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Ian L

Hiker's Guide to Napa

Sausalito, Napa Valley, 6 Days

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Guide Description



AUTHOR NOTE: With craggy mountains to the east, west and north surrounding vineyard-covered valleys, Napa has every type of hike for every level of hiker. Stroll a creekside path, roam a redwood forest, or climb a rock-studded peak to look down on the terraced vineyard-patterned valley below. While to most people Napa means wine, the outskirts of the Napa valley also feature lakes famous for recreational boating and lakeside hikes.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Napa Valley



The Carneros Inn

Come Inn for an Alfresco Shower!

Day 2 - Napa Valley



di Rosa Preserve (The)

Stroll among sculptures by 20th-century art stars



Meritage Resort

Vineyard-themed resort features famed Siena restaurant



Spa Terra

Unearth the Beautiful You

Day 4 - Napa Valley



Vallergas Market

Gourmet grocery store



Skyline Trail

Napa singletrack

Day 5 - Napa Valley



Piccolino's Italian Cafe

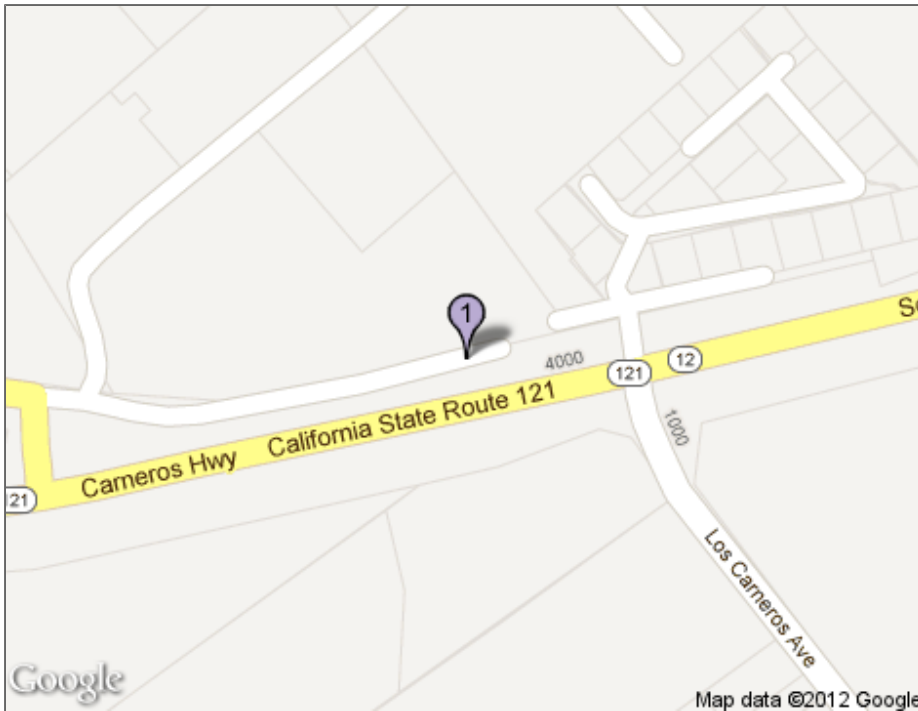
Kid-friendly east coast Italiano



Soda Canyon Store

Casual cafe and snack stop

Day 1 - Napa Valley



QUICK NOTE

contact:

tel: (707) 299-4900
fax: (707) 299-4950
<http://www.thecarnerosinn.com/>

location:

