



## CALIFORNIA GOLD: THE ULTIMATE FOOD, WINE & OUTDOOR ADVENTURE

San Francisco, Lake Tahoe, Napa Valley

revised 8/18/2015

"The Grand Dame" of Women's  
Adventure Travel Since 1982

**2015 ~ Celebrating 33 Years!**

### DATES

October 3 - 10, 2015

### COST

\$4,395 (\$600 deposit)

### RATING

Moderate

### ACTIVITIES

Hiking, Wine tasting, Sailing, Photography,  
Sightseeing, Ballooning, Cooking Classes, Historical  
Sites, National Parks, Natural History, Sea Kayaking,  
Hot Springs

### MAIN ATTRACTIONS

- Stay in a fashionable boutique hotel in San Francisco, for our first and last nights.
- Retrace the California Gold Rush with a visit in Nevada City.
- Explore Lake Tahoe by sea kayak and on foot.
- Have culinary experiences and visit farmer's markets with executive chefs.
- Experience private wine tastings and wine immersion experiences in Napa Valley.
- Have dinner at the world's premier culinary college, the Culinary Institute of America, in St. Helena, Napa.
- Visit and walk in Muir Woods, home to some of the last old-growth redwoods on the planet.
- Spend our last evening on a sailing cruise in San Francisco Bay.

AdventureWomen is the oldest  
adventure travel company for active  
women over 30.

This NEW AdventureWomen journey in Northern California takes us "behind the scenes" on a unique, private (and chauffeured) journey to San Francisco, Lake Tahoe, and the Napa Wine Country. We visit California's best horticulture and viticulture centers with private wine tastings and wine immersion experiences, exclusive hands-on culinary classes with executive chefs, guided farmer's market visits, hiking and kayaking in spectacular scenery, and unparalleled stays in some of California's best hot spots. This handcrafted California "insider's tour" is a VERY special AdventureWomen vacation that you will not soon forget!

We rendezvous in San Francisco at our fashionable boutique hotel atop historic Nob Hill. Often called "Everybody's Favorite City," San Francisco's title is well earned by its scenic bridges, architecture and outdoor beauty, rich cultural attractions, diverse neighborhoods and communities, and vibrant food scene. In comfortable chauffeured vans with experienced driver-guides, we depart for Lake Tahoe, retracing the California Gold Rush with a stop in historic Nevada City before exploring the great outdoors and a culinary journey in one of the most photographed locations, and largest alpine lake in the United States. Kayak in spectacular Emerald Bay, walk to Vikingsholm, a magnificent "castle" and unique blend of nature's beauty and man's architectural ingenuity. After shopping at a local farmer's market, prepare lunch in Stella's Kitchen with Executive Chef Jacob Burton, and later accompany him on a hike to forage for edible plants to enjoy with our picnic dinner.

A picturesque drive from Tahoe, we make our way to the Napa Valley wine country, also known as the "Switzerland of California." It's October, and we are right at the height of harvest season in wine country. Everywhere we look, from the banks of the Napa River to the stony volcanic foothills, are neatly ordered vines, some 45,000 acres of vineyards! On our way to Calistoga in Napa County, we visit three exclusive family-owned and operated vineyards for private wine tastings of their latest vintages. In Calistoga, we'll enjoy more California cuisine and wine. You may also want to indulge in optional spa treatments, a wine blending seminar, or an early morning balloon ride over Napa's vineyards. We'll have a special dinner at the world's premier culinary college, the renowned Culinary Institute of America at Greystone in St. Helena, Napa, home of the world's largest staff of certified master chefs. Here we learn how the best ingredients of California's farmer's markets and vineyards move from the farm to the table and are interwoven into a delicious taste sensation, just for us!

On our return to San Francisco, we stop for a lovely hike in Muir Woods, home to some of the last old-growth redwoods on the planet. Our drive over the iconic Golden Gate Bridge captures spectacular San Francisco Bay views where the Bay and the Pacific Ocean meet. After arriving at our San Francisco hotel to

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715  
EMAIL: [trips@adventurewomen.com](mailto:trips@adventurewomen.com) | WEBSITE: [www.adventurewomen.com](http://www.adventurewomen.com)  
406-587-3883 | 800-804-8686 | 406-587-9449 FAX

