



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



star5112

Business Travel Guide to Sonoma

Glen Ellen, Sonoma, 9 Days

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Guide Description



AUTHOR NOTE: Whether you're painting the town of Sonoma with colleagues, sampling the area's boutique wines for your store, or need an intimate conference facility to hole up and brainstorm, Sonoma's resorts and hotels have the facilities and amenities you need. From the grand yet intimate business salons of Kenwood Inn and Spa to the expansive facilities at Fairmont Sonoma Mission Inn, the options are limitless. Meanwhile, Sonoma's astonishing number of restaurants helmed by top chefs will allow you and your colleagues to dine on award-winning food in elegant settings while trying something different every night. Companies looking to create a bonding experience or inspire leadership and creativity have numerous adventure travel options to choose from. Meanwhile, business travelers in search of art, culture, and nightlife will find it in the lively downtowns of Sonoma, Santa Rosa, Healdsburg, and Petaluma, as well as in art walks, galleries, and brewpubs.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 3 - Sonoma



Estate Sonoma

Located in a Victorian farmhouse that once housed a founding family, Estate is a new chance to sample the delectable cuisine of Sondra Bernstein, the restaurateur behind beloved Sonoma favorite The Girl & the Fig and the Fig Cafe in Glen Ellen.

Day 8 - Sonoma



Santé

Resort gourmet



Fairmont Sonoma Mission Inn & Spa

Hot springs for the jet set

Day 4 - Sonoma



Cafe La Haye

Take Your Pick

Day 5 - Sonoma, Glen Ellen



Cornerstone Gardens

Beautiful Walk-through Gardens



Arrowood Vineyards & Winery

From Sonoma Alone



girl and the fig (the)

Quality local stuffs



Kenwood Inn and Spa

Sun-dappled courtyards, a luxurious spa and pool, and rooms dripping with romance set this Tuscan-style spa retreat apart

Day 7 - Glen Ellen, Sonoma



B.R.Cohn Winery

Musical Winemaker



Osmosis Day Spa Sanctuary

Japanese-inspired wellness spa specializes in enzyme soaks and stress-busting massages



Dorado Kitchen (EI)

Casual Californian upscale

Day 3 - Sonoma



QUICK NOTE

contact:

tel: 707-933-3663

<http://www.estate-sonoma.com/>

location:

400 W Spain St
Sonoma CA 95476

hours:

Dinner Nightly from 5:30 PM -9:30 PM. Sunday brunch 10-3. Prearranged Private Lunch Parties for over 20 guests available with a set menu.

1 Estate Sonoma

OUR LOCAL EXPERT SAYS:

Don't miss Sunday brunch, now featuring \$3 prosecco; if it's warm enough, eat on the sun-dappled terrace surrounded by aromatic lavender and sage.

DESCRIPTION: Estate really is located in an historic Victorian-era estate, the home built in 1864 by Spanish land-holder General Mariano Vallejo for his daughter. The lovely high-ceilinged building formerly housed an old-fashioned, though beloved local institution known as General's Daughter, named for the building's role in history. Since reopening in the fall of 2008 as Estate, the expansive dining room has become a popular destination thanks to the reputation of Sondra Bernstein, the culinary force behind The Girl & the Fig, widely acknowledged as one of the best restaurants in Sonoma County.

But while Fig, and its offshoot, the Fig Cafe (located in the original Girl & the Fig building in Glen Ellen) serve food that's at least nominally country French, Estate is a chance for Bernstein and her longtime partner, sous chef John Toulze, to try something different. Working with a new executive chef, Chris Jones, they've developed a style they call "festive regional Italian" which translates as an eclectic menu filled with the kinds of dishes your Italian grandmother might whip up if



she had access to all the bounty of Sonoma County's specialty farms and artisanal producers.