4048 Sonoma Hwy
Napa CA 94559

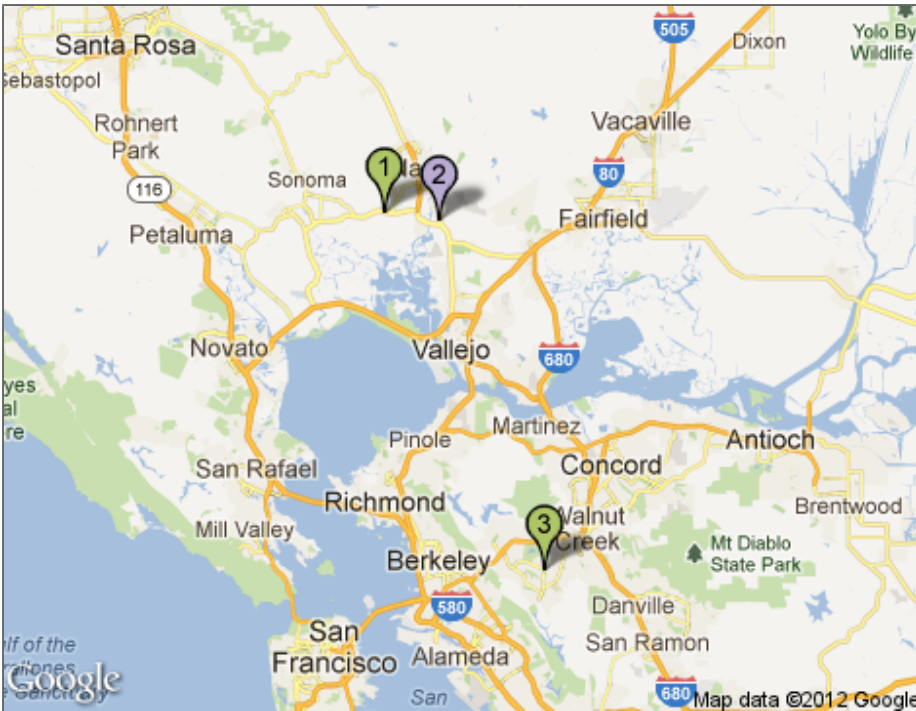
1 The Carneros Inn

DESCRIPTION: The Carneros Inn is made up of 86 individual cottages, including 10 suites. All cottages are set amidst beautiful landscaped courtyards. The cottages are an ideal combination of country comfort and modern day amenities. Go wine-tasting and then snuggle up by the stone hearth and roaring fire. Watch your favorite DVD on the large flat-screen or just laze around with a book. Each cottage has a private patio and a garden, so take advantage of the great weather and spend time outdoors. The bathroom is flooded with natural light, and features fine limestone, tile, and heated slate floors. In most rooms, a soaking tub is nestled under a tub-length, garden-side casement window or guests can step outside for a romantic alfresco shower! Cottages boast between 975-1800 sq ft of private indoor and outdoor living space. © wcities.com



Hotels.com

Day 2 - Napa Valley



QUICK NOTE

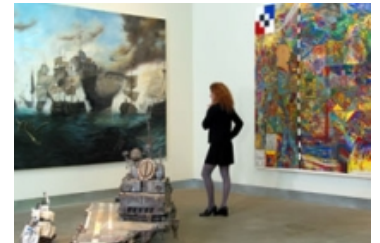
contact:
tel: +1 707 226 5991
<http://www.dirosapreserve.org/index.html>

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



contact:
tel: +1 707 251 1900
fax: +1 707 254 8274
<http://www.themeritageresort.com/>

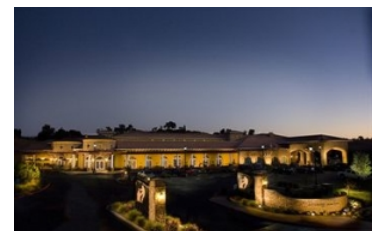
location:
875 Bordeaux Way
Napa CA 94558

2 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-



Hotels.com

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.

© NileGuide

contact:

tel: +1 707 251 3000

fax: +1 707 259 0661

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

location:

875 Bordeaux Way
Napa CA 94558

hours:

Daily 8a-8p

3 Spa Terra

DESCRIPTION: Located in an underground cave and part of The Meritage Resort at Napa, Spa Terra offers unmatched services in the whole of Napa. Feast your senses with an array of facials, massages, body scrubs, stone therapy and more offered here. Apart from this, the spa offers a variety of packages which are unbeatable in terms of service and worth the price. Spa Terra also features a couples package and offers a lunch menu to treat its guests. © wcities.com

