



9 MIN READ

WLLW's Location Guide: The Hudson Valley

Exploring the world's most vibrant destinations through the lens of health, wellbeing and sustainability.

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HEALTH & WELLBEING

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In this special installment in WLLW's series of location guides, we've shifted our gaze away from cities to the Hudson Valley. This is an area that interweaves pastoral beauty, creative communities and thoughtful living, where fresh air, changing foliage and seasonal festivities set the tone for a slower pace. Here you'll find farm-to-table dining, boutique stays, wellness retreats, independent design shops and nature escapes, all encouraging a more intentional pace away from urban life.

Stay Well

Retreat into nature and let the foliage deepen your sense of calm. From cedar cabins to riverside saunas, these places bring health and design into perfect harmony.



Photo courtesy of Inness

Inness

Accord, NY

Set on 225 pastoral acres, [Inness](#) (Accord) is a modern country retreat that balances quiet luxury with grounded simplicity. Guests stay in cedar-clad cabins or a farmhouse filled with vintage pieces, custom lighting by Roll & Hill, and views that stretch across rolling hills painted in fall color.



Wildflower Farms, Auberge Collection

Gardiner, NY

[Wildflower Farms, Auberge Resorts](#) (Gardiner) also stands out. It's a luxe eco-resort boasting energy-efficient cottages, orchards, on-site spa and outdoor courts for tennis or pickleball – all managed through solar and water recycling systems.

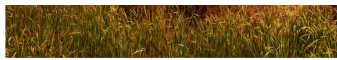


Photo courtesy of Wildflower Farms



Photo courtesy of Piaule



Photo courtesy of Hutton Brickyards



Photo courtesy of Wally Farms

Eat Mindfully

Restaurants here focus on nourishment in every sense. From regenerative kitchens to low-intervention wine bars, each meal tells a story of care, craft and community.



Piaule

Catskill, NY

For something a little bit different, [Piaule](#) (Catskills) is a minimalist landscape hotel with glass-walled cabins that dissolve into the trees. Thoughtfully designed with natural materials and a low-impact ethos, it also features a spa with sauna, steam and plunge pool, inviting deep rest and connection to nature.

Hutton Brickyards

Kingston, NY

[Hutton Brickyards](#) (Kingston) is a 19th-century brickyard reimagined as a riverside retreat. Adaptive reuse preserves industrial heritage and reduces new build impact; private cabins sit within 73 acres of meadow and woodland. Seasonal menus, yoga, and outdoor spa services reinforce nature-led restoration.

Wally Farms

Ancram, NY

[Wally Farms](#) (Ancram) is more than a working farm – it's an experimental incubator for regenerative agriculture. This community-driven collective blends traditional farming with innovative, tech-forward practices that prioritize soil health and climate action. Carbon-negative hempcrete cabins offer accommodation under dark skies and bright stars, perfect for admiring the heavens on crisp, clear fall nights.

Rosie General

Kingston, NY

Switch off your phone (by request of the management) to savor every moment at [Rosie General](#) (Kingston), a lively cafe and deli known for its stacked sandwiches, house-baked sweets, and shelves lined with pickles, pasta, and pantry essentials.



Photo courtesy of Rosie General



Photo courtesy of Aroma Thyme



Photo courtesy of Universal Cafe & Bar



Photo courtesy of Casa Susanna



Photo courtesy of Klocke Estate



Aroma Thyme Bistro

Ellenville, NY

[Aroma Thyme Bistro](#) (Ellenville) takes sustainability seriously – it was the first Certified Green Restaurant in upstate New York. The menu is globally inspired but locally grounded, with standout vegan options, an extensive organic wine list and a kitchen ethos centered on transparency, traceability and flavor.

Universal Cafe & Bar

Germantown, NY

For a welcoming blend of comfort and craft, [Universal Cafe & Bar](#) (Germantown) is run by chef Leslie Carr-Avalos. Housed in an elegant tavern-style space, the menu showcases seasonal, farm-driven dishes paired with creative cocktails, which are ideal for a relaxed meal that still honors local producers.

Casa Susanna

Leeds, NY

[Casa Susanna](#) (Leeds) reimagines mid-century charm with modern Mexican cuisine. The menu features dishes such as tetelas, birria and tamales, crafted from Hudson Valley ingredients and heirloom corn. From a historical perspective, Casa Susanna pays tribute to a Catskills home for transgender people in the 1950s and '60s.

