

# SPARK CREATIVITY ITINERARY

A two-day trip to reenergize and inspire



## Day One

### Stop One: Breakfast at Boon Hotel + Spa

It might be a hotel, but it feels more like a zen woodland retreat among the redwoods. In addition to incredible amenities like a 24-hour hot tub, honor bar, solar-heated saline pool, and on-site spa, boon hotel + spa brings breakfast right to your room so you can enjoy at your leisure. We enjoyed overnight oats with fresh fruit while still in bed, gazing out into the surrounding redwood forest and preparing for our day next to our own wood fireplace (the best part!).

14711 Armstrong Woods Rd, Guerneville, CA 95446

### Stop Two: Learn about herbalism at Herb Folk

In the pursuit of reigniting creative energy, trying something totally unique can help broaden one's horizons and direct thoughts into new territories. After a gorgeous drive through the countryside, we arrived at Herb Folk, a wellness shop in Petaluma. We were instantly energized by the inviting atmosphere and generous spirit of owner and herbalist, Erin Wilkins. Erin is an Asian American herbalist and Japanese acupuncturist whose clinical work is rooted in Eastern energetic theory. Erin can share how she taps into her ancestral healing traditions to empower others, restore health, and prevent illness. Be sure to give yourself enough time to wander picturesque Petaluma, which is equal parts artsy and boho.

117 Washington St, Petaluma, CA 94952

### Stop Three: Lunch in Petaluma

Most people describe Petaluma as picturesque (Pleasantville was filmed there, if that tells you anything). But recently, it's earned a reputation as a foodie and maker haven, known for locally grown ingredients and products. After strolling through the city center's many boutiques, antique shops, and art galleries, we satisfied our appetites at Café

Zazzle—a casual eatery with a diverse menu that features a fusion of flavors from Asia, Italy, and the American Southwest. Talk about creative! 121 Kentucky St, Petaluma, CA 94952

### Stop Four: Forest Bathing at Red Car Wine Co.

Immersing oneself in nature is proven to have positive physical, mental, and spiritual benefits—from lowering blood pressure to feeling more connected with the world around you. But a less talked about benefit is the effect it can have on the creative mind. Certified Forest Therapy Guide Jenny Harrow led us on a meditative walk through redwoods and vineyards at Zephyr Farms and helped us experience firsthand how being present and slowing down allows for thoughts to come more easily. As we breathed the fresh, mossy air, noticed the sun-dappled branches, and listened to the birds singing in the distance, we actually felt the vibration of our thoughts change and left feeling more inspired than ever after trying something we'd never done before.

8400 Graton Rd, Sebastopol, CA 95472

### Stop Five: Seaside dinner at River's End Restaurant

There are certain dining experiences that stick with you for life, and this is one of them. Located right where the Russian River meets the Pacific Ocean, River's End is lined with floor to ceiling windows and an incredible outdoor porch that showcases the incredible views and makes the food taste somehow even better. We loved the eclectic, unique, seasonal menu because there seemed to be something for every mood—from fresh seafood to local meats and flavorful vegetables—giving us the opportunity to tune inward and acknowledge what we were craving.

11048 CA-1, Jenner, CA 95450

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## Day Two

### Stop One: Breakfast at Big Bottom Market

Infuse your morning with a jolt of creative energy at Big Bottom Market. These folks are famous for creating a biscuit so good, it even got Oprah's attention. Enjoy their fluffy, flaky creations alongside creamy spreads and sweet and tangy jams, or as the base of an unforgettable sandwich. While you're waiting for your food, shop the various snacks and sundry items available in their whimsical shop and let your curiosity lead the way.

16228 Main St, Guerneville, CA 95446

### Stop Two: Go Wild with Safari West

Enter into the 'Sonoma Serengeti' and immerse yourself among the herds of wildebeest, rhinos, and giraffes. From ring-tailed lemurs to the dazzling zebra, nearly 900 animals from over 90 unique species roam through this 400-acre preserve. While on this 3-hour tour, you will have ample time to learn from wildlife experts and observe and connect with the species all around you. Allow your mind to relax as you share space with these magnificent animals who will, without a doubt, teach you something too if you listen closely enough.

3115 Porter Creek Rd, Santa Rosa, CA 95404

### Stop Three: Tour Medlock Ames Winery at Bell Mountain Ranch and immersive sound experience

After lunch, it's off to Medlock Ames Winery for a self-guided audio tour exploring the sights and sounds of this 340-acre ranch. This audio tour is brand new to Medlock Ames, introduced in January 2022. The goal of the tour is to provide guests an inside look into the critical elements of the organic farming and land preservation practices that are often unseen paired with nature sounds from the vineyard. To create this sound experience, a sound artist recorded over 1,000 hours of audio

from different places in the winery. Of course, a visit to a winery wouldn't be complete without trying some of said wine! Following the tour, you will be guided through a tasting of six current-release wines, paired with local, organic cheeses.

13414 Chalk Hill Rd, Healdsburg, CA 95448

### Stop Four: CBD Massage at Vi La Vita at Vintner's Resort

After two days of adventure, we were ready for some relaxation. And the spa at Vi La Vita was prepared to deliver. We opted for a CBD massage—a luxurious, Swedish-style massage that incorporates CBD oil, Birch and Arnica, followed by a full spectrum CBD cream which is applied to reduce inflammation for longer-lasting effects. This relaxing treatment ends with a targeted application of an Arnica cooling muscle gel for those problematic tense muscles. It may seem obvious to enjoy a spa experience at the beginning of a trip to start relaxing right away, but we absolutely loved experiencing this at the end of our trip. After your service, be sure to spend some time in the lush Caldarium pool and relaxation lounge.

4350 Barnes Rd, Santa Rosa, CA 95403

### Stop Five: Dinner at John Ash Restaurant & Co. at Vintner's Resort

After your massage, walk across the resort to dinner at John Ash & Co. This is the birthplace of wine country cooking with seasonal, local ingredients from Sonoma County. Featuring fresh flavors paired with the wines of the region, the menu has something for everyone—baked oysters with parmesan custard, blackened gulf prawns & sea scallops, even braised boneless prime beef short ribs bracirole served with delicious sauteed Bloomsdale spinach & roasted garlic.

4330 Barnes Rd, Santa Rosa, CA 95403