

# 10 Reasons to Stay at the Hyatt Miraval Berkshires

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If you're in the mood to relax, unwind and indulge in some serious pampering, the Hyatt Miraval Berkshires could be just the hotel for you. Set in over 380 protected acres [in the Berkshires](#), it offers guests a smorgasbord of activities to enjoy, along with a deeply relaxing spa, two fabulous restaurants, and the kind of accommodation you'll never want to leave. If you're tempted to try it for yourself, here are 10 reasons to convince you.

## 1. No kids are allowed

If you're looking for a family-friendly resort with kids clubs, games rooms, and the whole caboodle, you're out of luck. The Hyatt Miraval Berkshires is an adults-only resort, accepting guests aged 18 years or over only. Admittedly, it's not a selling point for people with a gaggle of toddlers, but if you're looking for a tranquil, calm environment with no snotty-nosed kids running around disturbing the peace, it's perfect.

## 2. The dining opportunities are excellent

What's a vacation without a bit of indulgence? If you want to treat your taste buds to some top-notch eats, you're in luck. The resort offers not just one but two exceptional restaurants, both of which center around the kind of healthy food designed to make you feel as good as it tastes. [According to the official website](#), the Harvest Moon Restaurant offers a seasonal menu of healthy, delicious meals that "form a foundation for nurturing joy, connection, and creativity." If you get hungry between spa treatments and activities, stop by The Roast to pick up a treat from its selection of smoothies, muffins, teas, coffees, healthy beverages, and freshly prepared food. Come back at night to unwind over a glass of wine.

### 3. It's great for gym addicts

You'd expect a resort that focuses on wellness, outdoor activities, and mindfulness activities to have a good fitness center. In the case of [the Hyatt](#) Miraval Berkshires, you'd be right. The resort's state-of-the-art indoor fitness center and Chipmunk & Chickadee studios are decked out with everything you'll need to work up a sweat, including elliptical machines, free weights, and treadmills. If you prefer to work out with a group, take advantage of one of the numerous cardio, pilates, yoga, and strength training classes on offer. There are also personal instructors on hand if you want some one-on-one advice.

### 4. Almost everything is included

If you prefer knowing exactly what you'll be paying for a vacation before booking your room, the Hyatt Miraval Berkshires is ideal. Regardless of whether you're paying by card, cash, or redeeming points, almost everything is included. That extends to all of your meals in the Harvest Moon restaurant, together with any snacks and beverages you enjoy at The Roast. The only things you'll need to pay for separately are liquor, certain activities, and spa treatments.

### 5. There's a choice of three pools

If the thought of working up a sweat in the gym leaves you cold, don't panic. Along with a fitness center, the resort also offers a choice of three pools for guests who prefer a more relaxed approach to exercise. Each pool offers a slightly different experience, depending on whether you want to swim some laps, enjoy some pampering, or simply kick back and unwind.

### 6. There's an ultra indulgent spa

The Hyatt Miraval Berkshires is [all about wellness](#), and we all know that a little pampering from time to time never made anyone feel any worse. The Life In Balance Spa is the perfect place to indulge in some top-of-the-range pampering. Spread over 29,000 square feet, the full-service spa offers every kind of treatment, massage, and facial you can imagine, all designed to help promote the mind-body connection and all guaranteed to ensure you leave with a spring in your step. As you'd expect, only the very best products are used. Guests are free to enjoy a treatment anytime between the hours of 9 am and 9 pm.

## 7. The accommodation is luxurious

Regardless of how great the pools are, how extensive the range of activities, and how indulgent the spa is, a hotel lives and breathes by the quality of its rooms. Fortunately, the rooms at the Hyatt Miraval Berkshires are just as luxurious as everything else. The 100 rooms and suites are spread out amongst different cottages scattered across the resort's extensive. Each cottage boasts just 10 rooms each, guaranteeing a level of privacy you wouldn't always get elsewhere. If you want to experience modern decor and cozy common areas, request a room in one of the Renewal & Reflection Cottages. If you prefer vintage charm and old-world decor, opt to stay in a Discovery, Tranquility, and Serenity Cottage instead. Whichever one you choose, you'll be treated to a meditation cushion, a Tibetan singing bowl, and guided meditation channels.

## 8. Safety is the number one priority

Travel may have opened up again, but in the wake of the pandemic, we're all as much concerned with the safety practices of a hotel as its accommodation. At the Hyatt Miraval Berkshires, there's no need to worry. [As The Points Guy notes](#), the resort isn't taking any chances with safety. Masks are worn in all indoor public spaces and hand sanitizers stations have been set up at every corner. The cleaning staff are scrupulous about sanitizing high-touch surfaces frequently, and indoor and outdoor tables have been arranged with social distancing in mind.

## 9. The activities are excellent

[As travel-on-points.com notes](#), the Hyatt Miraval Berkshires offers a broad range of activities to suit every possible taste. Just a small sample of those on offer include yoga sessions, fitness classes, beekeeping lessons, nutrition lectures, and cooking and cocktail demonstrations. There are also plenty of outdoor activities to enjoy, including guided hikes, archery, hatchet throwing, ziplining, and ropes courses. Most of the activities are included free of charge in the package rate, although a few are chargeable.

## 10. It's wonderfully peaceful

With an idyllic location in the Berkshires, the Hyatt Miraval Berkshires is a wonderfully peaceful place to spend a few days. What makes it even more deliciously restful is its electronic devices policy, which requires guests to keep their phones on silent at all times. If you hate being disturbed by the sound of ringing cell phones while you're enjoying a restful treatment or an evening meal, you're going to love it.