Klocke Estate

(Near Claverack), NY

Perched atop a 160-acre hillside farm, [Klocke Estate](#) (Near Claverack) crafts brandy and vermouth from 43 apple varieties and nine grape types grown on-site. Its timber-framed barrel-aging 'chai', French-sourced still, and vineyard-to-glass philosophy showcase a regenerative, low-impact approach to spirits. Tours, tastings, and a farm-to-table restaurant complement the immersive experience.

Hudson and Kingston Farmers' Markets

Lastly, don't forget the farmers' markets. [Hudson Farmers' Market](#) (Columbia County) is renowned locally and has been



Photo courtesy of Hudson Farmers' Market

bringing growers, producers, and artisans together for 25 years. [Kingston Farmers' Market](#) is another excellent choice, where you'll find fresh seasonal produce, particularly at the peak of harvest season.

Shop Consciously

Shopping in the Hudson Valley is a chance to support local makers and values-driven businesses. Expect thoughtful design, slow processes and a commitment to sustainability.



Photo courtesy of Made X Hudson

Made X Hudson

Catskill, NY

[Made X Hudson](#) (Catskill) supports emerging designers and small-batch makers through its own in-house atelier. Expect hand-sewn garments, reworked vintage pieces and a strong focus on regenerative and upcycled materials – all crafted just up the road.



Photo courtesy of Ravenwood

Ravenwood

Kerhonkson, NY

A celebration of seasonality where food, farming and design converge. Set in a restored 1850s barn, [Ravenwood](#) (Kerhonkson) hosts rotating art exhibitions, a café and farm stand, and community gatherings that reflect the rhythms of the Hudson Valley. Expect warmth, creativity and a strong sense of place.



Photo courtesy of FØLK

FØLK

Kingston, NY

A zero-waste pioneer in Kingston's historic Stockade District, [FØLK](#) offers bulk pantry staples, refillable personal care, environmentally- friendly home goods and locally-made items. You're encouraged to bring your own containers, making each purchase an act of thoughtful consumption.



Field + Supply

Kingston, NY

[Field + Supply](#) is a seasonal 'modern makers market' held twice a year at the Hutton Brickyards. Featuring over 275



Photo courtesy of Field + Supply

curated vendors spanning furniture, homeware, textiles, art and artisanal food, there's also live music, workshops and curated local fare. The fall edition lands in October 2025 – a highlight of the region's creative calendar.



Photo courtesy of Le Jardin

Le Jardin Flower Farm

Amenia, NY

[Le Jardin Flower Farm](#) (Amenia) is a regenerative, no-till flower farm, creative studio and shop rooted in biodiversity and sustainable practice. Seasonal, chemical-free blooms are grown with care, while Le Jardin's hands-on workshops invite visitors to explore farm-to-vase creativity. More than a flower source, Le Jardin Flower Farm shows how cultivation and conservation thrive together.

Connect With Nature

Outdoor adventures in the region go beyond the scenic. They offer opportunities to move, breathe and re-center, whether on water, forest trail or farm.



Photo courtesy of Wild Earth

Wild Earth

New Paltz, NY

Since 2004, [Wild Earth](#) has been offering year-round outdoor learning and adventure programs tailored to all ages. From its Art Camp for kids and teen wilderness expeditions, to adult workshops and seasonal community events, it blends creativity, nature immersion, and climate awareness. It fosters hands-on exploration and connection across generations, rooted in a gratitude for our planet.

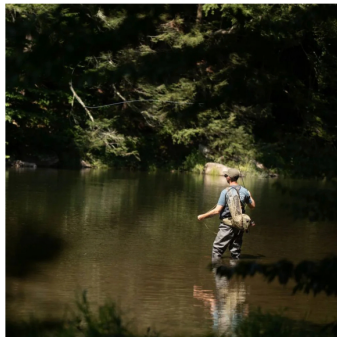
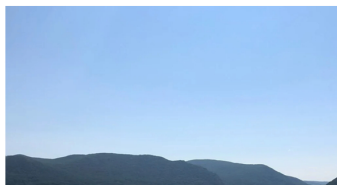


Photo courtesy of Catskills on the Fly

Catskills on the Fly

Catskills, NY

Nestled in the heart of fly-fishing country, [Catskills on the Fly](#) (Catskills) offers guided walk-and-wade excursions along storied rivers like the Beaverkill. With expert instructors, hand-tied local flies and stunning mountain backdrops, the experience blends tradition, mindfulness and an intimate connection to the rhythms of the river.



