

RELAX & RENEW ITINERARY

Francy and Les' two-day trip to melt away stress



Day One

Stop One: Breakfast at Plank Coffee

We've got an action-packed day ahead, but first—coffee. We were drawn to Plank Coffee in Healdsburg where we enjoyed some of their featured menu items, like the rustic cheesy toast with house-made vegan almond basil pesto. A few bites and a couple cups of coffee later, we were ready to head out for our first adventure.

175 Dry Creek Rd, Healdsburg, CA 95448

Stop Two: Getaway Adventures Bike Tour

Time to get moving! The guided tours at Getaway Adventures are an energizing way to see the beautiful vineyards and landscape while absorbing your surroundings and letting your mind wander. The electric bikes made the 10-12 mile trip a breeze as we stopped along the way to enjoy wine tastings at Domaine de la Riviere and Enriquez Wines and a picnic lunch of fresh, local foods. We cannot recommend this tour enough—it was one of our very favorite parts of our Sonoma County experience.

61 Front Street, Healdsburg, CA 95448

Stop Three: Forest Bathing at Red Car Wine Co.

Next, we met up at Red Car Wine, a winery dedicated to sustainability and being environmentally responsible to their community. And while they're home to award-winning wines, they also offer forest bathing within their Zephyr Farms Vineyard led by Certified Forest Therapy Guide Jenny Harrow.

No, it's not a bath in the forest. Forest bathing is the practice of immersing yourself in nature, tapping into all your senses in order to

connect with your physical world in a more present way. And it's not just theoretical—forest bathing has been found to lower blood pressure and heart rate while reducing cortisol (a stress hormone). This is just the experience you need to help you slow down and transition from “doing” to “being” as a part of your relaxing reset.

8400 Graton Rd, Sebastopol, CA 95472

Stop Four: Dinner at Salt & Stone

Salt & Stone's picturesque courtyard is affectionately known as Kenwood's gathering place, and it's easy to see why. The rolling hills and views of Sonoma County serve as a backdrop to the thoughtful, local fare being served up for brunch, lunch, and dinner, while the laid back atmosphere makes you feel instantly at ease.

9900 Sonoma Hwy, Kenwood, CA 95452

Stop Five: The Flamingo Resort

We kept the laid-back vibe going around the clock by staying at Flamingo Resort, an iconic mid-century oasis with an extensive list of wellness amenities. Guests can enjoy a heated pool year round, as well as a lap pool, hot tub, spa, yoga, and cycling and more. If your work up an appetite, you can nourish your body with delicious “Cal-Pacific” cuisine at their Lazeway Club, self-dubbed as a vacation within a vacation and Santa Rosa's Ode to Idleness. We highly recommend leaving time to enjoy their incredible menu featuring the flavors of far-flung destinations prepared with fresh, local ingredients.

2777 4th St, Santa Rosa, CA 95405

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Day Two

Stop One: Breakfast at Café Frida Gallery

Feeling refreshed and energized, we started day two of our trip with an incredible breakfast at Café Frida's stunning patio. Featuring an array of unique, handcrafted coffees, bakery items, and fresh, vibrant breakfast options, Café Frida was created as an artists hangout—a place for visual art, music, poetry, film, dance, and, of course, good coffee. Being surrounded by all this creative energy left us feeling inspired to set out on the adventures we had planned for the day.

300 S A St, Santa Rosa, CA 95401

Stop Two: Osmosis Day Spa Sanctuary

An important part of relaxation is embracing stillness—a concept that's much, much easier when it involves luxurious spa treatments. Osmosis Day Spa Sanctuary offers revered healing modalities that instantly relax, soothe, and transform. Osmosis is the only day spa in the U.S. that offers a Cedar Enzyme Bath—a rejuvenating heat treatment from Japan that soothed our sore muscles and freed our minds to wander.

209 Bohemian Hwy, Freestone, CA 95472

Stop Three: Lunch at Blue Ridge Kitchen

Relaxation helps the nervous system transition from “fight or flight” to “rest and digest” mode—and after that amazing spa experience, we were more than ready for a nourishing meal to help us refuel. Offering the creativity and quality of a fine dining restaurant with a casual vibe, Blue Ridge Kitchen's menu offers upscale twists on classic dishes, like ahi tuna tartare featuring smashed avocado and Asian pear coulis, a smokey

Heirloom Tomato Soup, and a vegan Cauliflower Steak so good, it can win over any meat lover. We recommend enjoying a leisurely lunch before strolling around The Barlow, a cool outdoor market district in Sebastopol where this little gem is located.

6770 McKinley St Ste 150, Sebastopol, CA 95472

Stop Four: Explore Bodega Head & Relax by the Ocean

After a short drive up the coast, we arrived at Bodega Head, a small rocky peninsula with stunning views, enticing trails, beach access, and abundant wildlife. You might even see whales splashing in the water as you walk along the cliffside paths. This is another opportunity to tune in to the senses—from the way the scent of the air fluctuates with each cycle of the crashing waves to the feeling of freedom as the sun lightly warms you from head to toe.

7095 Highway 1, Bodega Bay, CA, 94923

Stop Five: Dinner at Fern Bar

Fern Bar is a bar-focused restaurant serving up what they call “garden-to-glass” cocktails and mocktails, elevated flavor experiences with and without alcohol that take farm-to-table to a whole other level. The modern American menu is inspired by the biodiversity Sonoma County enjoys, which means the chef can unleash their creativity with a wide array of deliciously sustainable ingredients. Even the environment itself is unique and interesting, with lush greenery and natural materials mingling with industrial lighting fixtures and architectural seating.

6780 Depot St Suite 120, Sebastopol, CA 95472