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Borrego Ranch Resort & Spa in California is a Camp for Adults

Surrounded by Anza-Borrego State Park, you can stretch body, mind and unwind

By [Lois Friedland](#), About.com

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Borrego Ranch Resort and Spa is a luxe camp for adults who want to stretch both their bodies and minds. At this oasis set in the middle of the Anza-Borrego Desert, California's largest state park, you'll get your fill of adrenalin rushes. Start with hiking in slot canyons, mountain biking in washes, 4-wheeling up slippery mountainsides or scaling rock walls. Afterward, you can sit by a pool, wind down in a yoga class, get a Desert Grounding Massage, or just gather with friends and catch up on everyone's lives.



Borrego Ranch Resort & Spa, California
L. Friedland

Adrenalin Highs at Borrego Ranch Resort & Spa

Every night, visitors browse the list of experiential programs and activities offered the following day, and sign up for what's of interest. [Hikes in the Anza-Borrego Desert Park](#) with a naturalist, learning to belay on the 30-foot-high Climbing Rock, and a cycling tour in the park are just some of the choices that are included in your room or casita rate.

Among the more adventuresome physical experiences open to guest (free) are lessons on the Climbing Rock, challenging yourself on the Walk the Walk - a 35-foot balance beam that is 30 feet in the air - and

the Challenge Course, which involves a series of mind- and body-stretching experiences. The more cerebral choices include walking the Labryinth and star gazing in this region, where there are so few lights at night that the stars literally pop out in the sky.

The Rooms at Borrego Ranch Resort & Spa

The resort has 44 guestrooms and 19 stand-alone casitas. The guestrooms are set into four two-story buildings, and a pool is tucked in between each duet of buildings. With only 10-12 guestrooms per building, there's a sense of intimacy; while sitting on our porch overlooking our pool, we never saw more than three couples on lounge chairs. The upstairs rooms have high ceilings and four-poster beds. (Staff will carry your luggage up but there is no elevator.) The casitas range from one- to four-bedrooms and each is individually decorated. Some retain a sense of the 60s, for the era when the resort was owned by the Copley (newspapers) family. Others have been totally modernized with an upscale but relaxed ambiance.

The Spa at Borrego Ranch Resort & Spa

The spa is quiet, attractive, and many of the treatments utilize all natural ingredients. In addition to a variety of massages, there are a number of imaginative body scrubs and wraps, facials, and an interesting selection of Eastern medicine (including acupuncture) and bodywork treatments. The Detoxifying Massage and Warm Body Wrap is a winner, especially after a hike.

Golf at Borrego Ranch Resort & Spa

Montesoro, a [Tom Fazio golf course](#) is like a green carpet rolled out on the desert floor, with a floral cacti border. It's not target golf, unlike most desert courses. Strategic thinking is vital, because Fazio didn't stint on the number of greenside and fairway bunkers with deep lips, and greens that slope so one's ball may land near the cup and end up off the green. Director of Golf Dave Hunter is a Callaway Master Staff member, and a Callaway Learning Center is being developed.

Dining at Borrego Ranch Resort & Spa

Dining in the white-washed main room is a pleasure, courtesy of Executive Chef Jo Anne Plympton. she has trained with chefs throughout the world, ensuring creative menus in the main room and the more casual restaurant. The lobster tail and sauteed spinach, candied and julienned of ginger finished with sauterne beurre blanc is one of the most delicately balanced and delicious entrees we've ever enjoyed.

Who Won't Be Happy at Borrego Ranch Resort & Spa

If you like lots of nightclubs, upscale restaurants and shows or concerts within easy driving distance, this isn't the best choice. Borrego Ranch Resort and Spa is isolated in the middle of the Anza-Borrego Desert Park, so you'll need to create your own evening entertainment.

Anyone who expects to do a lot of horseback riding. While the name says "ranch," there are no horses here. Horseback riding is easily arranged, however, and you can book an Equine Encounter Discovery session, where you'll learn to better communicate with horses.

Location and Contact Info for Borrego Ranch Resort & Spa

Borrego is a 1 3/4 hour drive from San Diego's airport. If you want to explore the region and spend a lot of time hiking in the park, bring your own car. Best to come for a minimum of two full days although it would be hard to sample all the activities offered even in a week-long vacation.

To learn more about this resort click on [Borrego Ranch Resort & Spa](#).

As is common in the travel industry, the writer was provided with complimentary accommodations and meals at Borrego Ranch Resort & Spa for the purpose of reviewing those services. While it has not influenced this review, About.com

believes in full disclosure of all potential conflicts of interest. For more information, see our [ethics policy](#).

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