

CANYON RANCH.

ESCAPE TO THE BERKSHIRE HILLS: TOP 4 HIKES IN THE BERKSHIRES AS RATED BY CANYON RANCH OUTDOOR SPORTS GUIDES

May 2018 – Each Summer, hiking adventurers flock to the Berkshires to climb and explore the hills and mountains that make the Berkshires unique. At Canyon Ranch, we offer a fun and nurturing environment to explore the hundreds of hiking trails available. From beginner to advanced, there's a trail for everyone. Our skilled Outdoor Sports guides will lead you to beautiful vistas and teach you about local flora and fauna. Check out these four hikes they say you shouldn't miss on your next visit to Lenox!



North Adams to Mt. Greylock Summit

This stretch of the Appalachian Trail features a challenging steep ascent up the north side of Mount Prospect with a stunning view looking northwest. After another moderate climb east to Mount Williams and a lovely vista looking northeast, the trail continues south along the ridgeline, through Boreal forest to the highest elevation in Massachusetts, the Summit of Mount Greylock.



Dalton to Washington Mountain Road

Beginning just south of the town of Dalton, this trail climbs steadily up Mount Day and past the Kay Woods Shelter, where thru-hikers may spend the night during their long trek north. Passing through mixed conifer and deciduous forest, the path winds gradually up toward Warner Hill, with a unique view of Mount Greylock. Continuing south, rolling through more pine forests, past an expansive beaver dam, the trail empties out onto the crossroad of Washington Mountain.



Shay's Rebellion Monument to Guilder Pond

The historical monument from Shay's Rebellion marks the trailhead for this section of the Appalachian Trail, which meanders past several very large, old oak trees and gently through mixed forests and fields before approaching Jug End. Here, the path becomes rocky and quite steep, switch-backing up the side of the ridge to a truly spectacular view looking north. From that point, the trail continues up a challenging series of rock shelves and winds along the spine of the ridge until, passing by two rustic campsites, it ends at Guilder Pond in Mount Everett State Reservation.



Guilder Pond to Sage's Ravine

From Guilder Pond picnic area, the trail ascends steeply up to the summit of Mount Everett, the highest mountain in southern Berkshire County. Descending the south side of Everett, this trail then passes through a saddle and up to the top of Mount Race, where hikers enjoy a 360 degree view of the surrounding hills and mountains. From Mount Race, the trail descends gradually down into Sage's Ravine, a unique and beautiful scenic feature straddling the border between Massachusetts and Connecticut. Once in Connecticut, there is just a short steep climb out of the Ravine past Bear Mountain and back to the trailhead.

Join us at Canyon Ranch in Lenox and seek new ways to escape with the above hikes this June & August during our unique Featured Event: Hike the Appalachian Trail

June 21-24, 2018 and August 23 - 26, 2018 - Join us for exhilarating treks along the celebrated Appalachian Trail through the Berkshires. Expert Ranch guides will lead daily hikes of 6 to 10 miles through this renowned natural area.

About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle and real estate living for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise ships: Cunard Cruise Line, Oceania® Cruises, 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, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.

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