

# CANYON RANCH.



## **FIVE NOT TO MISS BERKSHIRE WATERFALLS RECOMMENDED BY CANYON RANCH® EXPERT OUTDOOR GUIDES**

**LENOX, MA - March 14, 2017** - What's the best part of spring in the Berkshires? According to our expert outdoor guides at Canyon Ranch, waterfalls! The melting winter snow swells the rivers and streams that feed the over 30 falls in Western Massachusetts, producing some of the most spectacular and picturesque attractions in New England. Let the sights and sounds of nature renew your spirit while exploring five of our guides' favorite cascades.

### **1. Bash Bish Falls**

Found just east of the New York border in Bash Bish Falls State Park, this is likely the most spectacular waterfall in Massachusetts. Conquering a quick rocky descent, Canyon Ranch guides will lead advanced hikers to an overlook of Bash Bish Falls, which plummets nearly 60 feet – the highest single drop in the state. Truly, a natural wonder!

### **2. Money Brook Falls**

Located on the Northwest side of the Mount Greylock Reservation, the gently rising path winds alongside a beautiful meandering stream. After several stream crossings, a steady rocky climb, and a brief scramble in and out of a steep gully, this challenging trail ends at the base of the dramatic 70-foot cascade of Money Brook Falls.

### **3. Umpachene Falls**

Hidden just south of the sleepy town of Mill River in the southern Berkshires, Umpachene Falls is certainly a local favorite. Easy to access for any mobility and situated near the convergence of the Umpachene and Konkapot Rivers, just past a quaint picnic area tumbles the lovely, multi-tiered Umpachene Falls.

### **4. Lulu Cascade**

You will experience one of the most charming spots in Pittsfield State Forest on this intermediate Canyon Ranch hike. Lulu Cascade is comprised of two shorter falls that tumble down through an enchanting ravine, just a short walk up the trail from the park entrance.

## **5. Stevens Glen**

Stevens Glen trail leads hikers through an overgrown Christmas tree farm, over several wooden bridges, past a mixture of hardwoods and hemlocks, up a rocky hillside and into the spectacular Stevens Glen – an awe-inspiring gorge down which water spills copiously throughout springtime.

Join us at Canyon Ranch in Lenox for *Walk Among the Waterfalls*, April 26-29. To make your reservation, call 800-742-9000 and request to be added to *Walk Among the Waterfalls*.

“Our *Walk Among the Waterfalls* event offers guided hikes for every fitness level,” said Outdoor Sports Manager, Leah Larmon. “This is an opportunity to challenge your body, quiet your mind and experience the beauty of the Berkshires.”

### **About Canyon Ranch®**

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Ariz. and Lenox, Massachusetts. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award and an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award.