaker high for maximum distribution), knife use (always keep the tip on the cutting board, push away and down when cutting) and heating techniques (who knew that seafood should always be cooked at medium high)? All lessons are accompanied by wine and hands-on opportunities for practice.

On guided trail rides, visitors and their horses head off to explore the ranch's sprawling, 8,500-acre property. You'll wander up and down hillsides, through tunnels of trees and splash through rivers and creeks. Every morning and afternoon, the dozens of horses galloping to and from the stable from their pastures in a swarm of flying hooves and manes is a sight to behold.

By the end of the weekend, you'll map out a personal plan to continue working on wellness, whether that entails making more time for yoga or weight-lifting, setting a firm sleep and wake schedule, walking more often or simply working on mindful breathing.

"It's important to ask yourself what wellness rituals you can incorporate into your routine," Hardie says. "And it's not just about getting your heartrate up. Restorative time makes us more productive and efficient."

C Lazy U Ranch's next Wellness weekend is set for Nov. 7 – 10.