**WHATS INCLUDED IN THE COST OF YOUR CALIFORNIA GOLD ADVENTURE TOUR**

- 8 days/7 nights fully guided adventure, round trip from San Francisco.
- 2 nights hotel accommodation in San Francisco, 3 nights in Lake Tahoe, and 2 nights in Calistoga in twin-bedded double occupancy rooms.
- 7 days fully guided itinerary and all activities listed in the itinerary, with transportation/guiding provided by driver/guides in chauffeured vans: San Francisco - Lake Tahoe - Napa Valley - San Francisco.
- All Park and admissions fees to activities included in the itinerary.
- Meals as listed in the itinerary, including 7 breakfasts, 5 lunches, and 4 dinners.
- All applicable hotel and lodge taxes and gratuities for baggage handling.
- One AdventureWomen Associate.

**NOT INCLUDED IN THE COST OF YOUR CALIFORNIA GOLD ADVENTURE TOUR**

- Round-trip airfare from your hometown to San Francisco, CA.
  - Taxis/shuttles to and from the airport to the hotel.
  - Meals and beverages other than specified.
  - Items of a personal nature (laundry, etc) and any optional activities you choose to do during the week (balloon trip, spa activities, wine mixing class, etc).
  - Gratuities for driver/guides and any other local guides.
- Suggested tipping is:
- for driver/guides: \$15 per person per day
  - local guides: for any extra guides on the kayak trip or on a hiking trip: \$8-\$10 per person per day.

freshen up, we embark on a sailing cruise, listening to colonies of California sea lions squeak from Pier 39. We marvel at the beautiful city-front views of this most European of American cities as we cruise along under the setting sun. At our last dinner together at one of San Francisco's fun restaurants on Fisherman's Wharf, we celebrate the end of a fabulous week on this ultimate food, wine, and outdoor adventure in the "Golden State" of California.

**HOW TO REGISTER**

**First**, call (800-804-8686/406-587-3883) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

**Next**, complete and sign the Trip Registration and Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH FORMS**, we will mail you a trip confirmation/information packet verifying your registration.

**Then**, call our travel consultants assigned to your trip, Ciretta Green at Travel Café (1-800-247-3538), to make your airline reservations.

**ARRIVAL AND DEPARTURE INTO/FROM SAN FRANCISCO, CA**

You need to be at the **Serrano Hotel**, San Francisco, by no later than 5 p.m. on Saturday, October 3, 2015.

We will meet in the hotel lobby at 7 p.m. to walk to a nearby restaurant for our Welcome Dinner. Give yourself a few hours to get from the airport to the hotel, and don't miss dinner!

Serrano Hotel  
 405 Taylor Street  
 San Francisco, CA 94102  
 415.885.2500  
[www.serranohotel.com](http://www.serranohotel.com)

The most reasonable way to get to (and from) the hotel from the San Francisco airport is by using Lorrie's Airport Shuttle or the SuperShuttle (price is approximately \$17 for the first person, and less expensive if there are more).

Lorrie's Shuttle  
<http://www.gosfovan.com>

SuperShuttle  
[www.supershuttle.com/HowItWorks.aspx](http://www.supershuttle.com/HowItWorks.aspx)  
[www.supershuttle.com/](http://www.supershuttle.com/)

**Departure** is on **Saturday, October 10, 2015 in the afternoon**. We have a walking tour of Union Square and Chinatown in the morning, with lunch in Chinatown included. If you cannot get a flight out later in the afternoon,

### LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:**

**JULY 6, 2015.**

### CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations and trip cancellation. Information is sent to you in your registration packet.

### SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

### NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

you might consider staying another night (or more) in San Francisco to enjoy the city! Call us if you would like to add pre- or post-nights in San Francisco onto your trip.

### IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS

In order to facilitate group arrivals and departures for this California adventure, we ask that you work directly with our travel consultants at Travel Café to make your travel arrangements. Either before or after booking your trip, please contact Ciretta at Travel Café, in Bozeman, MT:

**1-800-247-3538**

**Email: [ciretta@travelcafeonline.com](mailto:ciretta@travelcafeonline.com)**

**FAX 1-406-586-1959**

**CANADIAN RESIDENTS, please call 406-587-1188**

When calling, please identify yourself as an AdventureWomen Traveler. If you leave a message on Ciretta's voicemail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can further help you with hotels and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket through Travel Café you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

**NOTE:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible in booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 weeks prior to departure! Please keep this in mind when making your travel plans.