Storm King Adventure

Cornwall-on-Hudson, NY

Paddle out with a [Storm King Adventure](#) (Cornwall-on-Hudson) guided kayak tour on the Hudson River while soaking in views of Storm King Mountain and Bannerman



Photo courtesy of Storm King Adventure

Island. Led by certified guides, tours include beginner-friendly routes, sunrise, sunset, full-moon options, and themed explorations like Moodna Marsh and Fishkill Creek.



Photo courtesy of Fishkill Farms

Fishkill Farms

Hopewell JCT, NY

Founded over 100 years ago and still family-run, [Fishkill Farms](#) (Hopewell JCT) offers organic apple picking with views over golden hillsides. Wander the orchards, sip hot cider, and explore the on-site farm store stocked with local produce, jams, and wildflower honey. A peaceful, hands-on way to savor the changing seasons.



Photo courtesy of Minnewaska State Park

Minnewaska State Park

Kerhonkson, NY

In fall, leaf-peeping hikes in [Minnewaska State Park](#) (Kerhonkson) offer one of the region's most breathtaking seasonal rituals. Wander toward Lake Minnewaska or up to Castle Point for panoramic views of the Shawangunk Ridge ablaze in color. Bring a thermos, take your time and breathe in the crisp, pine-scented air.

See Design With Purpose

Art, architecture and landscape come together here with intention. These cultural landmarks invite quiet reflection and offer inspiration for living with more care.

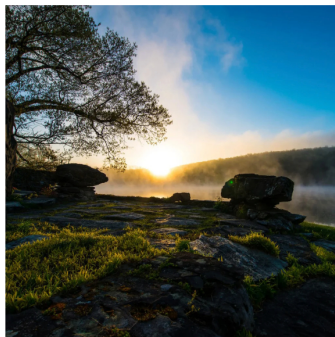


Photo courtesy of Innisfree Garden

Innisfree Garden

Millbrook, NY

For a contemplative experience, head to [Innisfree Garden](#) (Millbrook). Influenced by Chinese and Japanese landscape design, its trails loop around a glacial lake, weaving through mossy knolls, stone sculptures and carefully framed views that slow your pace and still your thoughts.



Dia

Beacon, NY

Located in a sprawling former Nabisco printing plant on the Hudson River, [Dia](#) (Beacon) houses one of the country's most significant collections of 1960s-'70s art. It's a striking fusion of industrial architecture and should not be missed.



Photo courtesy of Dia



Photo courtesy of Omega



Photo courtesy of Manitoga



Photo courtesy of Storm King Art Center by Richard Barnes

Omega

Rhinebeck, NY

Omega (Rhinebeck) is a leading nonprofit retreat center promoting holistic wellbeing since 1977. Visitors can enjoy inclusive stays with daily wellness classes. Its centerpiece, the Omega Center for Sustainable Living, is a LEED-platinum ‘living building’ weaving yoga, ecology, sustainability and community learning.

Manitoga / The Russel Wright Design Center

Garrison, NY

Manitoga / The Russel Wright Design Center (Garrison) is the former home and studio of designer Russel Wright, transformed from a ravaged quarry into a living example of living in harmony with nature. Its trails, house, and gardens reflect Wright’s vision of sustainable design while the center continues to celebrate his enduring legacy.

Storm King

New Windsor, NY

Lastly, Storm King (New Windsor) is a sprawling, 500-acre outdoor museum where monumental sculptures by artists like Alexander Calder, Maya Lin, and Richard Serra sit amid rolling meadows, forests and hills.

Whether it’s the crunch of leaves underfoot, the crispness of the air, or the warmth of shared meals made from the season’s harvest, the Hudson Valley invites a slower, more grounded way of being. Its rhythms feel restorative – reminding us to breathe deeply, move gently, and stay present.

Feature Image: Wildflower Farms

FURTHER INFO

[Hudson Valley Events](#)

[Hudson Valley Tourism](#)



4 MIN READ

Start Here: Light

In this edition of our Start Here series we consider the importance of light. Fundamental to our wellbeing, we explore simple ways to align light with the rhythms of your body.

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Healthy Materials Series: Copper

As part of our Healthy Materials series exploring healthy and sustainable options for the home, we discover the beauty, longevity and natural antimicrobial properties of copper.

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