



## CANYON RANCH WOODSIDE, CA

**A PLACE THAT INSPIRES YOU.  
AN EXPERIENCE THAT CHANGES YOU.**

At Canyon Ranch Woodside, step into a world where you can quiet your mind, engage your body, and explore ways to inner peace. Feed your senses as you journey the path within.

### DISCOVER DESIGNED EXPERIENCES

Our tailored, goal-oriented Designed Experience packages include a curated selection of the world-renowned services Canyon Ranch is known for.

Meet with highly trained experts who blend timeless wisdom with cutting-edge innovation. Learn proven strategies to elevate your health and performance while restoring balance. Indulge in soul-nourishing spa treatments, dine on cuisine that inspires lifelong healthy eating, and so much more.

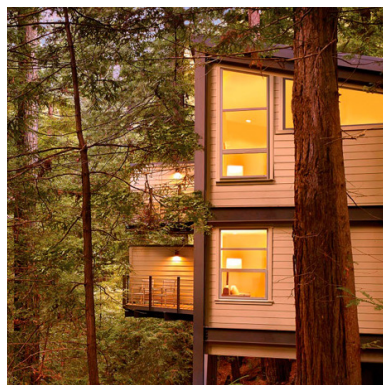
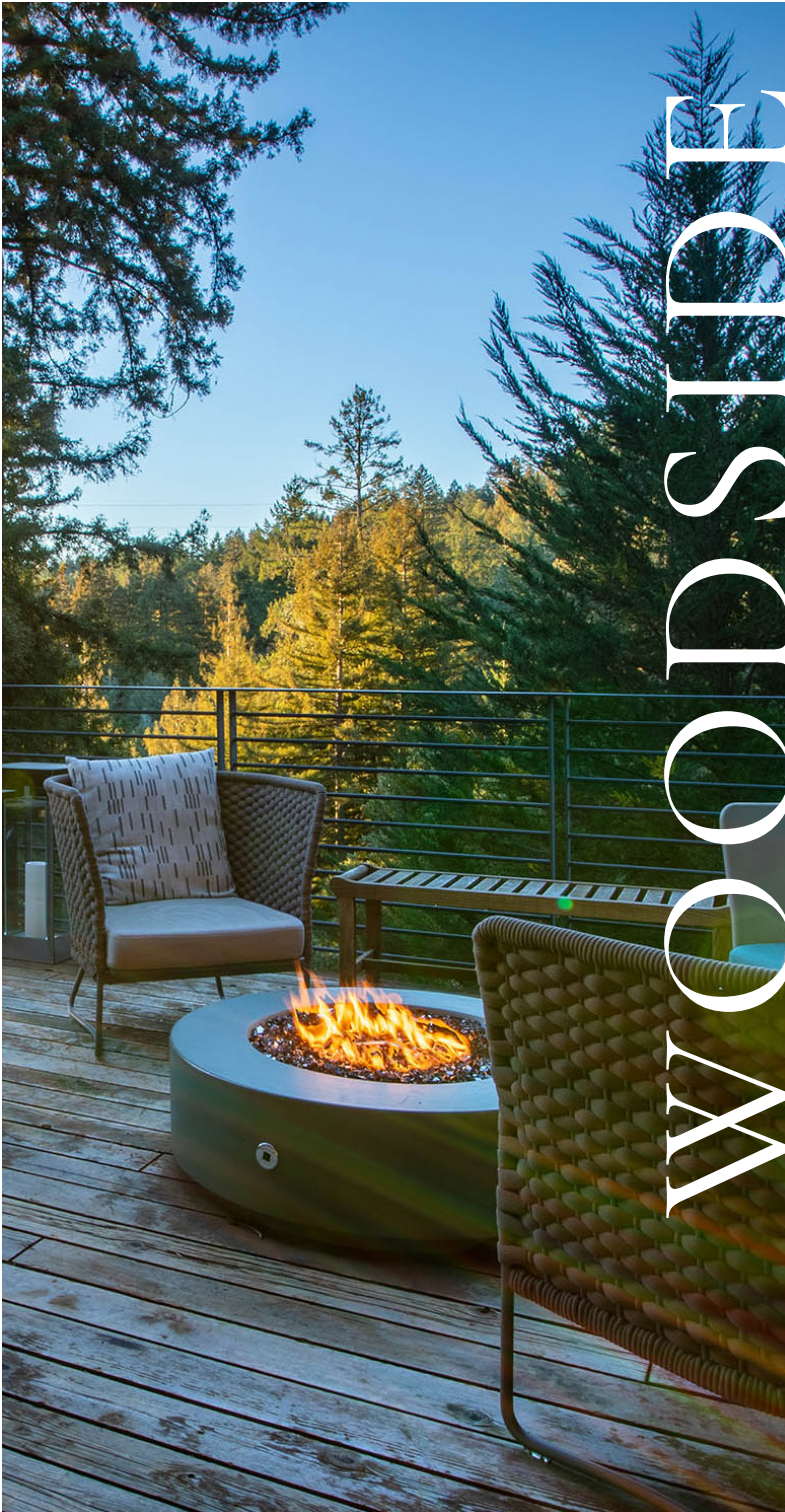
Beyond our Designed Experiences, you can choose to Stay Your Way and curate your own experience, or join special focused events with guest speakers.