### HEALTH REQUIREMENTS, EXPERIENCE, AND PHYSICAL CONDITION

This trip is rated **Moderate**. Moderate means that you must be in very good physical condition. Trips of this designation offer moderate physical challenges. You should be able to hike from 5 - 8 miles, in rolling terrain. **You MUST have your own health insurance.**

**Please Note:** The following itinerary sequence is correct at the time of writing, but is subject to change due to weather and any other unforeseen circumstances.

## OUR EXCITING ITINERARY FOR CALIFORNIA GOLD: THE ULTIMATE FOOD, WINE & OUTDOOR ADVENTURE in San Francisco, Lake Tahoe, and Napa Valley

### Day 1, Saturday, October 3, 2015 - Arrive in San Francisco, California

Welcome to San Francisco! Upon your arrival, transfer to the Serrano Hotel. This upscale 4-star hotel is steps away from Union Square, perfectly positioned in the Theater District of San Francisco on Taylor Street.

California is a state known for many things – Hollywood, Silicon Valley, and the Pacific Ocean. But one would be remiss not to acknowledge the influence the state has had on the culinary and wine world. San Francisco has a vibrant food scene; it is possible to experience award winning restaurants, quirky food trucks, and culinary fads in this bustling metropolis. It is hard to go hungry in such an exciting place to eat!

Visit our award-winning website! [www.adventurewomen.com](http://www.adventurewomen.com)

**ABOUT ADVENTURE TRAVEL TODAY**

**Please Read Carefully!**

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

*Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.*

Tonight we begin our week of wonderful Northern California experiences with a Welcome Dinner at a restaurant within walking distance of the hotel. We will all meet in the hotel lobby at 7 p.m.

(Welcome Dinner)

Overnight at the **Serrano Hotel**  
405 Taylor Street  
San Francisco, CA 94102  
415.885.2500  
www.serranohotel.com

**Day 2, Sunday, October 4 - Lake Tahoe and Nevada City**

This morning we leave San Francisco for Lake Tahoe and Nevada City. Our drive retraces the historic California Gold Rush down Highway 49. Continuing past the Tahoe National Forest and its Sierra lakes and rivers, we arrive in Nevada City. While several California gold rush towns have disappeared into the dust of time, Nevada City has rebounded to emerge as an exclusive blend of yesterday and today. You may be struck at the downtown's old-time appearance, which has been preserved as a National Historic Landmark.

We have lunch in Nevada City, defined by many as the finest preserved of the Gold Rush towns, and rich in history. We'll take a self-guided historic walking tour and explore the town's narrow streets and century-old buildings. Nevada City's off-the-beaten-path location, away from the busy interstate highway system, has allowed it to retain its rustic charm, and after more than a century of pioneer heritage it is the most complete gold rush city in California. Gold-rush themed restaurants, lodgings, boutiques, galleries and museums are all flavored with an old-fashioned hospitality character. If it weren't for the parking meters, you'd think it was 1849 again! In the old days you might have been lucky finding gold: early reports describe miners who pulled 'a pound of pay-dirt a day' from deposits along the creek.

After a full day of exploring, we check into the Cedar House Sport Hotel near Truckee, our home for the next three nights. Situated in the lush forests, the hotel's comfortable rooms are a mix of the eclectic and California organic. The Cedar House, with the ambiance of a cozy mountain cabin, evokes a strikingly relaxed feeling and genuine sentiment that speaks directly from the heart of Tahoe. A quiet courtyard is the perfect spot to take a break with a glass of wine, and we end our day with dinner on our own at Stella, the hotel's avant-garde restaurant.

Before dinner, we'll have a hike at nearby Lake Tahoe to stretch our legs.

Travel times/distances: 200 miles/3.5 hours

(Breakfast)

Overnight at the **Cedar House Sport Hotel**  
10918 Brockway Rd.  
Truckee CA 96161  
1.866.582.5655/530.582.5655  
www.cedarhousesporthotel.com

**Day 3, Monday, October 5 - Kayaking on Lake Tahoe's Emerald Bay and Fannette Island, Hike to Vikingsholm**

Lake Tahoe, known for its crystal-clear water and surrounding mountains, borders California and Nevada and is home to a significant amount of flora and fauna.



Today we spend a full day in the great outdoors, both on and around Lake Tahoe. After breakfast our morning begins with a beautiful, relaxing kayak trip (in two-person, sit inside touring kayaks) around Emerald Bay State Park, in one of the most photographed locations in the United States.

