



Treat Yourself to a Day of Wellness and Relaxation With Rancho La Puerta

Rancho La Puerta, North America's original fitness resort and spa, brings back the beloved one-day experience of spending Saturdays at The Ranch!



Experience Wellness and Rejuvenation With Saturdays at The Ranch

Whether you're looking for a solo wellness escape or to reconnect with your loved ones, Saturday at The Ranch offers a taste of the unique reawakening and spiritual mental escape experienced at the iconic wellness resort.

Located just one hour south of **San Diego** in Tecate, Mexico, Rancho La Puerta invites local residents to embark on a luxurious one-day retreat with its Saturday at the Ranch program, promising a day of relaxation, wellness, and self-care, including:

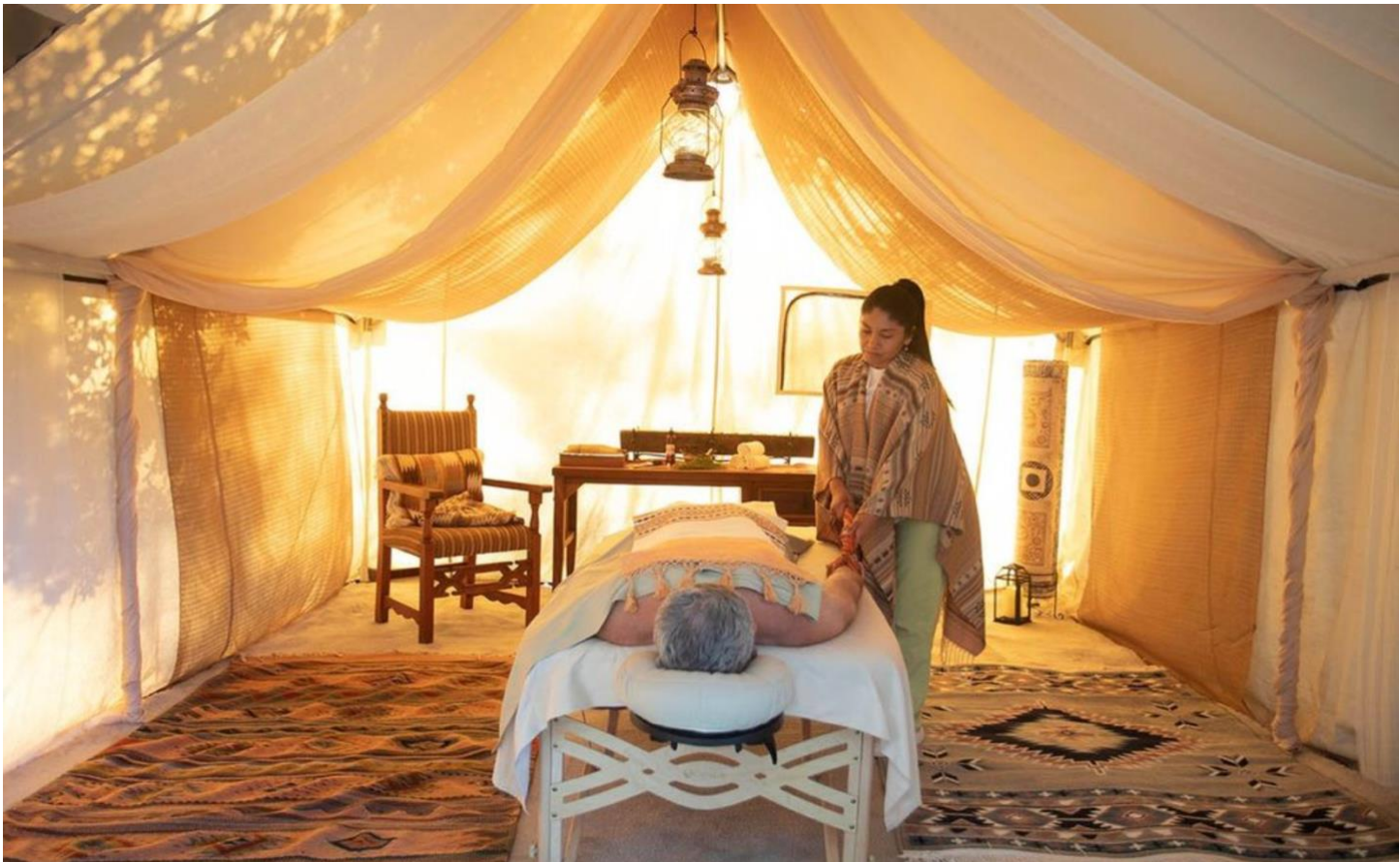
- **Complimentary Transportation:** Enjoy round-trip transportation from San Diego to the picturesque Rancho La Puerta.



- **Exploring the Grounds:** A guided tour of the Rancho La Puerta grounds and facilities, allowing you to immerse yourself in the tranquil surroundings.



- **Culinary Delights:** A cooking demonstration and interactive tasting at La Cocina Que Canta, the resort's renowned culinary center situated on a six-acre farm.



- **Fitness and Spa:** Choose from a variety of fitness classes, followed by a Mediterranean-style lunch at the Ranch. You'll also receive a complimentary 50-minute luxurious massage for ultimate relaxation.



- **Nature Immersion:** A nature hike through a portion of Rancho La Puerta's expansive 3,000-acre nature preserve, offering breathtaking views and a connection with nature.

See you there!

This exclusive Saturdays at the Ranch retreat provides an unparalleled opportunity to reset and recharge, immersing yourself in a day of well-being and serenity.

Upcoming dates for Saturday at the Ranch include March 9, April 13, May 11, and June 15, 2024. Make your reservations [here](#).

Rancho La Puerta is located at Carretera Mexicali-Tijuana K.M, 136.5, Rancho la Puerta, 21520 Tecate, B.C., Mexico. Visit the website [here](#) for more info.

See you there!