



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Ian L

Business Traveler's Guide to Napa

Napa Valley, 7 Days

Table of contents:

Guide Description	2
Itinerary Overview	3
Daily Itineraries	4
Napa Valley Snapshot	12

Guide Description



AUTHOR NOTE: Only an hour north of San Francisco, but worlds away in terms of pace and style, Napa has become an increasingly popular destination for business travelers lured by the appeal of big city culture with the breathing space of country air. In recent years downtown Napa has ceased being so sleepy, and now offers several hip spots for out of town visitors to find someone to talk to. Try the Napa Valley Grille for a lively Friday or Saturday night scene, or the Boon Fly Cafe at the Carneros Inn if you want to meet some locals. Finding something to do is, of course, not a problem in Napa. After all, when all else fails, there are hundreds of tasting rooms all waiting to introduce you to the art of fine wine. To connect with coworkers or chat up the boss, head for Chardonnay Golf Club, a premiere 18-hole course. Or take in the perfect combination of nature and culture at the di Rosa Preserve, an elegant outdoor sculpture garden. Whether you're in town on solo business or attending a conference or retreat, you won't find your stay "all business" in the Napa Valley.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Napa Valley



Chardonnay Golf Club

Premier 18-hole Golf Course in Napa

Day 2 - Napa Valley



Meritage Resort

Vineyard-themed resort features famed Siena restaurant



Downtown Joe's

Enjoy casual revelry with diner-style eats and microbrews



Napa Valley Opera House

Restored historic opera house hosts all types of live performances

Day 3 - Napa Valley



di Rosa Preserve (The)

Stroll among sculptures by 20th-century art stars

Day 4 - Napa Valley



Silverado Resort

Internationally renowned resort with luxe spa and restaurant



The Grill at Silverado

Lunch at the Club House

Day 7 - Napa Valley



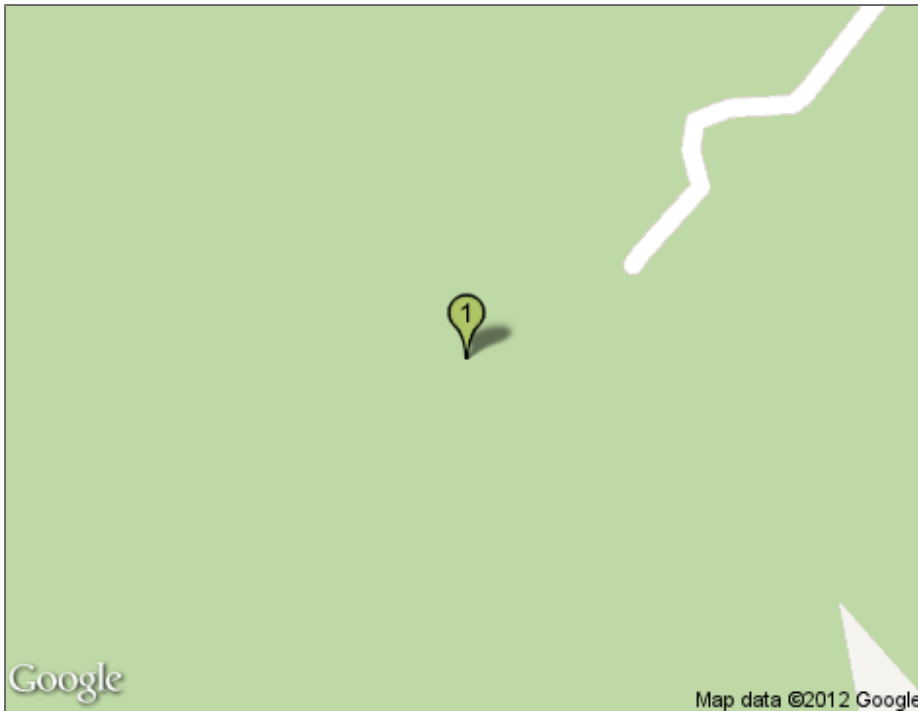
Boon Fly Cafe



The Boon Fly Cafe - The Carneros Inn

Modern rustic fare, very popular brunch

Day 1 - Napa Valley



QUICK NOTE

contact:

tel: +1 707 257 1900

fax: +1 707 257 0613

<http://www.chardonnaygolfclub.com>

location:

