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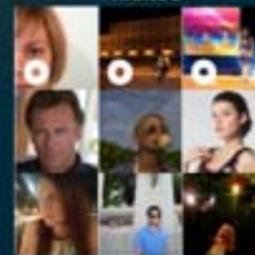


SUZANNE WEINSTOCK

my environment

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GREEN CITIES: THE BEST OF NAPA

The US's most famous wine region has an ethos as green as the vineyards

BY SUZANNE WEINSTOCK

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The San Francisco Bay area is known for being one of the greenest areas of the U.S., and the nearby Napa Valley wine region does not disappoint. Many of the vineyards, spas, restaurants and hotels go above and beyond to be at harmony with their beautiful surroundings. Above has sifted through all the options to bring you our favorites.



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Best Spa

The Spa at Cameros Inn looks to the resources around it to design thoroughly natural spa treatments, even sourcing ingredients right from Cameros. One of the most popular services is a massage using Warm Goat's Milk Lotion made with milk from neighboring farms. Exfoliating scrubs are made out of local grape seeds or crushed olive stones mixed with local olive oil. Fruit peels are created from grape extract. Local honey is used in facial masks. Spa treatments don't get more natural than this.

Spa at Cameros Inn
4048 Sonoma Highway
Napa, CA 94559
thecamerosinn.com/thecamerosinn/spa

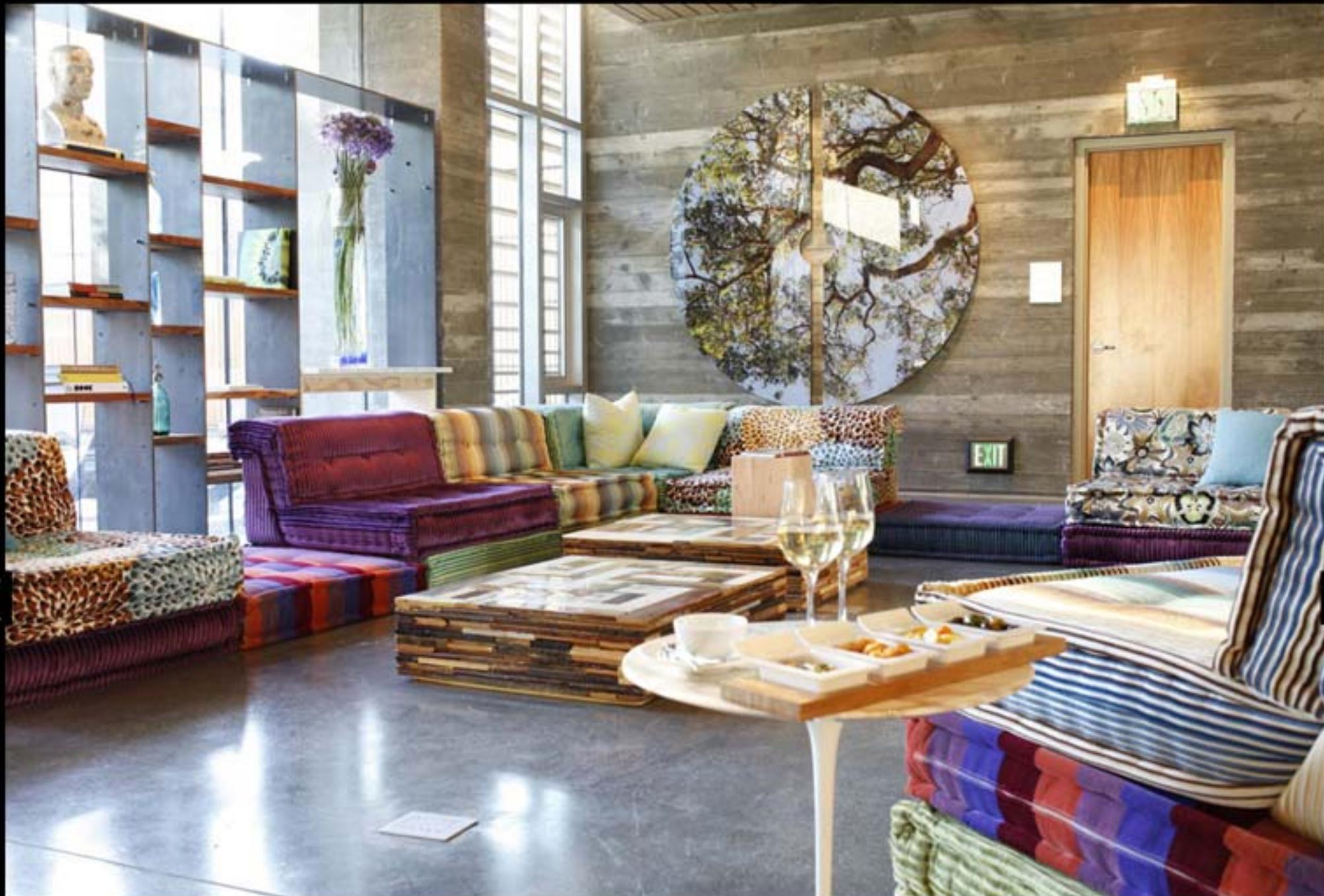


Best Hotel: Luxury

Not only is Bardessono the most luxurious hotel in tony Yountville, it is one of just two LEED Platinum certified hotels in the U.S. The hotel's construction and operation are commendably gentle on the surrounding environment. No eco-friendly detail has been spared, including a neat sensor system that knows when you've left the room and powers everything down until you make your reappearance. The wow factor at Bardessono is that each luxe suite has its own private outdoor area and is designed with plenty of space for in-room spa treatments. After your massage (with organic products, of course) the therapist runs you a bath and lays out your organic cotton towel and robe.