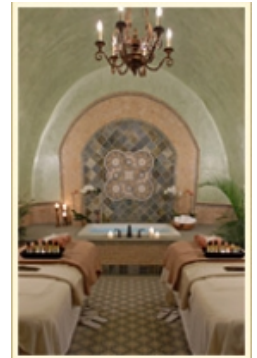
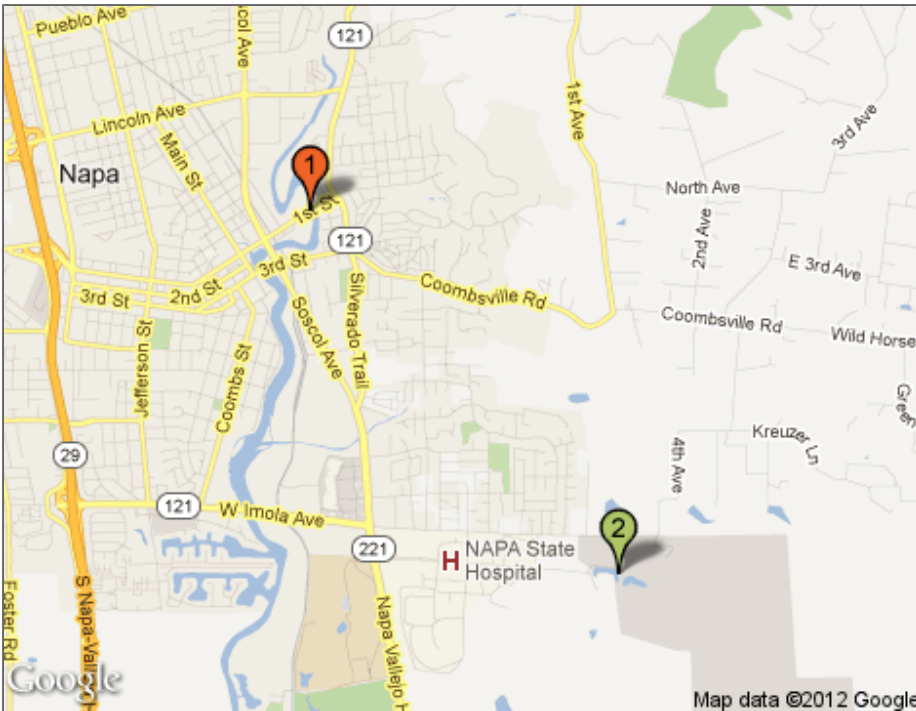


Photo courtesy of Spa Terra

Day 4 - Napa Valley



QUICK NOTE

contact:
tel: 707- 253-2780
fax: 707- 226-5293
<http://www.vallergas.com/>

location:
301 First St
Napa CA 94559

hours:
Daily 7a-10p

1 Vallergas Market

DESCRIPTION: This locally owned grocery store specializes in gourmet, organic and locally produced foods. Additionally, it offers a full-service deli counter, butcher, and seafood department with a fresh selection of quality meats. And the produce area offers many organic fruits and vegetables. You can stop by for a plethora of goodies for a Wine Country picnic consisting of extra virgin olive oil and fresh-baked bread, fine wine and renowned California cheese. © wcities.com