2555 Jameson Canyon Road
Napa CA 94503

1 Chardonnay Golf Club

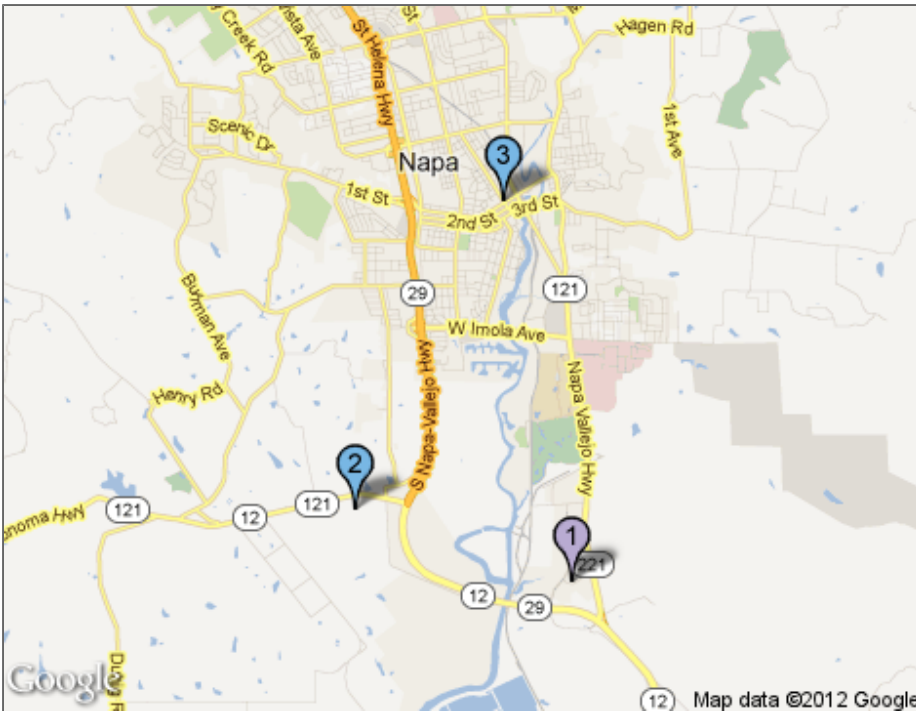
OUR LOCAL EXPERT SAYS:

Check the website for the schedule of tournaments like the Northern California Open Championship and Pro/Am and the U.S. Open Local Qualifying and reserve tee time if crowds are expected.

DESCRIPTION: The 18-hole Vineyards Course (complete with real vines) is the highlight of this spectacular club, popular with local and visiting golfers. Rentals, equipment and instruction are all available, as are meals and cocktails overlooking the green. Between May and September, Chardonnay is very popular, so book tee time in advance when possible. Chardonnay hosts frequent tournaments, including The Northern California Open Championship and Pro/Am and The Northern California PGA Section Professional/Assistants Championship; when tournaments are in progress you may be out of luck without an advance reservation. © NileGuide



Day 2 - Napa Valley



QUICK NOTE

contact:

tel: +1 707 251 1900

fax: +1 707 254 8274

<http://www.themeritageresort.com/>

location:

875 Bordeaux Way
Napa CA 94558

1 Meritage Resort

OUR LOCAL EXPERT SAYS:

Choose an inside-facing room to enjoy a balcony overlooking the vine-bedecked Tuscan-style central courtyard.

DESCRIPTION: Surrounded by private vineyards and wineries on eight rolling acres, close to the Chardonnay Golf Course and all the recreational opportunities of the Napa River and the rustic Carneros region, the Meritage Resort is a modern full-service resort perfect for business functions and luxury spa lovers. The extensive grounds include two spacious pool areas with poolside lounging and dining reminiscent of a Scottsdale-style resort. Behind the resort, inside a cool, stone-walled wine cave, are the award-winning Terra Spa, a private banquet facility, and a tasting room where local wineries pour their latest vintages. While the hotel's restaurant, Siena, is popular with families and groups, it's the spa that stands out, with a deep jacuzzi, eucalyptus steam room, health-oriented cafe, and relaxation room. A lively atmosphere prevails at the Meritage Wine Bar, which serves signature cocktails and 250 different California wines.

