

SACRAMENTO WINE & WELLNESS WEEKEND ITINERARY



Sacramento is an ideal location for relaxation with an overall down-to-earth feel and 250+ days of sunshine. Enjoy paddle-boarding combined with yoga, peruse the Farmer's Market, eat the freshest foods from local farms and sip award-winning wines. This three-day sample itinerary highlights some of Sacramento's best ways to help you relax, unwind and have fun.

SAMPLE 3-DAY ITINERARY

DAY 1

Apple Hill: Visit the beautiful scenic roads filled with apple and fruit farms, bake shops, wineries, a spa, and flower gardens. Taste red wines at Boeger Winery, relax with a beer at Jack Russell Farm Brewery and don't miss hot apple cider donuts at Rainbow Orchards or a walkin' pie at Delfino Farms.

Sac Tour Company: Take a running, walking and biking tour of Sacramento's landmarks, historic places and urban art led by an informative and energetic leader.

The Handle District: Start your evening at The Rind, a cheese-centric bar where you can experience unique and inspiring artisanal cheeses paired with delightful and complex wines and beers. Finish with dinner at Mulvaney's, a restaurant that specializes in hand-crafted New American cuisine, a farm-to-table devotee that celebrates the efforts of the growers, ranchers, brewers and winemakers. After dinner, grab a decadent chocolate or Parisian macaron ice cream sandwich from Ginger Elizabeth Chocolates.

Live Entertainment: Catch a live show at Harlow's, Old Ironsides or the Torch Club. Go to Sacramento365.com for a complete listing of Sacramento events.

DAY 2

Old Soul Co, The Alley: 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!

Midtown Farmers Market: This free, family-friendly market takes place year-round, every Saturday and features local agriculture, prepared foods, artisans and crafters.

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

RELAX & HAVE FUN

Natural Foods Co-op Class
JUMP Bike
Good Eats Cooking Class
Sac Brew Boat
Chocolate Fish Coffee Class
Ginger Elizabeth Chocolates Class
Lake Natoma Aquatic Center
Delta Heartbeat Tours
Follow-the-Chef Lunch
Farm Dinner at Park Winters
Sacramento River Train

SIP & UNWIND

58 Degrees & Holding
Revolution Wines
The Rind
Ella Dining Room & Bar
Downtown & Vine
Bike Dog Brewing Company
Track 7 Brewing
New Helvetia Brewing
Device Brewing Company
SacYard Community Tap House
Tank House BBQ & Bar
The Shady Lady Saloon
Ten Ten Room
The Jungle Bird

Visit
SACRAMENTO

1608 I STREET, SACRAMENTO, CA 95814



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WINE & WELLNESS WEEKEND ITINERARY

Asha Baths: Rejuvenate 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.

Hook & Ladder Cocktail Class: Join Hook & Ladder Beverage Director Chris Tucker for the ultimate cocktail class including a lecture and demonstration, tasting and hands-on drink creation. Enjoy your creation over a true farm-to-fork dinner.

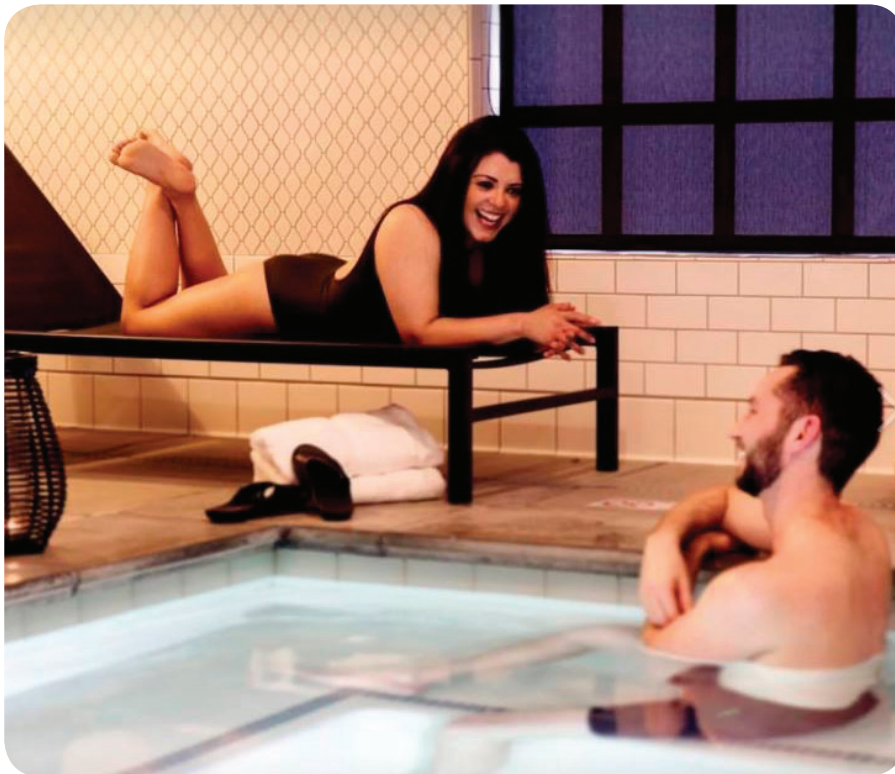
DAY 3

Sun & Soil Juice Company: Start your day off right with a cold-pressed juice or organic smoothie made with the freshest ingredients from local farms. They also offer organic food, snacks and coffee.

Old Sugar Mill: Just a short drive out of downtown Sacramento along the Sacramento River, explore each of the 15 wineries and taste wines in a beautiful historic building.

Bogle Winery: Pick up lunch at Husicks Taphouse and enjoy it at Bogle Winery in their beautiful picnic area while sipping their award-winning wines.

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



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:

Nick Leonti // Director of Tourism
nleonti@visitsacramento.com // 916.808.7304

Linda Eldred // Tourism Sales Manager
l Eldred@visitsacramento.com // 916.808.8989