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# Silvies Valley Ranch: A Truly Unique Eco-Resort Focused on Wellness



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*I write with a focus on health and wellness.*



Nestled in the picturesque mountains of eastern Oregon you'll find the sprawling Silvies Valley Ranch. This frontier boutique eco-resort is making a name for itself by creating a truly unique opportunity for guests to be fully immersed in nature while focusing on health and wellness. Far from the hustle and bustle of city life, it's a chance to put down our phones and leave the worries of the world behind.

Silvies is carving out a new way for people to enjoy the ranch life while still being pampered with modern comforts. Yes, you'll find wildlife roaming freely and birds chirping, but you can also enjoy luxury accommodations, spa services and a one-of-a-kind golf experience before capping the day with a freshly prepared, organic meal. You might not ever want to leave!

## Ecological Restoration Efforts

The mission at Silvies Valley Ranch is simple: "Caring for our environment, livestock, friends and families." They do this while aiming to set a standard for the best ranching and environmental practices both for this generation and those to come. Silvies is at the forefront of a recent trend that's finding more and more ranchers [adopting](#) greener practices.

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Founded in 1883, the ecologically-sustainable ranch and retreat along the Silvies river is home to hundreds of species of wildflowers and wildlife, 4500 cattle, 3000 goats and 50 horses. It wasn't always flourishing, though. After more than 200,000 beavers [were trapped](#) by the Hudson's Bay Company in the 1800s, the land was nearly destroyed. Many pioneers and cowboys considered the terrain too rugged, but homesteader John "Jack" Craddock saw its potential.

Over the years, ownership of Silvies Valley Ranch has changed hands several times, but current owners, Scott and Sandra Campbell, have made their shared vision very clear — heal the land. This vision has led to numerous projects and efforts, even if it meant [figuring things out](#) on their own. Today, the ranch is in different stages of restoration, with the goal of returning creeks, vegetation and the overall landscape to its former glory.

### **Luxurious, Restorative Retreat**

Did you know that [road rage is on the rise](#)? With everyone in such a rush these days, it's no surprise that we're struggling as a society to manage our emotions behind the wheel. You won't have to think about that while you're at Silvies Valley Ranch, though, because you'll be leaving your car outside the gates. Instead, guests zip around the resort in electric golf carts for the duration of their stay.



SILVIES VALLEY RANCH

Wake up early and watch the sunrise (researchers say [it's good for you!](#)) from one of Silvies' eight lakeside one or two-bedroom log cabins, which come complete with king-sized beds, rain showers, stone floors, stocked in-room coolers and private hot tubs on the patio.

Don't need a whole cabin? There are 18 Ranch House single and double-king rooms, each with a separate entrance onto the grounds for quick access to the spa, golf course and other amenities. All accommodations feature Western décor, rain showers, stocked mini-bars, leather furniture and large flat-screen televisions.

### **Relax and Rejuvenate at Full-Service Spa**

Don't let the rural setting at Silvies Valley Ranch fool you — world-class facilities are still available in abundance. "Opening a spa is something you just don't see every day on a real cattle and goat ranch — all the cows and does were quite surprised, but are looking forward to their treatments," [jokes](#) Sandy Campbell. "We try to provide each of our guests with an unforgettable experience that is uniquely Frontier Oregon—in fact, we only built 34 guest rooms so we could do just that."

At the Rocking Heart Spa there are many ways to incorporate health and wellness into your getaway. The 17,000-square-foot facility uses all-natural products and guests can take advantage of staple services such as massages, nail treatments and facials. Half an hour in the fitness room, half-size Olympic lap pool or scaling the climbing wall can burn off some stress (and calories!), too.

### **The World's First Goat Caddies**

The golf courses at Silvies Valley Ranch were **designed** with sustainability in mind. Among the most ecologically-friendly in the world, the use of carbon emissions was minimized during construction; they “planted drought-tolerant native grasses, and the course uses a gravity-fed irrigation system to minimize electricity and water usage on the course.”



SILVIES VALLEY RANCH

As Curt Sampson of Golf Digest **put it**, Silvies owner Scott Campbell, a retired veterinarian, “...is either a visionary or way ahead of his time.” That praise comes not only because the golf courses at Silvies Valley Ranch have earned **positive acclaim** from guests, golf publications and industry professionals, but also because of a very unique feature — the goat caddy.

Yes, you read that correctly. Silvies Valley Ranch **launched** the world's first goat caddy training program, which is an incredibly unique way to up your game on the green. Instead of tipping these special caddies (including the program's most successful graduate, Bruce LeGoat), they happily accept payment in the form of peanuts eaten right out of your hand!

### **Award-Winning Restaurant**

In recent years, we've seen many people turn to vegetarianism or veganism in an effort to reduce their impact on the environment. There's **evidence**, though, that “when managed properly on the right grasslands, beef production can be regenerative rather than degenerative — reducing, if not negating environmental impacts.”

After a nationwide search, Chef Damon Jones, who previously worked in the kitchen at Emeril's in Louisiana, took the helm. Under his tutelage, The Dining Room at The Lodge at Silvies Valley Ranch took that challenge head on. Serving only certified organic, grass-finished beef and chevon (goat meat) along with locally sourced vegetables and herbs grown on the ranch, meals at the [award-winning](#) restaurant are prepared using only the freshest of ingredients.

While the focus is on serving gourmet ranch-to-table cuisine, non-meat eaters won't be forced to survive only on the ranch's sourdough bread (crafted from a 100-year-old starter). Vegetarian and vegan diets, along with any other special needs, can be easily accommodated with advance notice.

### **Experience the Ranch**

Beyond the cabins, spa, golf and world class dining, you'll also find plenty of western adventures at Silvies. With horseback riding, trail hiking, mountain biking, shooting, goat herding and wagon rides, to name a few, the activities are nearly endless on the Oregon property that's approximately the size of Chicago!

There are so many [health benefits](#) associated with getting outside, but most of us don't do it nearly enough. Ready for a break from the daily grind and looking to experience the western wilderness in a truly unique, eco-conscious way? You may find the restorative wellness your mind and body deserves with a visit to Silvies Valley Ranch, where you'll put down the cell phone and look up to see all that nature truly has to offer.

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