Photo courtesy of Vallergas Market

contact:
tel: (707) 252-0481
<http://www.ncfaa.com/skyline/about.htm>

location:
2201 Imola Ave.
Napa CA 94559

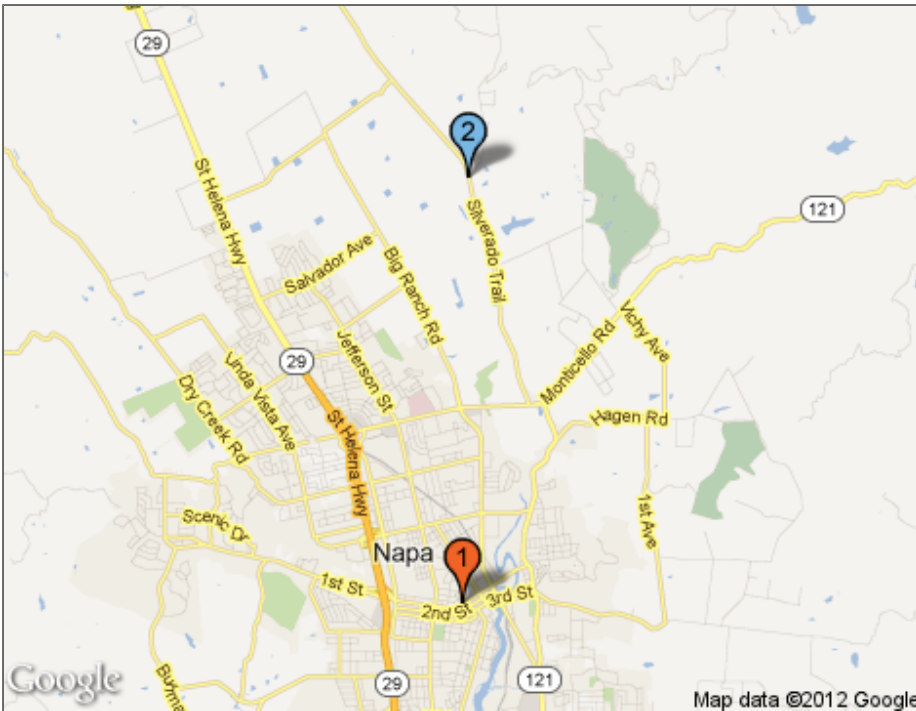
2 Skyline Trail

DESCRIPTION: Semi-technical ride on 90% singletrack in Skyline Wilderness Park, this ride comes highly recommended for a medium loop. The loop includes the Skyline Trail, Chaparral Trail, Rim Rocks Trail, and Marie Creek Trail. © NileGuide



Photo courtesy of Skyline Trail

Day 5 - Napa Valley



QUICK NOTE

contact:

tel: 707- 251 0100

fax: 707- 224 1232

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

location:

1385 Napa Town Center
Napa CA 94559

hours:

Lunch: Sunday - Saturday:
11:00am - 5:00pm; Dinner:
Sunday - Thursday: 5:00pm
- 9:00pm, Friday - Saturday:
5:00pm - 9:30pm; Brunch:
Saturday - Sunday: 11:00am -
2:00pm

1 Piccolino's Italian Cafe

DESCRIPTION: Owner Joe Salerno recreates his childhood memories of stirring sauces and making sausage in this popular downtown cafe. Voted the best Italian restaurant in Napa by locals, the menu features homemade pastas and sausages, fresh seafood and pizzas. Specialties include Veal Piccata and Fettucine Mare with a choice of three sauces. The family-style dinners include a choice of lasagna or two types of spaghetti, with bread. The wine list includes worthy offerings from local wineries as well as a few Italian wines. Follow dinner with an espresso and decadent dessert. A good spot for live music - check online for a current schedule. © wcities.com



wcities

contact:

tel: 707- 252 0285

fax: 707- 252 0871

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

location:

4006 Silverado Trail

2 Soda Canyon Store

DESCRIPTION: Soda Canyon Store is considered the best cafe stop on Silver Trail in Napa. The deli is famous for the delicious and homemade sandwiches along with a notable collection of local wines. The deli also features a full espresso bar and store that caters to the locals. With wooden counters and panels the deli is a neat one and deserves a visit. The fruit smoothies served here are famous and must be tried. © wcities.com

Day 5 - continued...

Napa CA 94558

contact:
tel: +1 707 224 1668
fax: +1 707 224 1672
<http://www.artesawinery.com/>

location:
1345 Henry Rd
Napa CA 94559

hours:
Daily 10am-5pm; tours daily
at 11am and 2pm

1 Artesa Winery

DESCRIPTION: Inside is a museum dedicated to educating visitors about winemaking history and technique--a great way to juice your wine knowledge. Open since 1991, Artesa specializes in Pinot Noir and Chardonnay. The courtyard, reminiscent of an Italian manor home, features a reflecting pool, sculpture, and fountains. © NileGuide



john w

contact:
tel: +1 707 253 2222
fax: +1 707 258 8889
<http://www.balloonrides.com>

location:
5091 Solano Avenue
Napa CA 94558

2 Balloons Above the Valley

OUR LOCAL EXPERT SAYS:
Check weather conditions before you book as balloons can't take off in high winds.

