

# CANYON RANCH.

## FIVE WAYS TO ENJOY FALL IN THE BERKSHIRES BY CANYON RANCH IN LENOX OUTDOOR SPORTS TEAM

Not everyone agrees on the “best” season of the year, but if you’re in New England during the fall, it’s hard to argue that it isn’t magical. Add the wondrous Berkshire Mountains to the magnificent autumn colors, and you have spectacular views and the perfect setting for hiking, biking and canoeing. Join Canyon Ranch Lenox’s expert Outdoor Sports guides as they trek through the local foliage, and so much more.



### 1. **Canoe and Kayak**

Paddling around Goose Pond or gliding down the Housatonic River, you are surrounded by the changing leaves as they reach up the hillsides and reflect in the water.



### 2. **Hike the Appalachian Trail**

The famous 2175 mile Appalachian Trail crosses over 90 miles of the Berkshire Mountains in western Massachusetts. With the guidance of experienced hikers, you can enjoy the ascent of one of these peaks to absorb the breathtaking views at the summit.



### 3. **Enjoy the Harvest**

Fall = harvest and food! Canyon Ranch sources much of its food from more than 15 local farms to offer a true farm-to-table approach to their culinary offerings. Some of the best food comes in during the fall.



### 4. **Bike the Ashuwillticook Rail Trail**

Running 11 miles along the Cheshire Reservoir and the Hoosic River, this old railroad track offers some of the most spectacular views year-round.



### 5. **Visit Local Cottages**

The Berkshires became a hotspot for the wealthy to build their summer “cottages” in the late 1800s, known as the Gilded Age. Many of these homes are registered historic sites and are open to the public for tours. The summer gardens and fountains can be spectacular, but the autumn views are equally as stunning from the grounds of these legendary homes.

What a time to visit Canyon Ranch Lenox! After you enjoy all the autumn season has to offer outdoors, come indoors to nourish yourself with a Hands-On Cooking Class, a relaxing Ritual Treatment, an inspiring Spiritual Wellness workshop, or just sit by the fireplace with some apple cider and a good book. Whatever your mind, body and soul need can be found here.

### **About Canyon Ranch®**

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Ariz. and Lenox, Mass. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.