



## MIND & BODY

There's hotel fitness programs, and then there's the revved-up offerings at **Rancho Valencia**. The resort's cycling program is so legit, it lures Tour de France rider Christian Vande Velde and pro rider George Hincapie to instruct guests during top-level clinics. It's all thanks to owner Jeff Jacobs, an Ironman and dedicated cyclist who dons a custom Rancho Valencia-emblazoned uniform. The yoga pavilion brings instructors to rock-star status with an infinity-edge perch from where they teach. So revered is the hotel's staff instructor, Katie Brauer, she's given TEDx talks on yoga's benefits. Say "om." *Prices start at \$675 per night, ranchovalencia.com*