After kayaking around Emerald Bay and enjoying a picnic lunch, we'll hike the one mile trail (2 miles round trip) to view the historic Vikingsholm Castle, a 38-room mansion on the shores of Emerald Bay. Vikingsholm is one of the finest examples of Scandinavian architecture in the western hemisphere and is listed on the National Register of Historic Places. It offers one of the most spectacular views of Lake Tahoe and Emerald Bay.

Mrs. Lora Josephine Knight, a financial backer of Charles Lindberg's flight across the Atlantic Ocean, purchased the property encompassing the head of Emerald Bay and Fannette Island in 1928 for \$250,000. Before starting construction of her summer retreat late that year, Mrs. Knight and her architect traveled to Scandinavia to gather ideas for the construction of the house. Work on the home ceased at first snowfall in the winter of 1928, and was started up again in the spring of 1929.

Two hundred workers were brought to Emerald Bay and started hand hewing the timbers, carving the intricate designs, hand planing the wood for the interior walls, and forging the hinges and latches. Most of the materials to construct the home came from the Tahoe Basin. The Castle's tours are only open till the end of September and we won't be able to see the inside of it. But the hike, the views, and just getting to admire it from the outside is worth the hike!

After our hike to Vikingsholm, we get back into our kayaks for a short paddle to Fannette Island, the only island in Lake Tahoe, located within Emerald Bay. The stone structure on top that looks like a miniature castle is the "Tea House," built during the same time that Vikingsholm was constructed, from 1928-29. After being transported to the island by motorboat, Mrs. Knight and her guests would occasionally be served tea there. A small fireplace in the corner and a large oak table and four oak chairs in the center of the 16 by 16 foot room gave it a very rustic appearance. The tea house has been vandalized in recent years and today only the stone shell remains.

After a wonderfully fun and active day, we return to Cedar House Sport Hotel. Tonight we can choose dinner on our

own at the Hotel or at one of the many restaurants around Lake Tahoe.

(Breakfast and Lunch)

Overnight at the **Cedar House Sport Hotel**

#### **Day 4, Tuesday, October 6 - Cooking Lunch with Chef Jacob Burton, and a Picnic Dinner Hike**

Lake Tahoe provides the opportunity to take in the great outdoors and the food produced by the people of California. Local growers and farmers bring their fresh produce and other locally-made goods to farmer's markets. This is a unique opportunity to buy fruits and vegetables at their peak, and to appreciate just how healthy Californians are!

A truly exclusive opportunity awaits us today. Together with Jacob Burton, Executive Chef at Stella's, we embark on a "culinary journey." After visiting the local farmer's market to buy our lunch ingredients, get ready to roll up your sleeves and learn new cooking techniques and flavors as we prepare lunch with the Chef in Stella's kitchen. If you'd like to practice your cooking skills before joining this trip, visit Chef Jacob Burton's ongoing educational website at <https://stellaculinary.com>

Continuing our tasty culinary day, we hike this evening to forage for edible plants to complete the ingredients for our picnic dinner, before returning to the hotel to enjoy sunset.

(Breakfast, Lunch, and Dinner)

Overnight at the **Cedar House Sport Hotel**

#### **Day 5, Wednesday, October 7 - Wineries and Wine Tastings in Napa Valley from Yountville to Calistoga**

This morning we depart Lake Tahoe for the Napa Valley, internationally recognized as one of nine "Great Wine Capitals," prized for its natural beauty, culinary scene, accommodations and wellness experiences including renowned spas and natural geothermal springs.

The 400 wineries in Napa produce four percent of California's wine and today we will visit three of them.

Napa Valley sounds larger than life, though in reality the region is only 35 miles long. Its vineyards produce a variety of wines from Chardonnays to Zinfandels, Pinot Noirs to Sauvignon Blancs. Opportunities to taste wines, pair them with cheeses and enjoy them outside in the sunshine make Napa Valley the perfect complement to our visits to San Francisco and Lake Tahoe.