Businesses hold frequent events and retreats in the resort's extensive conference facilities. There's also a business center and hotel-wide wi-fi. Meritage is also becoming popular for weddings thanks to affordable packages, roomy event spaces, and the onsite Our Lady of the Grapes Chapel.



Hotels.com

contact:

tel: 707-258-2337

<http://www.downtownjoes.com/>

location:

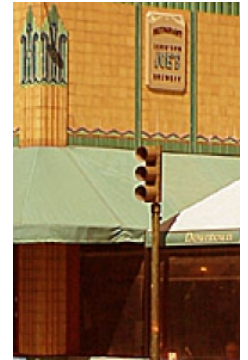
902 Main Street
Napa CA 94559

hours:

Mo to Fr from 10:30 AM to 01:00 AM, Sa to Su from 08:30 AM to 02:00 AM

2 Downtown Joe's

DESCRIPTION: This popular local hangout in the heart of downtown serves a vast selection of American cuisine. The cavernous dining area has lots of legroom but can get noisy during the busy lunch hour. The menu features traditional breakfast entrees, an extensive variety of sandwiches, burgers, pizzas and salads for lunch, and seafood, ribs and steaks for dinner. A special kid's menu has four selections including beverage and dessert. There is a good selection of microbrews, including a black lager. Enjoy live music Thursday through Saturday nights (no cover), and karaoke Sunday night. © wcities.com



wcities

contact:

tel: +1 707 226 7372

fax: +1 707 226 5392

<http://www.napavalleyoperahouse.org/>

location:

1030 Main Street
Napa CA 94559

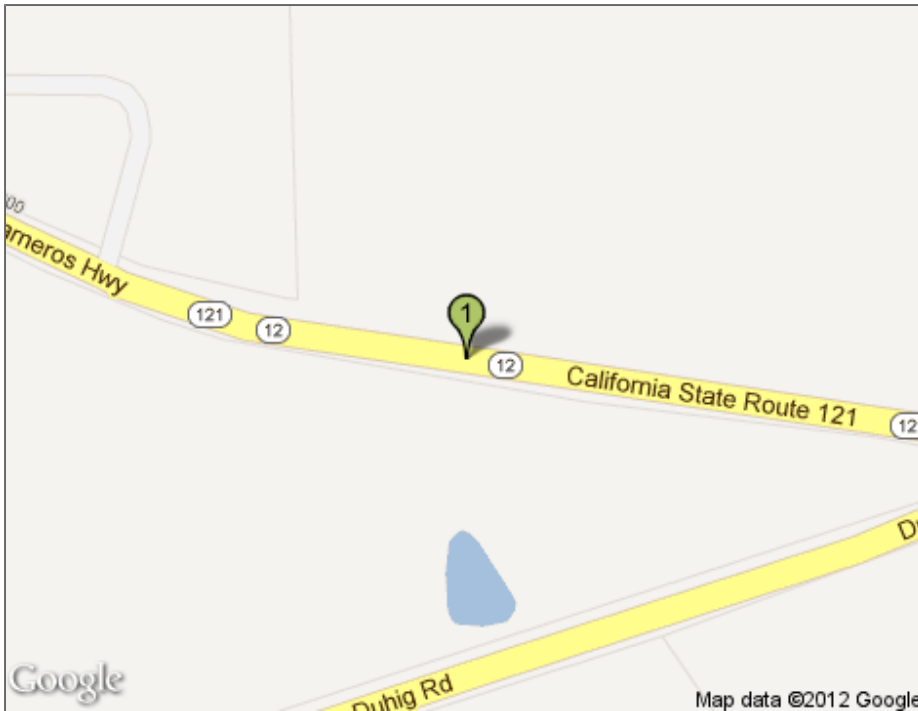
3 Napa Valley Opera House

DESCRIPTION: Restored in 2003, this magnificent opera house never knew it would live to see its good old days again. But now, its fate has reversed and restored it stands. Past events have included plays such as I Love You, You're Perfect, Now Change, as well as performances from acclaimed artists like the Indigo Girls. For those who love their funny bone tickled, do not miss the stand-up comedy competition, or better yet compete in it. Making a fool of yourself could not be more fun! © wcities.com



wcities

Day 3 - Napa Valley



QUICK NOTE

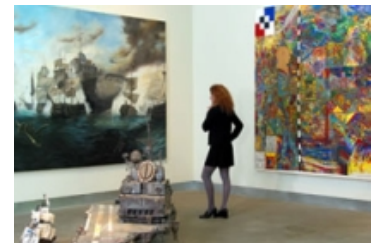
contact:
tel: +1 707 226 5991
<http://www.dirosapreserve.org/index.html>

location:
5200 Carneros Highway 121
Napa CA 94559

1 di Rosa Preserve (The)