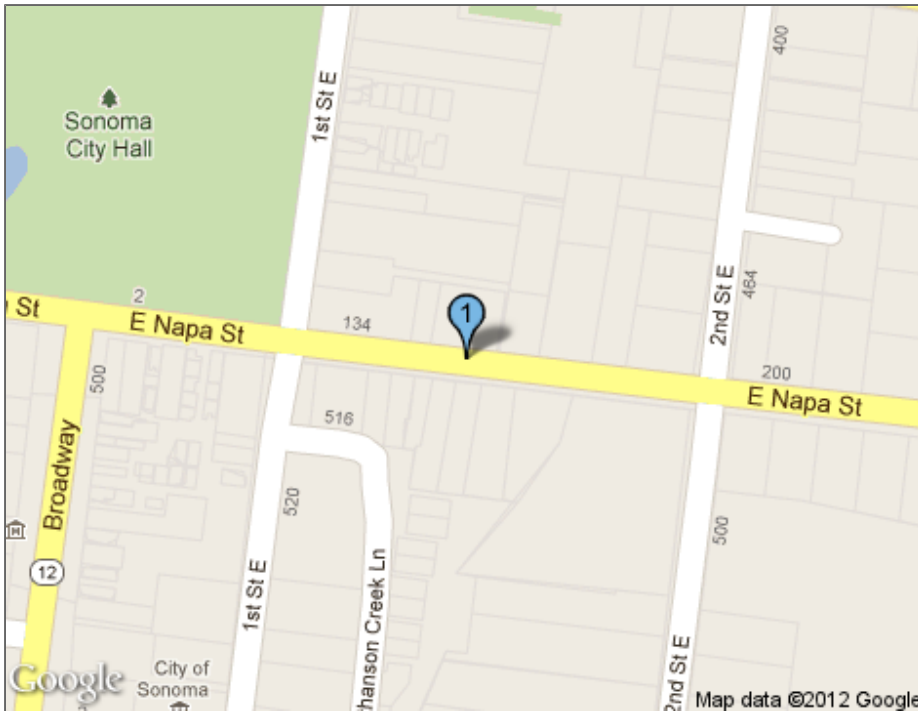
Estate is also a chance for Toulze to show up the skills he's developed in charcuterie; numerous dishes feature house-made pancetta, house-smoked bacon (perfectly chewy and extra-smoky), salumi, and other handmade meat treats from Jones' smokehouse.

The dining room ambiance is an odd blend of formal, old-fashioned furnishings and modern art, but it works perfectly thanks to scattered table lamps and floral arrangements that tie it all together into something invitingly homey yet festive.

The full bar features a good collection of local wines, there's no corkage fee for Sonoma wines. There are frequent special events

Regional Italian & festive drinking with a full bar, and extensive wine list, patio dining. . . but wait, that's not all. . . Estate grown products, estate crafted artisan products, and an avant-garde art art collection round out the mix. © NileGuide