Our first winery visit and tasting is the family owned and operated Hopper Creek. <http://hoppercreek.com/index>.

html

Named after a creek that borders the vineyards, the winery produces 2,500 cases of wine annually, including Chardonnay, Merlot, Cabernet Sauvignon, Zinfandel, and Syrah. A few reviews of the winery say:

*"A laid back family owned winery in Yountville. The way Napa Valley used to be 30 years ago... No pretense, no gift shop, just good wines..."*

*"Arriving at Hopper Creek, we weren't all that impressed because it was pretty basic and the view wasn't all that special, BUT... We loved this place. Excellent wine - the merlot was one of our favorites. The best part of this winery was the great teaching about wine. We learned more here than at any if the other wineries..."*

Next stop is V. Sattui Winery in St. Helena, home of Brooks Painter, recently named 2013 Winemaker of the Year at the San Francisco International Wine Festival. <http://www.vsattui.com>

Located in the heart of Napa Valley and founded in 1885, this popular winery is located in a romantic setting reminiscent of old age wineries of France and Italy. It is surrounded by manicured gardens, lawns, giant oak trees and 35 acres of vineyards. <http://clospegase.com/>

*"Looking for great wine? This is the spot! Want a wonderful winery experience? Stop here! They always have the top award winning wines, plus a deli and picnic tables outdoors under shade trees..."*

After a picnic lunch at the winery, we move on to our final wine tasting at the Clos Pegase Winery in Calistoga, known for its 20,000 square feet of caves, in addition to its wine and stunning architecture. The winery is a bit quirky with funky art throughout the house and grounds, and it has a wonderful selection of wines, and it is a fun way to end our afternoon of wine tasting!

*"Every single part of the visit, from the grounds and the Michael Graves designed building to the amazing sculptures that fill the grounds and the building, to the tour and, finally of course, to the wines, it was an experience like no other."* Calistoga, our home for the next two nights, is a foodie and wine lover's paradise. Here there are so many vineyards and restaurants known for their good food, good wine and comfortable atmosphere. A suggestion for dinner on our own tonight is JoLe, a contemporary "farm to table" American Restaurant located in downtown Calistoga which uses organic, locally farmed ingredients as much as

possible. <http://jolerestaurant.com/>

We stay at the Hot Springs of the West Hotel, Comfort Inn Calistoga, an oasis of tranquility in the California Wine Country. Centrally located, the hotel puts us within close proximity to downtown Calistoga and its iconic sites including Old Faithful Geyser, Chateau Montelena and the Silverado Trail. After our full day of traveling and wine tastings, indulge in some relaxation in the heated mineral pool and hot tub!

Travel times/distances: 190 miles/3.5 - 7 hours  
(Breakfast and Lunch)

Overnight at the **Hot Springs of the West Hotel, Comfort Inn Calistoga**

1865 Lincoln Ave.  
Calistoga, California 94515  
707-942-9400  
[www.comfortinncalistoga.com/](http://www.comfortinncalistoga.com/)

**Day 6, Thursday, October 8 - Relax in Calistoga, or Choose Options for Ballooning, Spa Treatments, Hiking or Wineblending. Farewell Dinner at the Culinary Institute of America**

This morning is your time to enjoy a relaxing spa treatment at the hotel or at one of the hot springs resorts, or maybe a sunrise hot air balloon ride, a stunning and breathtaking way to take in the mountains, vistas and vineyards of the Napa Valley. Reservations for ballooning and/or spa treatments will need to be made about 60 days prior by calling the hotel at 707-942-9400.

This afternoon you can take your pick of two optional excursions, or continue to "do your own thing" for the rest of the day. The two options are:

-stretch your legs and take a short drive to Napa's Bothe State Park for some hiking among the redwoods, maples, oaks and madrones;

- or join a wine blending seminar at the nearby Franciscan Estate Winery (approximately \$50). Do you have what it takes to create a top tier wine? Find out if you have vintner potential at Franciscan winery's Wine Blending Seminar! In this class, you will mix and meld five Bordeaux varietals together to produce your dream pour. Become a wine-maker for the day and try your hand at the art of blending! <http://www.franciscan.com/Visit/Taste-Explorations>

This evening we have a very special dinner together at the West Coast's branch of the world's premier culinary college, the Culinary Institute of America (CIA) in St

Helena. Rising castle-like on the western hills, the CIA at Greystone is one of the Napa Valley's most historic and majestic properties. It's also one of the world's most unique and inspiring campuses for culinary education. Perhaps no other destination in wine country offers a richer food and wine experience in one location. <http://www.ciachef.edu/california/>

The Culinary Institute of America is a dream destination for people who love food and wine. The world-renowned college is an academic institution of higher learning, and the college offers the world's largest staff of American Culinary Federation certified master chefs. It also offers continuing education for professionals in the hospitality industry as well as conferences and consulting services. The CIA at Greystone in Napa offers the same degree proven programs, innovative curriculum, and expert CIA faculty as the world-renowned culinary and baking and pastry arts programs in Hyde Park, NY.

