



Did You Know There's a Boutique Fitness Resort Just an Hour North of NYC?

Valley Rock Inn and Mountain Club is like boot camp, but bougier



An overhead view of the Valley Rock Inn & Mountain Club

VALLEY ROCK INN & MOUNTAIN CLUB

BY SHARI GAB / AUGUST 27, 2019 9:50 AM

We're not above paying \$250+ for a gym membership. We're not above quiet, woody weekends Upstate. So why not let those worlds collide?

Enter the [Valley Rock Inn & Mountain Club](#), a fitness-focused resort from 1stdibs founder Michael Bruno that opened late last year just around the corner from Tuxedo State Park in Sloatsburg, New York. Valley Rock caters to folks who want to combine a few days of killer

workouts (think guided bike rides, hikes and studio classes) with nice meals and high thread-count sheets.

Here's what to expect over a weekend (which is your only option; Valley Rock's only open from Friday-Monday) spent at the property.



(Instagram/@valleyrockinn)

THE STAY

You're heading just an hour and some change out of NYC (traffic contingent) to 70,000 acres of protected Hudson Valley parkland entwined in trails and lakes every which way you look. Check thyself into a guesthouse (two-night minimum) and get situated in an elevated 1800s-meets-Restoration Hardware type of evening with all the rustic vibes and Frette linens a heart could desire. Guests have their pick of four renovated, country-style guest houses that offer anywhere from 3-5 private bedrooms; there are 17 rooms in total. And fret not: while it's a wellness retreat, there are still 60" TVs aplenty.

THE DEAL

If you're not into an active lifestyle, look elsewhere. This is a destination meant for "intermediate+ fitness gurus." Bring the sneaks and sunscreen, because you're embarking on guided hikes, runs, bike rides, paddles and yoga classes with high-echelon instructors and guides. They also offer brand new "[weekend boot camps](#)" that combine some or all of the above.



(Instagram/@valleyrockinn)

BUT ... I'M HUNGRY

Fair enough and well earned. The property is laden with farm-fresh organic produce from their own fields that are sold at a daily market. To boot, there's a dining room and bar outdoors with an open-porch pavillion. And if that doesn't do the trick, go in for a room with a kitchen and wood-burning grill and show 'em how it's done. And if you're dying for a cheat of the carb kind, the famed [Pizza Pit](#) is just four minutes away.