DESCRIPTION: A hot air balloon ride over the Napa Valley is an unforgettable way to commemorate your visit...and the Facebook photos will certainly be memorable! A typical adventure includes an hour-long balloon ride followed by a garden Champagne brunch, but several packages are available. The pilots are well-informed locals who tell you all about the history and culture of the Napa Valley while you soar above it. Launches begin at sunrise. Enjoy incredible aerial views of Napa vineyards. Wind conditions are a factor; if it's too windy balloons can't take off, but that's fairly rare. © NileGuide



contact:
tel: (707) 255-3954
<http://www.cejavineyards.com/>

location:
1248 First Street
Napa CA 94559

3 Ceja Vineyards Wine Tasting Salon, Lounge and Art Gallery

OUR LOCAL EXPERT SAYS:
Don't let food samples go by without tasting.

DESCRIPTION: A little bit gallery, a little bit pouring room, a little bit family salon, Ceja Vineyards' new "tasting salon" in downtown Napa is just a lot of fun. A lively, "let us show you a good time" atmosphere prevails, courtesy of the good humored Ceja family members themselves. The Cejas are, like many of the Latino families in Napa, among the founding generation of the valley's winemaking industry. Proud of their Latin American heritage, the Cejas bring a bit of fiesta to liven up the pouring process. A block away is Ariel Ceja's Bistro Sabor, offering a great "small plates" menu consisting of specialties from all over Latin America. (Don't miss the salmon ceviche tostadas or the churros.) © NileGuide



editor

contact:
<http://www.playgroundfantastico.com/>

location:
2400 Old Sonoma Road
Napa CA 94559

4 Playground Fantastico

OUR LOCAL EXPERT SAYS:

Go early or late in the day when it's not so hot.

DESCRIPTION: One of those awe-inspiring projects built entirely with community energy and support, Playground Fantastico is unbelievably fun and cool. From the minute you spot the shiny rocket-shaped towers designed by architect Matt Eisenberg, you can see this is no ordinary park. There are stone geysers, castles, swinging ramps, and sculptures that give off strange sounds. Everything was designed with kid and community input and it's all whimsical and fun. The only issue is shade -- it gets hot in Napa in the summertime and the lot feels a little bare. The community is trying to address this with a fundraising effort to plant shade trees.

© NileGuide



editor

contact:
tel: 707- 251-5656
<http://ubuntunapa.com/restaurant.php>

location:
1140 Main Street
Napa CA 94559

hours:
Lunch: Sat-Sun
11:30am-2:30pm. Dinner:
Sun-Thur 5:30pm-8:30pm,
Fri-Sat 5:30pm-9pm

5 Ubuntu Restaurant

OUR LOCAL EXPERT SAYS:

Visit the restaurant's website from time to time to keep up on the list of what's growing in Ubuntu's garden, and you'll be up to date on the latest trendy ingredients.

DESCRIPTION: Ubuntu is an upscale vegetarian restaurant that garnered one Michelin star in 2011. Ingredients for Ubuntu's creative dishes are primarily grown in the restaurant's own gardens, following the principle of biodynamic farming. Biodynamic farmers place high emphasis on healing and supplying the earth with ingredients that encourage regeneration. Chef Aaron London and his team begin each morning at the gardens, and prepare dishes that bring out the natural flavors of the herbs and vegetables. Ubuntu restaurant is a manifestation of a dream to bring together many of the things that owner Sandy Lawrence enjoys in the hope that it may benefit others. Wines are both local and international, selected for sustainable growing and harvesting practices. After dinner if you're not too full, you can take a yoga class in the studio above.