Considering this tradition, here you can truly learn from the best how the ingredients of farmers' markets and vineyards in California come to life! We regard this wonderful meal tonight as our Farewell Dinner, even though we do have a fun and "touristy" dinner together tomorrow night after our sunset sailing trip on San Francisco Bay.

(Breakfast and Farewell Dinner)

Overnight at the **Hot Springs of the West Hotel, Comfort Inn Calistoga**

**Day 7, Friday, October 9 - Hiking Muir Woods, Sunset Sail on San Francisco Bay, Dinner on Fisherman's Wharf**

Regretfully, we leave Calistoga this morning and drive back to San Francisco, stopping to explore and walk in the Muir Woods National Monument. 240 acres of old growth Coast Redwood (*Sequoia sempervirens*) forests, it is one of a few such stands remaining in the San Francisco Bay Area. Due to its proximity to the Pacific Ocean, the forest is regularly shrouded in a coastal marine layer fog, contributing to a wet environment that encourages vigorous plant growth. The fog is also vital for the growth of the redwoods as they use moisture from the fog during drought seasons, in particular the dry summer.

People do not just "visit" Muir Woods. They come from around the globe to pay homage to nature in this cathedral of redwoods. The trees' ages range from 400 to 800 years, their height up to 250 feet. Flat easy trails loop through the groves. Muir Woods National Monument was established on January 9, 1908 when President Roosevelt signed legislation to protect an old-growth coast redwood forest from

destruction. Before this area was logged, an estimated two million acres of old growth forest that contained Redwoods grew along the California coast.

Before returning to San Francisco, we'll enjoy a picnic lunch.

Leaving Muir Woods on our way back to San Francisco we drive over the Golden Gate Bridge, which spans the point at which the San Francisco Bay and the Pacific Ocean meet. We'll have a chance to capture great views with our cameras. In the afternoon we arrive back at the Serrano Hotel, and freshen up for our last night together.

This evening takes us on a colorful yet relaxing sunset sail on San Francisco Bay. Take in a colony of sea lions, hear them squeak from afar or watch them glide through the dark waters. Feel the excitement of the night approaching as we watch the sunset reflecting on the quiet Pacific waters, and notably the awe-inspiring Golden Gate Bridge. Sail by historic Alcatraz Island and Sausalito, and glide past the spectacular San Francisco city skyline from under a darkening sky. As we watch the city slowly light up behind us, sip a glass of complimentary California wine (beer or soda) in the boat's protected cabin, and munch on light hors d'oeuvres. Relax and enjoy the serenity of being on the water.

Tonight's all about views and tradition. Getting off the boat at Pier 39, Fisherman's Wharf, we hop over to Swiss Louis Restaurant, which opened its doors in San Francisco on Broadway Street almost a half century ago. After 42 years of being established at North Beach, it moved to Pier 39, continuing its Italian/Seafood tradition at a new location. They serve Italian dishes that include the freshest catches of the day, like Spaghetti con Gamberi, sautéed prawns in a light tomato sauce, and the house specialty Cioppino, a seafood medley stew top with a light cioppino sauce. It's a "touristy" casual dinner on "touristy" Fisherman's Wharf, and fun to be having dinner on the waterfront with great views, celebrating our week of so many wonderful places and activities we've experienced together!

Travel times/distances: 90 miles/2 hrs.

(Breakfast, Lunch, and Dinner)

Overnight at the **Serrano Hotel**

**Day 8, Saturday, October 10 - Tour of Union Square and Chinatown, Before Saying Good Bye San Francisco (or stay longer!)**

This morning we have a tour of Union Square and



Chinatown, plus lunch. If you can get a late afternoon flight out of San Francisco airport, you can depart after lunch. Better yet, stay in San Francisco for the rest of the weekend, or even longer!

(Breakfast and Lunch)

### WHAT TO PACK / WHAT TO BRING FOR YOUR CALIFORNIA GOLD ADVENTURE

Since weather is always unpredictable in any environment, and we are going to be in a few different ecosystems (San Francisco, the mountains of Tahoe, and back to Napa Valley), you must dress accordingly and bring the proper clothing and outdoor gear to enjoy all of these lovely climates!