DESCRIPTION: Give yourself a couple of hours to immerse yourself in modern art, indoors and out, at the Di Rosa preserve. Created and curated by San Francisco art aficionados Rene and Veronica Di Rosa, the 217-acre preserve today showcases 2,200 works of art by more than 900 contemporary artists, most from northern California. Indoor galleries are well lit and organized, but the most fun is to be had wandering the trails through the meadows, where works of art pop out of you in surprising places. The art gallery and lawn area are available for rental for weddings and other special events.

© NileGuide



Day 4 - Napa Valley



QUICK NOTE

contact:

tel: +1 707 257 0200 / +1 800 532 0500 (Toll Free)
fax: +1 707 257 2867
<http://www.silveradoresort.com/>

location:

1600 Atlas Peak Road
Napa CA 94558

1 Silverado Resort

DESCRIPTION: Spend your holidays in the wine country of California and if you have come here on business, don't worry —Silverado Resort is just the right place for you. Wind up work at the on-site conference center and then dive into the many recreational activities. Either rejuvenate yourself at the spa or workout at the fitness center. Pass your time with friends at the golf course or undertake winery tours and wine tasting. After all the activity, sit and relax by the wooden fireplace or let your cozy room lure you. © wcities.com



Hotels.com

contact:

tel: 7072575400
fax: +1 707 257 2867
www.silveradoresort.com/dining/dining.asp

location:

1600 Atlas Peak Rd.
Napa CA 94558

hours:

Breakfast: Sunday - Saturday:
7.00am - 11:30pm; Lunch:
Sunday - Monday - Thursday
11.30am - 2.00pm Saturday:
11:30pm - 3:00pm; Dinner:

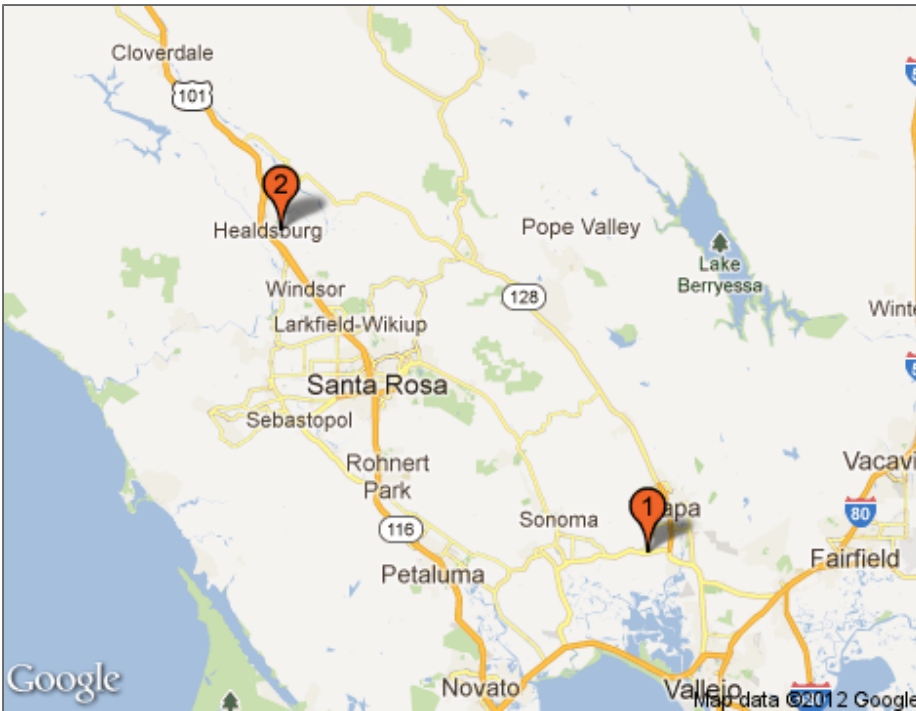
2 The Grill at Silverado

DESCRIPTION: Located in the Club House at the golf course, this is a relaxing spot for either breakfast before a game, a leisurely lunch, or a place to relax after the game with a drink. Casual dress, including tennis or golf attire, is appropriate. The breakfast menu features a nice variety of egg dishes, fresh fruit, pancakes and waffles. Lunch offerings include a soup and salad bar, inventive salads, sandwiches, burgers and light entrees. Try the Chilled Grilled Chicken Salad with Hawaiian Pesto served with fresh papaya and a yogurt dressing, or the Twice-Cooked Baby Back Ribs Huli Huli-style. Please call for open hours. © wcities.com

Day 4 - continued...