Day 4 - Sonoma



QUICK NOTE

contact:
tel: 707- 935 5994

location:
140 East Napa Street
Sonoma CA 95476

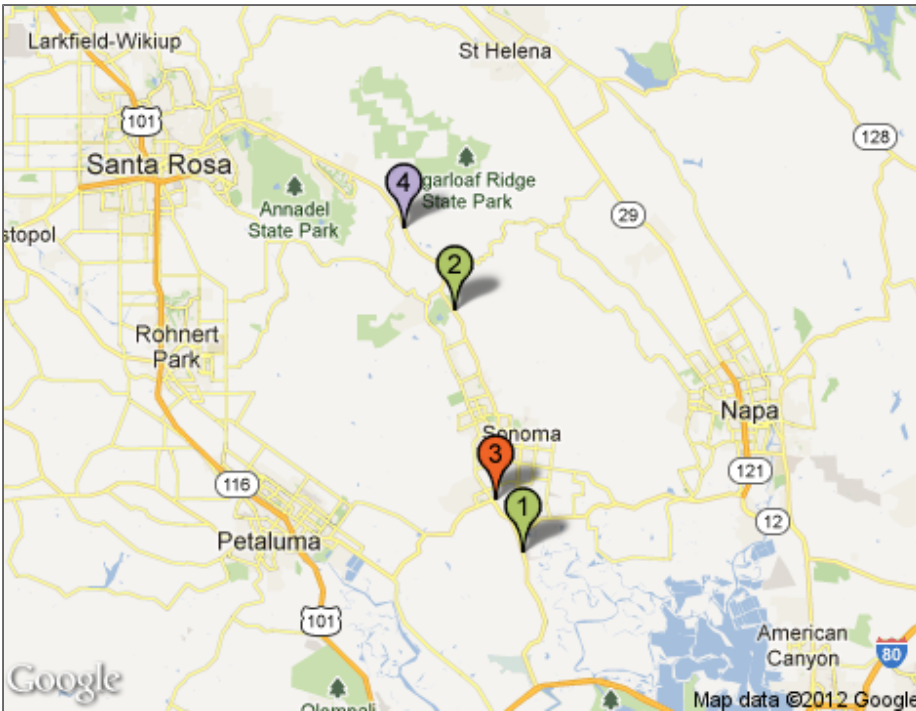
hours:
Tu-Sa 5:30p-9p, Su 9:30a-2p

1 Cafe La Haye

DESCRIPTION: Seared black pepper-lavender filet mignon, chicken breast with goat cheese and herb stuffing, steamed mussels with fennel and garlic broth...Sounds mouth-watering? Then head to the Cafe La Haye at Sonoma since that's what's on the menu here. Sumptuous food, experienced staff and a tranquil atmosphere adds to your dining experience. © wcities.com



Day 5 - Sonoma, Glen Ellen



QUICK NOTE

contact:

tel: +1 707 933 3010
fax: +1 707 933 3856
<http://www.cornerstonegardens.com/>

location:

23750 Highway 121
Sonoma CA 95476

hours:

Daily 9a-5p

1 Cornerstone Gardens

DESCRIPTION: This is paradise not only for those interested in garden design, landscaping and art, but also for those who love the finer things mother nature has to offer. This ever-changing series of walk-through gardens offers the viewer a magnificent haven in California's beautiful weather. Cornerstone also hosts seminars and lectures on landscaping and garden design. © wcities.com



Bitboy

contact:

tel: +1 707 935 2600
fax: +1 707 938 5947
<http://www.arrowoodvineyards.com/>

location:

14347 Sonoma Highway
Glen Ellen CA 95442

hours:

Daily 10a-4:30p

2 Arrowood Vineyards & Winery

DESCRIPTION: Arrowood Vineyards and Winery, is well placed in the Sonoma county amongst scenic views. This is a beautiful place to visit with mountains in the backdrop, Winery that resembles an English dwelling and a surrounding vineyard. A reason stronger enough to draw anyone here apart from the location is the delicious wines fermented here. The Wine is made from grapes grown only in Sonoma county, with Richard Arrowood's 40 years of experience and classic aging methods. Tours and tastings are available with prior reservation. © wcities.com



Arrowood Vineyards & Winery

contact:

tel: 707- 938 3634
fax: 707- 938 2064
<http://www.thegirlandthefig.com>

location:

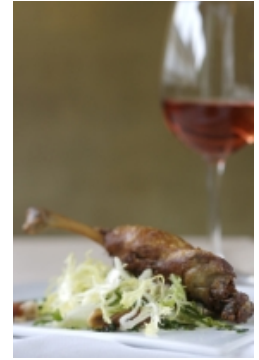
110 West Spain Street
Sonoma CA 95476

hours:

M-Th 11:30a-10p, F-Sa
11:30a-11p, Su 11:30a-10p

3 girl and the fig (the)

