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4 DAYS IN NAPA AND SONOMA COUNTY!

Published on January 3, 2020 by Eden

A guide to some fun things to see in Napa and Sonoma County!

I had the opportunity to visit one of my favorite places in the world with Visit California! I spent 4 days in Napa and Sonoma County with a really fun itinerary, created by Visit California.



My family has been visiting Napa and Sonoma for over 15 years. We have family in the area and it's truly one of our favorite regions to vacation. It's easy to get stuck doing the same things, so it was a treat when Visit California put together an itinerary with some places I had never been to! And not all of it was wine related. see below!

Also, I should note this was the first solo trip I have ever done it was magical! Time spent alone, meeting new friends, quiet car rides and cozy nights in wonderful hotels was exactly what I needed.

I wanted to share my itinerary below so you can also get some ideas for places to see.

WHERE TO STAY IN NAPA VALLEY

In Napa, I was ecstatic to stay at Meadowood, a luxury resort in St. Helena. The property has the most serene spa, a three Michelin-starred restaurant called The Restaurant, croquet lawns, walking golf-course, three pools, seven tennis courts, and hiking trails.

I stayed in a cozy cabin, tucked in the woods with gorgeous woodwork, giant bathtub, and a cozy fireplace. The service is impeccable! They also delivered my room service in a picnic basket and that was such a charming detail I will never forget.

After a day of wine tasting, there really is nothing better than coming back for a relaxing evening at Meadowood. I also had the most relaxing massage and could have spent the entire day in the spa!



WINERIES IN NAPA VALLEY

There are more than 400 wineries in Napa Valley! In a relatively small area that is a lot of wine and 96% of them are family-owned. Here are a few I visited this time:

1881 NAPA

1881 Napa is the valley's only wine history museum in the most beautiful farmhouse! Taste an array of wines from the region's various appellations to experience the wide range of terroir in this world-class wine region.

Grab lunch at Oakville Grocery next door. It's a small grocery and general store with delicious sandwiches. Perfect for a quick lunch.

FREEMARK ABBEY

Freemark Abbey is the first women-owned winery in the USA! Josephine Tychson built and operated the original redwood cellar on the estate and cultivated the land in 1886. It was also one of the earliest wineries in Napa Valley to allow visitor tastings. It's also home to one of the most extensive wine libraries in the United States with vintages dating to the late 1960s. I found my wine from my birth year in the cellar. We did a library tasting with rare vintages and tasted the same wine but totally different years. It was interesting to see how they age over so many years! It was a great experience!



ROUND POND

Round Pond was an incredible wine and food journey. We toured the winery, garden, olive grove, and barrel room before sitting down for the most delicious and fresh lunch on the terrace. The chef was amazing! The property overlooks the vineyards and Mayacamas mountains... it's just gorgeous!

The wine was fantastic and I also left with a few bottles of olive oil made on the property as well. I spent several hours there and enjoyed every minute.

ALPHA OMEGA WINERY

This gorgeous winery is a green-certified winery, producing some incredible wines!

The tasting room is beautiful and sitting outside with fountains and a large firepit, sipping wine was a highlight. I'm still dreaming about the wines I had at Alpha Omega, definitely visit!