© NileGuide



contact:
tel: 707-944-2749

location:
7377 St. Helena Highway
Napa CA 94558

hours:

6 Brix

DESCRIPTION: Brix Restaurant and Gardens is a wine country classic with a renewed focus on farm-to-table dining. The daily-changing menu draws inspiration both from the restaurant's extensive grounds (with vegetable beds, fruit and citrus orchards, extensive flowering gardens and vineyards) and from the traditions of the winemaking regions of Southern



Photo courtesy of 25° Brix

Mon-Sat: lunch 11:30am–3pm, bar menu 3pm-9pm, dinner 5pm-9pm. Sun: buffet brunch 10am-2pm, bar menu 4:30pm-9pm, dinner 5pm-9pm.

France and Northern Italy. Expect entrees like Sonoma duck breast with creamy spring onion farro risotto and charcoal-grilled line-caught swordfish with brussel sprouts, with locally grown ingredients featured in every dish. A 800-bottle wine list includes a one-of-kind Oakville Cabernet Sauvignon list. © NileGuide

contact:

tel: +1 415 332 0502
fax: +1 415 332 2537
<http://www.casamadrona.com>

location:

801 Bridgeway
Sausalito CA 94965

7 Casa Madrona Hotel & Spa

OUR LOCAL EXPERT SAYS:

Don't miss the 3,000 square foot spa

DESCRIPTION: Sooner or later most visitors to Sausalito look up and wonder at the ornate mansion on the hill. It's part of Casa Madrona, a hideaway by the bay built in 1885 by a wealthy lumber baron. The epitome of luxury in its day, the mansion had slipped into decay when John Gallagher purchased it in 1910 and converted it into a hotel. By 1976 it was damaged and facing the threat of demolition when John Mays acquired the property and revitalized the hotel. Successive renovations and extensions added a rambling, New England-style building to the hillside below the main house. Now listed on the National Register of Historic Places, the hotel offers whimsically decorated rooms, suites, and cottages, which are accessed by steep, gorgeously landscaped pathways. The 16 free-standing units, the seven cottages, and the rooms in the mansion have individual themes such as Lilac and Lace, Renoir, and the Artist's Loft. Some have claw-foot tubs and others have fireplaces. Rooms in the newer adjoining building have a chic contemporary decor, four-poster beds, marble bathrooms, and great marina views from some rooms. The classy Italian Poggio restaurant has been a Sausalito favorite since opening, and the hotel's full-service spa offers a wide assortment of treatments and getaway packages. © Frommer's



editor

contact:

tel: +1 415 332 9535
fax: +1 415 332 6714
<http://www.bedandbreakfast.com/california-sausalito-theinnabovetide.html>

location:

30 El Portal
Sausalito CA 94965

8 The Inn Above Tide

DESCRIPTION: Just beyond Sausalito's yacht club and ferry dock, right on the water's edge, sits The Inn Above Tide. The only hotel in the entire Bay Area ON the water. All of its 29 guest rooms enjoy panoramic views of the San Francisco Bay and skyline. Most have furnished private decks over the water, fireplaces and oversized or spa tubs. All rooms include generous amenities, wireless internet throughout, attentive service, and binoculars. A stunning new suite features an in-window, over-the-water, free-standing spa/soaking tub for 2, two flat screen TVs, Euro-Asian design and 30 foot over-the-Bay deck.

contact:

tel: 888/651-2003
fax: 415/339-4792
www.cavallopoint.com

location:

