



ROOM to ROAM

READY, SET, GO... FROM FOREST BATHING TO A ROMP IN THE REDWOODS, THE SUMMER OF LOVE IS ON IN MENDOCINO COUNTY

-Tap into the Ideal Rx for Rebooting Mind & Soul-

MENDOCINO COUNTY, CALIF. - The summer of love is on in Mendocino with wineries, hotels, restaurants and the county's majestic tapestry of ancient redwoods seeking a heartfelt hug. If a romantic redux is on tap, consider one of the region's rustic "love shacks" to fan the flames or an elevated stay in a vintage water tower. Tap into a frothy brew trail, slip into a kayak or take to the practice of *Shinrin-Yoku*, or forest bathing, with a variety of new packages perfectly timed to tempt both mind and soul. It's time to pack a cork screw and hiking boots, and let the adventure begin. www.visitmendocino.com.

ROMP IN THE REDWOODS



Just two hours north of San Francisco Bay Area, Mendocino County offers a playground steeped in seclusion. From 24 state and national parks to 90 miles of prime Pacific coastline, the options for escape are endless. Families can tamp down steam with a leisurely walk through **Russian Gulch State Park**, waterfall included, or break away with a coastal jaunt to the tide pools, **Glass Beach** or a trek to the more isolated **Ten Mile Beach** up the coast.

Gain perspective with a Jurassic-style jaunt to **Montgomery Woods State Reserve**, one of California's most magnificent virgin redwood groves. Step into nature's cathedral for a mind-blowing mix of gigantic spires shooting high in the canopy, past flying buttresses and enormous treetops

soaring more than 350 feet. The eye-popping fern forest, flush with a sea of giant green fronds reaching for the sky, taps the imagination. Enjoy a moderate hike then hit **Orr Hot Springs** next door for the ultimate



soak. www.parks.ca.gov/?page_id=434. Nearby, California Landmark No. 980 - better known as the champagne mineral baths - is an ideal reboot. A Jack London escape, **Vichy Springs Resort and Spa** boasts a 700-acre retreat with America's only warm and naturally carbonated mineral baths (and Olympic-size pool). Bed down in the historic Blue Cottage (1852), hike to Chemisal Falls or take to the creek side baths like a lime in Perrier. Day rates available; www.vichysprings.com.

LUNAR LANDING



As the tide pulls out, a surreal setting unfolds just south of Point Arena on scenic Highway 1. Rare and wonderful, Bowling Ball Beach has caused speculation for centuries given the mass of almost perfectly spherical stones. Hidden like the Terracotta Army, the geological phenomena known as "concretions" are rare and picture-ready, formed by a natural process of sedimentary rock binding to minerals and/or stone. These surreal stones, paired with a sizzling Mendocino sunset, finish the frame. Located at Schooner Gulch State Beach, visitors can access the site via a short hike across the bluffs and moderate scramble down a dirt path. Note: Low tide access only. www.parks.ca.gov/?page_id=446.

LOST & FOUND

Raw, rugged and ready for its close up, the **Lost Coast** - straddling Mendocino and Humboldt counties - is the call for outback enthusiasts seeking a final frontier. Named "One of the Top 10 American Adventures" by *National Geographic Traveler*, this 80-mile stretch of pristine green comprises King Range National Conservation Area, Sinkyone Wilderness State Park and a stretch of legendary surf breaks for those who can haul a board out. Resident Roosevelt Elk are Instagram ready, as are a host of odd candelabra trees marking the entrance route. <https://visitmendocino.com/hidden-hikes-of-mendocino-county/>.

FOREST BATHING WITH THE GIANTS

Shinrin-Yoku is not your typical romp in the redwoods. A session might take three hours, including sensory exercises to provide the body with a chance to slow down, touch the trees, study colors and patterns, breathe deeply and relax under the canopy while peering up through the branches. New at **Glendeven Inn & Lodge** is a half-day forest bathing package designed to realign the chakras. Begin with a two-hour walk with the "Barefoot Botanist" among the pristine forest that surrounds the inn followed by a soak in one of the private forest-side hot tubs. Complete the experience with a full one-hour massage employing aromatherapy products sourced from the trees, ferns and woodland plants themselves. For a full immersion, check into **Brewery Gulch Inn** and dive into a personal *Dipping Your Toes* session with a wellness guide;

\$175.00. <https://www.glendeven.com/forest-bathing-package>; <https://www.brewerygulchinn.com/the-view-from-the-gulch/what-is-shinrin-yoku>.

A ZEN THING

Long known as an ideal urban escape, Mendocino County now offers a twist on traditional wellness programs. Trek to Gualala, the coast's southern outpost for a meet up with **Unbeaten Path Tours**. Visitors can tap into a new guided BreathWalk, backed with wildflowers and wide open spaces. The two-hour part-meditation/part-yoga walk through the woods is



designed to realign one's sense of place and deep connection to nature. Another option is a quiet float up Big River via **Catch-a-Canoe** or a half-day nature experience on **Liquid Fusion Kayak's** Forest Immersion tour on Noyo River in Fort Bragg, where the only sounds are the gentle slap of paddles in the water, the calls of the river birds and the occasional curious seal or otter; www.unbeatenpath.com; www.catchacanoe.com; <https://liquidfusionkayak.com/forest-immersion-tour>.

BACKGROUND

Mendocino County welcomes nearly 1.8 million visitors annually who explore its 90 miles of prime Pacific coastline, 90+ wineries and 10 diverse AVAs (earning the highest percentage of organic and biodynamic vineyards in the United States), 24 state/national parklands and 450+ unique accommodations. Straddling scenic Highways 1 and 101, "The Redwood Corridor," the County delivers an ideal vortex of waves, wines and redwoods laced with historic villages and outback adventures. Located 114 mi./184 km. north of San Francisco, the region's gateway airports are San Francisco International (SFO), Oakland International (OAK), Sacramento International Airport (SMF), and Charles M. Schulz-Sonoma County Airport (STS). Visit Mendocino County is a non-profit destination marketing organization designed to enhance the economic vitality of the community by increasing tourism revenue. For more information, go to www.visitmendocino.com.

#