DESCRIPTION: On the ground level of Sonoma Hotel, The Girl and the Fig offers eclectic French cuisine. The decor is casual and laid back and can get loud when the crowd streams in. Braised pork loin, steak tartare, duck confit, croque monsieur, pan seared duck, salami and brie sandwich, niman ranch jambon, salmon nicoise and homemade fig cake are some of the menu listings. Moreover, the bar has a great selection of French wines and cocktails. Reservations are the way to go. © wcities.com



contact:

tel: +1 707 833 1293
fax: +1 707 833 1247
<http://www.bedandbreakfast.com/california-kenwood-kenwoodinnandspa.html>

location:

10400 Sonoma Highway
Kenwood CA 95452

4 Kenwood Inn and Spa

OUR LOCAL EXPERT SAYS:

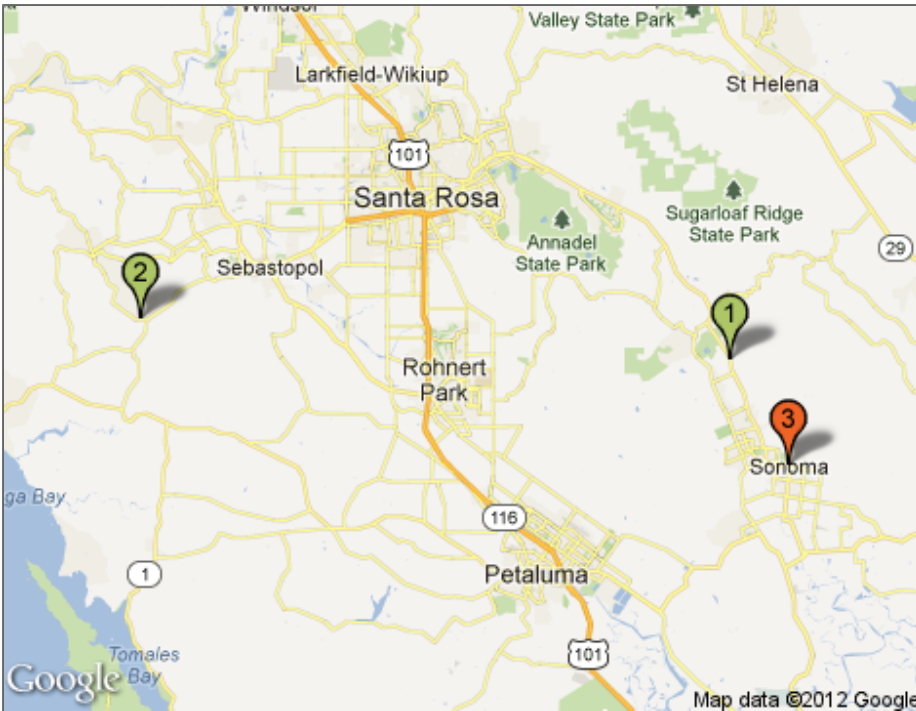
The award-winning restaurant at Kenwood Inn and Spa is open only to guests. So plan on eating dinner at the Inn; the olive oil tasting menu and the wine pairing appetizer menu are also not to be missed.

DESCRIPTION: Located in the Valley of the Moon in California's Sonoma County, the Kenwood Inn and Spa is designed in the spirit of a Mediterranean Villa. Each of the Inn's 29 guestrooms are appointed with fireplaces, featherbeds, Italian linens and luxurious robes. The intimate hideaway offers a dining room and wine bar exclusively for Inn guests, spa featuring ARCONA products and vinotherapy, two heated pools, sunning terraces, a steam room and hot tub. Wake up each morning with a complimentary signature breakfast that includes a daily feature like eggs over grilled farm bread with asparagus and tomato basil cream sauce.