October is often considered the BEST time to visit the **San Francisco** area and Napa Valley. In San Francisco, average temperatures rest in the low 70s with consistently sunny skies. With less fog and no rain, light layers will usually be plenty. An extra jacket or layer will feel nice in the evening.

October in the **Napa Valley** is perhaps the MOST beautiful time of year, and the weather is considered ideal. Visitors from around the world plan their vacations to coincide with the marvelous tapestry of color that adorns the Wine Country in autumn. The average temperature in Calistoga is 62 degrees, with an average high of 79, and an average low of 46 degrees. Don't be surprised if we experience an Indian summer during our visit. While the average high temperatures have cooled down from those in August, there is often a period of very warm weather during the month.

Autumn is spectacular in the **Tahoe Basin**. Aspen leaves shimmer with golden hues, red-humped Kokanee salmon spawn, and soft, calm days often infuse the deep blue lake with a mirror-like quality. High temperatures in October are about in the 60s daytime, and it can get to freezing at night. It is mostly warm and dry, a good time to avoid the crowds, and one of the best times of the year to explore the Sierra Nevada.

As you see from the 3 areas we are traveling in, even though they are not more than 200 miles apart, the weather is different, and you will need pack for that!

- ❑ Medium-weight hiking boots/or sturdy walking shoes. This all depends on what is most comfortable for you to walk/hike in. We are not doing serious hikes and walks on this trip, but you know best what you can wear for hikes that can be up to 3 miles. Make sure your boots/shoes fit properly and are well broken-in. Wear them around town to thoroughly break them in. Please do not come on this trip with a pair of boots/shoes you

- have never worn before!
- ❑ Socks
- ❑ Rain gear: For San Francisco and Napa Valley, you can probably get away with a poncho, even an umbrella. For Tahoe, a good waterproof rain parka would be best (for hiking and kayaking).
- ❑ One fleece sweater or warm jacket for chilly evenings in SF and Napa. In Tahoe, you might want to have something else to layer if it gets cold at night (remember, we are in the mountains in Tahoe!). A rain parka can act as a warmer jacket over a fleece jacket.
- ❑ An extra pair of comfortable shoes, such as tennis shoes or Texas to wear in the evenings, at wine tastings, etc.
- ❑ Another pair of shoes for nice dinners (in SF, at the Culinary Institute in Napa).
- ❑ A day pack that is large and comfortable enough to carry your camera, rain gear, water bottle on hikes, jacket.
- ❑ One-quart water bottle. We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages. Note: In Tahoe, drinking large quantities of water ensures that your body acclimatizes to higher altitudes more easily.
- ❑ Several pairs of casual long pants (one pair of hiking shorts/capris)?
- ❑ Long-sleeved shirts and T-shirts, underwear, sleepwear.
- ❑ Bathing suit.
- ❑ Sun hat and sunglasses for sun protection.
- ❑ 2 or 3 (100% cotton) Bandanas for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition around here!
- ❑ Sunscreen, lip balm with SPF, insect repellent, lotion all with no fragrance.
- ❑ Toiletries. To cover all your bases, you can also include an Ace bandage, Pepto Bismol, Immodium, Correctol, and Dramamine or Bonine for motion sickness (if you get carsick).
- ❑ Packets of babywipes or antiseptic wipes for picnics, etc.
- ❑ Six quart-size Ziploc bags for waste paper and left over food (from picnics).
- ❑ Lightweight flashlight.
- ❑ Small travel alarm clock.
- ❑ Swiss Army knife or equivalent with scissors/wine opener. For opening wine bottles, cutting cheese, etc. Remember to pack both in your checked luggage, not your carry-on!



- ❑ Earplugs. for snoring roommates or howling coyotes in the mountains! We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or [www.earplugstore.com](http://www.earplugstore.com). Good to 22 Decibels!
- ❑ Camera, more memory cards than you think you will need, extra camera batteries and battery charger.
- ❑ Extra clothes for evenings. Nice, casual clothes for relaxed dinners out.

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*Thank you for choosing to travel with AdventureWomen!  
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

AdventureWomen, Inc.  
300 Running Horse Trail  
Bozeman, MT 59715  
800-804-8686 or 406-587-3883 (outside the U.S.)  
Email: [trips@adventurewomen.com](mailto:trips@adventurewomen.com).