Sunday - Saturday: 5:30pm -
9:30pm

Day 7 - Napa Valley



QUICK NOTE

contact:

tel: +1 707 299 4870

fax: +1 707 299 4950

http://www.thecarnerosinn.com/thecarnerosinn/restaurant_boonfly.aspx

location:

4048 Sonoma Highway
Napa CA 94559

hours:

Breakfast: Monday - Friday:
7:00am - 11:00pm; Lunch:
Monday - Friday: 11:00am
- 4:00pm; Dinner: Monday
- Friday: 4:00pm - 9:00pm,
Saturday - Sunday: 3:00pm -
9:00pm; Brunch: Saturday -
Sunday: 7:00pm - 3:00pm

1 Boon Fly Cafe

DESCRIPTION: Named for a Carneros pioneer who planted orchards and vineyards in the mid-1800s, the lively Boon Fly Café offers an ideal gathering place for friends and families. The ultimate in comfort foods, open early morning for a hearty breakfast and homemade bakery items - including our signature Boon Fly donuts - the Café also offers tasty lunches and a wide variety of everyone's favorite modern Americana dinners. All of our menus feature modern rustic cuisine based on the agricultural heritage of the region. While you're building up your appetite, you are invited to mingle with other visitors, or enthusiasts, at our wine bar while comparing Carneros selections with those of other regions. Otherwise you're always welcome to just wile away a bit of the afternoon in comfortable surroundings.



Boon Fly Cafe

contact:

tel: 707-299-4870

fax: 707-299-4950

http://www.thecarnerosinn.com/thecarnerosinn/restaurant_boonfly.aspx

location:

4048 Sonoma Highway
Napa CA 94559

hours:

Open daily 7am-9pm.

2 The Boon Fly Cafe - The Carneros Inn

DESCRIPTION: Named for a Carneros pioneer who planted orchards and vineyards in the mid-1800s, the lively Boon Fly Café offers an ideal gathering place for friends and families. The ultimate in comfort foods, open early morning for a hearty breakfast and homemade bakery items - including signature Boon Fly donuts - the Café also offers tasty lunches and a wide variety of everyone's favorite modern Americana dinners. Menus feature modern rustic cuisine based on the agricultural heritage of the region. While you're building up your appetite, why not mingle with other visitors at the wine bar and compare Carneros selections with those from other regions. A pleasant spot to wile away a bit of the afternoon in basic, comfortable surroundings. © OpenTable



Photo courtesy of The Boon Fly Cafe - The Carneros Inn

Napa Valley Snapshot

Local Info

Napa Valley attracts some 5 million visitors each year, and for good reason. Located 50 miles north of San Francisco, Napa Valley is one of the world's premier wine-growing regions, home to picturesque small towns filled with foodie-fave restaurants, wellness spas, award-winning golf courses, artisan-oriented shops, and beautiful open spaces offering hiking adventures and ridgetop views...What's not to love?

Napa

The city of Napa is the largest of Napa Valley's communities, yet downtown Napa retains the feel of a quiet country town. While quite a few mansions and large estates rest back against the hill, Napa tends to be a friendly, down-to-earth town with a refreshingly unpretentious personality. In every season, the farms and wineries dotting the valley make a glorious setting for bike rides and country drives.

Napa's history as the center of the valley's Italian heritage is reflected in a variety of top-quality Italian restaurants. The valley's Hispanic population leaves its culinary mark as well; no drive down Soscol is complete without a quick bite to eat at one of the town's famous beloved taco trucks. The Carneros area on Napa's south side, prized by aficionados for its Pinot Noirs and Chardonnays, now features a slew of hip new inns and restaurants. And the revitalized riverfront area is a mecca for hopping bars and lively galleries.