Melanie Haiken

Day 7 - Glen Ellen, Sonoma



QUICK NOTE

contact:

tel: +1 707 938 4064

fax: +1 707 938 4585

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

location:

15000 Sonoma Highway
Glen Ellen CA 95442

hours:

Daily 10a-5p

1 B.R.Cohn Winery

DESCRIPTION: The favorable conditions of underground hot springs and ocean breezes at Bruce Cohn's vineyard make it possible to produce award-winning Chardonnay, Pinot Noir and Cabernet Sauvignon. Apart from the tasting room, there's also a gourmet shop that retails secondary produce such as olive oil and vinegars. Moreover, every fall the winery organizes a music festival and golf tournament. Visitors can also choose from 4 wine clubs, which offer special retail rates to members and other privileges. © wcities.com



B.R. Cohn Winery

contact:

tel: (707) 823-8231

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

location:

209 Bohemian Highway
Freestone CA 95472

2 Osmosis Day Spa Sanctuary

OUR LOCAL EXPERT SAYS:

This treatment will leave you as limp as a wet noodle; schedule it at the end of the day for a perfectly relaxed evening

DESCRIPTION: Like a magical trip to ancient Kyoto, a visit to Osmosis day spa and sanctuary feels like an escape to another time and place. Oddly located in the tiny town of Freestone, west of Sebastopol, this holistic therapy spa is less about pampering and more like giving yourself the gift of a health-boosting treatment. Despite the name, an "enzyme bath" is more akin to a ritual sauna than a soak. Used by Japanese practitioners as a detoxification procedure, an enzyme bath



Melanie Haiken

involves immersing your body into a hot bed of fermenting cedar chips, which raises your internal core temperature and allows your body to sweat out toxins. Osmosis founder Michael Stusser is a serious believer in the importance of alternative healing, and hires only the best massage therapists available. So take advantage of the deep relaxation you'll feel after your bath and indulge in a massage as well, and you'll leave feeling restored, relaxed, and energized beyond what you thought possible. © NileGuide

contact:

tel: +1 707 996 3030
fax: +1 707 996 3148
http://www.eldoradosonoma.com/el_dorado_kitchen.html

location:

405 First Street West
Sonoma CA 95476

hours:

Daily 11a-2:30p & 5:30p-9p

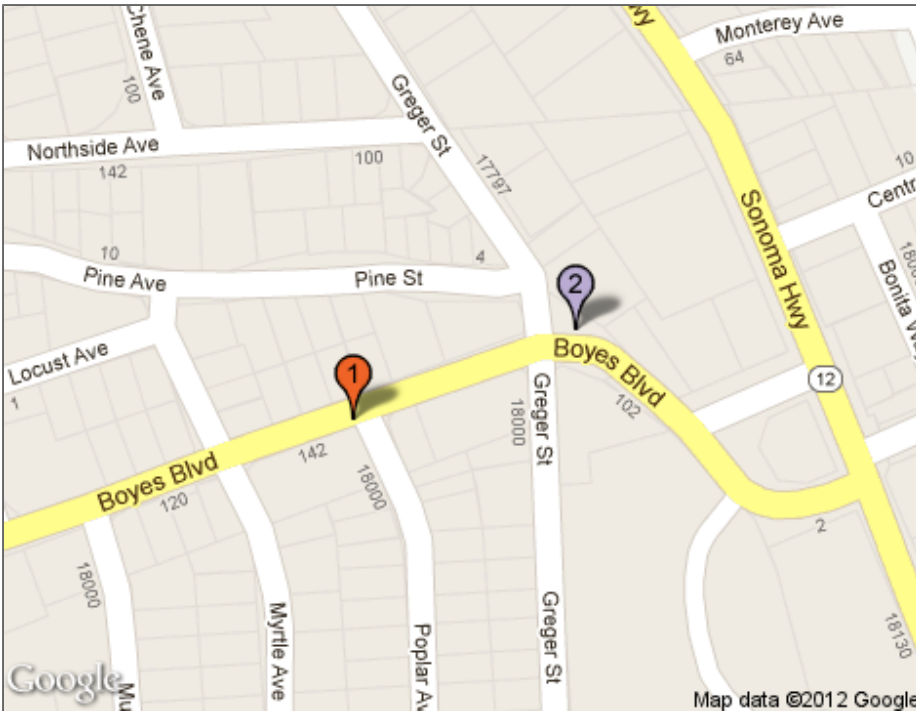
3 Dorado Kitchen (EI)

