

# SACRAMENTO WELLNESS ITINERARY



**Sacramento is surrounded** by beautiful landscapes with hundreds of miles of waterways, an abundance of bike trails, bike-friendly streets and 2,000 acres of city parks. As America's Farm-to-Fork Capital, local restaurants and purveyors use the abundance of regionally grown products to create a freshness that's unparalleled. The overall down-to-earth feel combined with an average 250 days of sunshine make Sacramento an ideal spot to keep you energized and feeling well.

## SAMPLE 3-DAY ITINERARY

### DAY 1

**Pushkin's Bakery:** Enjoy a breakfast sandwich or baked good with a cup of coffee or tea at the Sacramento-area exclusive wheat/gluten- and dairy-free dedicated bakery.

**Burly Beverages:** Taste craft, small-batch, natural soda syrups, soft drinks, shrubs and old-timey switchels. Burly uses a quirky and health-minded approach by using fresh, locally sourced ingredients, natural sweeteners and a small-batch mentality to assure a consistent, all-natural, high-quality product.

**Vibe Health Bar:** Their passion is to help busy people achieve vibrant health and wellbeing by consuming the highest quality foods and beverages made from the freshest organic produce and non-GMO ingredients.

**Sac Running Tours:** Perfect for those who want to go for a run or walk, but don't want to be stuck on the hotel treadmill or on a park loop. Get a workout in while experiencing the beauty, history and fun of Sacramento.

**Localis:** Enjoy the best of fine dining minus the formality. Their mission is to give you the best possible dining experience and the freshest ingredients, expertly prepared and beautifully presented in a setting that has a welcoming sensibility and ambiance.

### DAY 2

**Sun & Soil:** Start your day off right with a cold-pressed juice or organic smoothie made with the freshest ingredients from local farms at Sun & Soil Juice Company.

**Midtown Farmers Market:** This year-round farmers market happens each Saturday and showcases local agriculture, prepared foods, artisans and crafters, while providing an opportunity to discover regionally grown foods



Visit  
**SACRAMENTO**

1608 I STREET, SACRAMENTO, CA 95814

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# WELLNESS ITINERARY

**Cycle Around Town:** Rent bikes from Practical Cycle in Old Sacramento and follow their map to discover Sacramento on two wheels. There are plenty of tempting stops along the way!

**Local Roots Food Tour:** Meet in the downtown Sacramento for an evening tour that explores the restaurants, chefs, architecture and history that make the Sacramento region an amazing culinary destination

## DAY 3

**Old Soul Co, The Alley:** This location holds the baking and roasting operations for all three locations of Old Soul. Grab a cup of coffee or hot tea, a small breakfast plate, enjoy the local art and soak in their core beliefs: Be humble. Be better tomorrow than you were today. Love what you do... Life is short, so celebrate it!

**Stand-up Paddle Boarding lessons:** Unwind on the water. Enjoy private stand-up paddle boarding lessons on Lake Natoma. This class will incorporate yoga into your lesson for a truly relaxing and mind-clearing experience.

**Asha Baths:** Wrap up your rejuvenating day and trip with a soak and massage. Asha Baths brings the modern and cultural fusion of the old-world bathhouse, a center for healing and rejuvenation and a gathering place to restore wellbeing with heat and water.

**Sacramento Natural Foods Co-op:** The classes and program offer something for everyone from cooking classes and wellness seminars to gardening workshops and farm-to-fork events, making connections about important food, health and environmental issues.



This is a sample itinerary to use as a guideline when you plan your own tour. When you're ready to personalize a tour for your group, please contact:

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