The commercial center, known as the "Old Town" district, bustles with retail stores and boutique wine shops like Bounty Hunter Rare Wine and Provisions. "Old Town" provides casual dining options like ZuZu, a popular tapas restaurant with tons of local color, literally: most of the artwork featured is from Napa Valley artists.

Yountville

Yountville is far closer to the popular Falcon Crest image of Napa Valley, retaining as it does the quaint charm a small, country town. Less populous and more gentrified than the city of Napa, there are also a lot of grapes growing here. You may see the vineyards first, strangely enough, as a bright, metallic twinkle: growers use reflective foil to scare away grape-eating birds. Yountville, however is perhaps

most famous for first-class dining: French Laundry, Bistro Jeanty, Bouchon, and Ad Hoc are clustered right here. Nationally famed, these establishments are happily embraced by San Franciscans as an integral part of the Bay Area restaurant culture, but clearly, they and Yountville stand on their own (and standing is indeed what you will do if you don't make a reservation weeks in advance). In 2007, the inaugural year of the Michelin Guide to San Francisco, Bay Area & Wine Country, several Yountville restaurants were awarded Michelin Stars.

Oakville

By this point, one has entered the heart of Napa Valley: Wine production. Robert Mondavi, one of the titans of California wine, is headquartered in Oakville. Other, smaller wineries can be seen on both sides of the valley, though the premium cellars seem to be on the west side. While tiny Oakville has a post office, it's really an unincorporated part of Napa County, best known for the Oakville Grocery, a legendary roadside delicatessen stocked with a mind-boggling array of gourmet delights from France, Italy, and their own kitchens. As with other spots throughout the valley, one is likely to be greeted in the early spring by a waving sea of yellow under sparse vineyards: growers often plant mustard underneath grapevines.

Rutherford

Microscopic Rutherford is home to Beaulieu Vineyards, Rutherford Grove, Rutherford Hill, and St. Supery Vineyards & Winery. Take in Napa's landscape with a chilled bottle of sparkling wine in Mumm's outdoor terrace. Francis Ford Coppola's Niebaum-Coppola Estate, generally mobbed with tourists, features memorabilia from his career in cinema. Rutherford is also a fine place to eat: Restaurant at Auberge du Soleil and La Toque are two exceptional Napa Valley restaurants.

St. Helena

With its rows of historic stone and beam storefronts and perfectly restored Victorians, downtown St. Helena looks much it did in the early 1900s. Off the main street, cottage gardens are tucked between elegant bed and breakfasts in historic mansions, while elegant boutique

hotels surround fountain-bedecked quiet courtyards. The Silverado Museum hosts an exhibit of Robert Louis Stevenson ephemera. Fans of ghost story writer and misanthrope Ambrose Bierce will want to stay at the Ambrose Bierce House, now a bed and breakfast. St. Helena is also home to the Beringer Vineyards, a popular tasting destination.

The Culinary Institute of America at Greystone is hidden in the vineyards of St. Helena. The CIA is a master's level training center for working, certified chefs. It's situated in the former home of the Christian Brothers winery, an awe-striking, three-story, 101-year-old building that housed generations of winemaking friars. Take a look at some of the history exhibits inside, and don't miss Brother Timothy's 1800-piece corkscrew collection. The CIA gives cooking demonstrations in their fully equipped teaching theater. Then enjoy the sights at the outdoor terrace of Wine Spectator Greystone Restaurant.

Calistoga

Calistoga is famous for the hot springs that bubble out of the geyser-studded northern end of the valley, and the mineral-infused mud that Europeans traditionally believed had healthful properties. Mud baths, along with mineral baths, saunas, hot steam treatments, whirlpools, and herbal body wraps, have all been an attraction of the area ever since San Francisco entrepreneur Sam Brannan first promoted the benefits of the area's hot springs in the mid-19th century. Dr. Wilkinson's Hot Springs Resort, Lavender Hill Spa, and Indian Springs Hotel & Spa are good spots to enjoy relaxing spa treatments.

To get a feeling for the thermal springs without getting in one, go two miles out of town on Tubbs Lane and catch Old Faithful Geyser of California. The geyser spouts boiling water 60 feet into the air every half-hour or so.

Calistoga is an engaging, health-conscious, bustling little town in every way. The Calistoga Inn Restaurant & Brewery or Wappo Bar & Bistro are all great places to replenish yourself after the ardors of a rub, steam, or scalding soak.

© NileGuide