DESCRIPTION: Located on the ground level of El Dorado Hotel, the Kitchen prepares a sophisticated Californian menu of steak and truffle fries, Basque bouillabaisse, endive salad and free range chicken dishes. Choose to be seated at the poolside beds, the garden courtyard or private cabanas. The cocktail lounge offers interesting concoctions and about 20 wines by the glass. © wcities.com



Dorado Kitchen

Day 8 - Sonoma



QUICK NOTE

contact:
tel: 707- 939-2415
www.fairmont.com/sonoma/

location:
100 Boyes Blvd.
Sonoma CA 95476

hours:
Daily: 6:00pm - 9:30pm

1 Santé

DESCRIPTION: The Sante Restaurant is the Fairmont Sonoma Mission Inn's premier dining room and has earned a national reputation for its outstanding food. Conde Nast Traveler said 'it's worth a special trip just to eat here' and Gourmet Magazine calls the food 'the best of the new Wine Country style.' Only the freshest local produce, meats, poultry and seafood are used to create elegantly simple dishes that let the natural flavors of the food speak for themselves. A wine list, honored with Wine Spectator's 2002 'Award of Excellence' features over 300 Sonoma and Napa wines.



contact:
tel: +1 707 938 9000
fax: +1 707 938 4250
<http://www.sonomamissioninn.com>

location:
100 Boyes Boulevard
Sonoma CA 95476

2 Fairmont Sonoma Mission Inn & Spa

DESCRIPTION: This is the first luxury spa resort in California to have its own natural source of thermal mineral water. Located in Sonoma Valley, and surrounded by natural mineral hot springs, this resort offers the ultimate rejuvenation package. It has a state-of-the-art spa that provides massages and treatments derived from Egyptian, Roman and Greek civilizations. The rooms are designed artistically and offer a variety of packages, from moderately priced rooms to lavish suites. Each of its rooms is lavishly decorated and well-equipped with luxurious amenities. © wcities.com



Sonoma Snapshot

Local Info

Known to locals as the "real wine country," Sonoma County has fewer tourists and at least as many working farms and wineries as Napa, giving it more the sense of a country getaway. Towns at the southern end of the county, just 45 minutes north of San Francisco are close enough for day trips or weekends, while the northern end of the county maintains a rugged remoteness perfect for getting away from it all. Laid-back and back to nature are the key concepts in Sonoma; with an incredible rock-studded coastline to the west and the Russian River making lazy Z-curves through the valley, there are endless opportunities for hiking, biking, beachcombing, and water sports of all kinds.

Epicurean culture is rooted in the rich soil that has yielded world-class wines and fresh produce for generations. Wine is a way of life in "Slow-noma," birthplace of the California wine industry and home to over 250 wineries. Family-run wineries and intimate tasting rooms abound visitors eager to drink in Sonoma's offerings. Local produce fills the many restaurants, which showcase superb California cuisine in elegant-yet-casual settings. A resort destination for over 100 years, hot springs await, and luxury resorts and spas are prepared to pamper. Sonoma County captures the natural diversity of Northern California with its fertile farmlands, rolling vineyards, redwood reserves and ruggedly beautiful coastline, and features outdoor activities such as golfing, kayaking, hiking and cycling. But even as its tourism grows, Sonoma County retains its small-town approachability and historical charm. An ideal getaway destination, Sonoma gives the perfect taste of Northern California living.

Sonoma

The city of Sonoma is the historical heart of Sonoma County and serves as a great base from which to explore Sonoma Valley. Sonoma welcomes visitors with its small-town charm and first-class amenities. Despite its recent growth and rediscovery as tourist center, Sonoma remains a laid-back and more affordable alternative to its neighbor Napa. At the city's center lays the leafy and tranquil Sonoma Plaza, a national historical landmark lined with hotels,

restaurants and quaint shops. Sonoma Plaza hosts several festivals every year, including the Valley of the Moon Festival, a Sonoma tradition for over 100 years. Wine tasting rooms and artisan food markets can be found throughout the city, while natural thermal waters can be enjoyed at nearby Boyes Hot Springs, original home to Sonoma's tourist industry.