601 Murray Cir
Sausalito CA 94965

9 Cavallo Point

DESCRIPTION: If you haven't heard the buzz of Sausalito's new grand dame, you've been living on another planet these past few years. The Lodge, which occupies Golden Gate National Park's century-old, former Army quarters in Fort Baker, finally opened its doors in the summer of 2008 to much national acclaim and anticipation after nearly a decade in the making. The 17 red-roofed, colonial-style buildings form a horseshoe pattern overlooking the San Francisco skyline at the bay's edge with Adirondack chairs placed throughout the knee-high grassy knolls for lounging. A visit is a bit what I imagine time travel to early-20th-century Williamsburg might be like, only present day and just a mile outside of the San Francisco city limits. You have your pick of rooms: Roughly half are the old officers' quarters in the historic lodging, which give off a rustic, nostalgic feel -- prices start a bit lower for these than the more dressed-up rooms -- while the newer buildings have a more contemporary flair. At least that's what the hotel employees will tell you -- if you ask me, there aren't too many discernible differences between the two models. The majority of rooms have unobstructed views of the Golden Gate Bridge, which practically towers over Cavallo's entities. For dinner, you needn't even head into downtown Sausalito, which is just a mile up the road; the on-site restaurant, Murray Circle, combining French, Mediterranean, and California influences in its fare, is about the finest around. One of the four properties comprising the high-rolling Passport Resorts, Cavallo Point also offers an interesting mix of classes and activities, spanning a cooking school to sunrise yoga sessions, in its 11,000-square-foot Healing Arts Centers. Check the blackboard in the main lobby daily to see what's on tap for the coming week. There are still some primarily service-oriented kinks the lodge needs to work out -- it's often hard to get someone on the phone or in the lobby when you require assistance, and even then, they seem quite informal -- but the staff is incredibly friendly nevertheless, and the hotel still in its early stages, so we'll cut it some slack until it finds its bearings. © Frommer's



editor

contact:

tel: (415) 332-7771
fax: +1 415 332 6847
www.poggiotrattoria.com/

location:

777 Bridgeway
Sausalito CA 94965

hours:

Continental breakfast
daily 6:30-11am; lunch
11:30am-5:30pm; dinner Sun-
Thurs 5:30-10pm, Fri-Sat
5:30-11pm

10 Poggio

DESCRIPTION: This restaurant gets its name from its picturesque location. 'Poggio' stands for a hillside place in Italian. The interesting bit is that all the exotic ingredients are grown on a nearby terraced hillside and used in the food by chef Christopher Fernandez. Most of the cooking is done in a large wood-fired rotisserie and a wood-roasting oven. The place also offers its facilities for banquets and private parties. © wcities.com

contact:

tel: (415) 332 3620
fax: +1 415 332 3940
<http://www.sushiran.com/>

location:

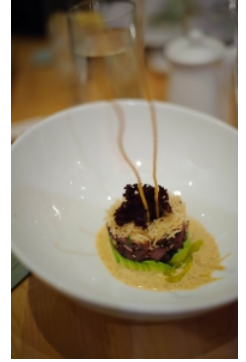
107 Caledonia St.
Sausalito CA 94965

hours:

Mo to Fr from 11:45 AM to
02:30 PM, Mo to Fr from 05:30
PM to 11:00 PM, Sa from
05:30 PM to 11:00 PM, Su
from 05:00 PM to 10:30 PM

11 Sushi Ran

DESCRIPTION: Sushi Ran, rated one of the best restaurants in the Bay area by critics and locals alike, is an Asian culinary haven. Chefs Haruo Komatsu together and Scott Whitman work wonders to create truly delectable dishes, and traditional Japanese sushi with inventive fusion cuisine is served by the friendly staff. The excess rush of loyal customers and tourists led the owner Yoshi Tome to open a wine bar alongside the eatery, and sushi eaters' competitions and picnics are also held often. Hi-tech meets tradition at this sleekly contemporary sushi bar. The nigiri, maki and hand rolls are expertly prepared from quality ingredients. Even old favorites such as California Rolls seem new again with the freshness of the ingredients and the up-to-the-nanosecond-hip surroundings. You will also find excellent tempura, both as an entree and in the sushi. The service, however, is delightfully old-fashioned with its efficiency and friendliness. Do not miss the Spider, a hand roll filled with crab tempura and the house's special sauce. © wcities.com



sanjoseweb

Sausalito Snapshot

Local Info

Best known for its unrivaled waterfront views, the tiny fishing village of Sausalito (originally spelled Saucelito)

has had a colorful and storied history that's included Native American tribes, Spanish conquistadores and land grants, Prohibition-era rum runners, and a WWII

shipyard to rival the biggest and most technologically advanced in the country.
© NileGuide

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.

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