*Thursday through Monday availability for individuals and small groups. Midweek availability for private buyouts, allowing an exclusive curated retreat tailored for larger groups.*

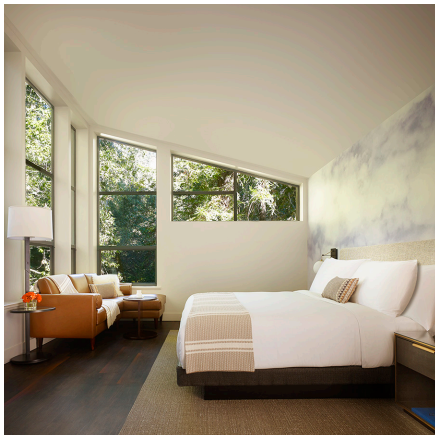
**CANYONRANCH®**  
WOODSIDE

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(855) 277-8877

  @canyonranch







## FIND YOURSELF HERE

Explore wellness services and experiences in an intimate retreat setting at Canyon Ranch Woodside. Immersed in the realm of Northern California's centuries-old redwoods, you'll find expert guidance paired with the freedom to flourish with services and events that connect you to nature, to community, and to yourself.

## DETAILS & FEATURES

- Premium Accommodations: 38 thoughtfully designed rooms, 14 located in the main lodge and 24 Tree Houses lofted 35-50 feet into a redwood canopy
- Rejuvenating Spa: A curated menu of treatments and tranquil spaces, including a Himalayan salt sauna, eucalyptus steam room and saline pool
- Nature Hikes: Options of varying distances and levels of difficulty are offered daily, featuring redwood forest and open ridge trails with sweeping coastal views
- The Training Zone: Mind-body and fitness experts
- Spiritual Wellness: Opportunities to connect more deeply with what brings you meaning, value, and joy
- Local Excursions: Mountain biking treks, sea kayaking, equus coaching sessions, winery tours and more
- The Hearth: Our communal dining space

- The Hideaway: An inviting, friendly bar and lounge offering sommelier-selected wines, espresso, fresh-squeezed juices, kombucha, cider, and more
- 20+ mind-body activities offered daily by Canyon Ranch experts. Including wellness presentations, fitness and movement classes, creative expression workshops, and themed topics with guest experts

## STAYS & PROPERTY DETAILS

- Sits on 16 acres amidst the redwood-forested hills of Woodside, California
- Open to individuals from Thursday through Monday for stays lasting two to four days
- Breathtaking Landscape: Surrounded by majestic redwood forest that immerses guests in nature upon arrival
- Indoor saline pool, steam, sauna, and whirlpool available for guests
- Natural-lit meeting spaces and stunning dining backdrops available for groups up to 50 people
- A 35-minute drive from San Francisco Int'l Airport and 20-minutes from Silicon Valley



Service  
Catalog



Ranch  
Schedule



Designed  
Experiences

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WOODSIDE

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