Healdsburg

In northern Sonoma County, Healdsburg is a quainter, more upscale version of Sonoma, with every shop, restaurant and service you could need to indulge your "weekend in the country" fantasy. Once the working heart of Sonoma's wine culture, today Healdsburg is packed with acclaimed and luxury bed-and-breakfasts.

Three wine appellations converge near Healdsburg, making the area rife with lauded wineries and that low-key wine-country lifestyle. Nearby Alexander Valley is Sonoma wine country's most densely planted area, famous for its Zinfandels and signature Cabernets. Whether you prefer the elegant Francophile dining experience of Cyrus, the hip, happening feeling of Cafe Zin, or the locavore artisanal indulgence of Barndiva, devoted foodies will find a critically acclaimed restaurant to their taste.

Lodging options include the warm hospitality of Honor Mansion, the romantic indulgence of Hotel Healdsburg, with its resort-like spa and pool, and-- the newest arrival-- the quaint farmstay atmosphere of Healdsburg Modern Cottages, brought to you by the artsy collective that runs Barndiva. For the outdoorsy, hiking and biking options are aplenty, while the nearby Russian River makes a picturesque setting for kayaking and inner-tubing.

Guerneville

Nestled along the Russian River, Guerneville is a popular day-trip destination for Bay Area families. The town's small beach rents paddle boats, kayaks and inner tubes, and also makes for fun splashing around. Riverside redwood reserves keep the area cool and shaded during the hot summer months. Home to many ex-urbanites, Guerneville is also known for its environmental and gay activism.

Petaluma

One of Sonoma County's larger cities, Petaluma boasts a picturesque historical downtown of restored 18th-century buildings filled with antique shops and restaurants. Although Petaluma is largely a quiet residential city, it does offer some of the area's best nightlife options. Both housed in historical buildings, McNear's Mystic Theater and the Phoenix Theater attract some of the biggest musical acts the North Bay sees. You can also play pool or karaoke at one of the many bars and pubs.

Santa Rosa

Sonoma County's biggest city, Santa Rosa is a wealthy community full of bustle and traffic jams. Three shopping districts offer everything from brand-name apparel to local art, while historical residential neighborhoods offer a glimpse into Santa Rosa's small-town past. Reasonably priced rooms can be found in Santa Rosa, in name hotels such as Hilton, Holiday Inn and Best Western. Families enjoy Santa Rosa's many kid-(and adult) friendly activities, from an ice-skating rink to Safari West, a safari-style African wildlife reserve. Comic lovers will have to make a stop at the Charles M. Schulz Museum for all things Peanuts.

Bodega Bay/Sonoma Coast

The Sonoma Coast showcases some of Northern California's most breathtaking views. Cliffs dramatically descend into the crashing Pacific surf along legendary Highway 1; take in the stunning views on a coastal hike or drive. The largest destination along the Sonoma Coast is Bodega Bay, a working-class fishing town that swells with tourists in the summer months. The town was the location for Alfred Hitchcock's horror film *The Birds*. But with luxury resorts like Bodega Bay Lodge & Spa, you have nothing to be afraid of.

Sonoma County's mild Mediterranean climate makes visiting enjoyable at any time of year. High season begins in April and runs through the summer, when many food, wine and cultural festivals take place. You'll encounter the greatest crowds during Harvest Season, or "Crush," as locals call it. The Sonoma wine country swells during this time, although the crowds are still less than in neighboring Napa County. If you are at all interested in wine and wine production, this is the best time of year to visit. Winter affords great deals

Sonoma Snapshot continued

and less crowds, though outdoor activities are limited. Weekdays are generally less

busy all times of the year, as Sonoma is a popular weekend destination for San Francisco Bay Area residents.

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