Bardessono
6526 Yount Street
Yountville, CA 94599
bardessono.com

Rates: \$798 and up during the high season, \$454 and up during the low season



Best Hotel: Budget

Napa Valley's vibe is generally quaint and rustic but h2hotel took the opposite route with its hyper-modern, minimalistic green construction. The organic feel of the small but comfortable rooms is appropriate considering everything, from the food to cardboard clothing hangers, is sustainable. And while it's not quite as high on the LEED certification scale as Bardessono, a "Gold" ranking is nothing to scoff at. Even the elevator is eco, using 60 percent less electricity than a normal elevator and made of 95 percent recycled materials.

H2 Hotel
219 Healdsburg Avenue
Healdsburg, CA 95448
h2hotel.com

Rates: \$255 and up in the high season, \$195 and up during the low season



Best Shopping

Let's get real. No one goes to Napa to shop for clothes. It's all about food and wine, so Oxbow Public Market is the perfect destination for provisions. The 40,000 square foot building holds roughly 25 local vendors of sustainably produced groceries and specialty foods. If you don't plan on doing any cooking, you can gather all the bread, olive oil, tapenade, cheese and wine you'll need for a picnic.

Oxbow Public Market
 610 and 644 First Street
 Napa, California 94559
oxbowpublicmarket.com



Best Place to Eat: Farm-to-Table

Farm-to-table dining is a given in Napa Valley - nearly every restaurant uses seasonal, local ingredients often from their own garden - but Farmstead at Long Meadow Ranch takes it to the next level. The 650-acre ranch supplies Farmstead not just with organic vegetables but estate-produced olive oil, wine, grass-fed cattle and eggs from its own poultry flock. Farming is done using draft horses and biodiesel-fueled farm equipment, and the buildings are solar-powered. The restaurant, housed in a former barn, is warm and rustic providing a perfect complement to the hearty American cuisine. After dinner, most patrons can be found relaxing by the fireplace outdoors with a glass of wine in hand.

*Farmstead
738 Main Street
Saint Helena, CA 94574
longmeadowranch.com/Farmstead-Restaurant*

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Best Places to Eat: Vegetarian

If you have deep pockets then head over to French Laundry, considered to be one of the top restaurants in the world. In addition to its standard nine-course French-inspired tasting menu, a vegetarian tasting menu is offered for the same price each evening. If \$270 for dinner (excluding wine) is a little rich for your blood you can still take a stroll around the beautifully manicured, three-acre produce garden across the street.

*French Laundry
6640 Washington Street
Yountville, CA 94599
FrenchLaundry.com*



Best Places to Eat: Budget

Driving through St. Helena, you'll probably see a big crowd milling around what appears to be a simple burger joint. You've stumbled upon Gott's Roadside, a perennial favorite among tourists and locals alike. Sit at picnic benches and chow down on burgers, sandwiches, fish tacos and more, all made with fresh local ingredients, including some from Gott's' garden. Most of the packaging is recyclable, renewable or compostable. In addition to the original St. Helena location, outposts have opened in the town of Napa and in San Francisco.

Gott's Roadside
933 Main Street
Saint Helena, CA 94574
Gotts.com

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Best Way to Get Around

Many Napa Valley hotels offer bicycles to take you into town or to the vineyards, but they don't solve the problem of transporting your wine purchases. That's the beauty of tour companies like Getaway Adventures. Pick a town and let them guide you from vineyard to vineyard with a locally sourced picnic lunch break midday. A support van will bundle everyone's purchases and have them waiting for you upon return. Biking around Napa will soon get even easier with the construction of the Napa Valley Vine Trail. Napa Valley Vine Trail Coalition is a non-profit working to build a trail system that connects the entire region. The first of 44 miles opened in Yountville in October 2010 and \$2.5 million in new funding as of August 2011 means that they'll soon be more.

Getaway Adventures

GetawayAdventures.com

Price: \$149 covers equipment rental, cycling from 10am to 3:30 pm and lunch in a choice of Calistoga, Healdsburg or Cameros. Visit the website for information on multi-day rides.



Best Sightseeing Destination

Obviously, Napa is all about wine-tasting and there are a wide variety of organic and biodynamic vineyards to visit. For a classic Napa experience head to biodynamically farmed Ehlert's Estate, which is also a not-for-profit organization benefiting cardiovascular research. The atmospheric tasting room is housed inside the original 1886 winery.

*Ehlert's Estate
3222 Ehlers Lane
Saint Helena, CA 94581
EhlersEstate.com*

Price: \$25 wine tasting or \$50 wine and chocolate pairing by appointment only

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Best Sightseeing Destination

Afterwards, stop at Cade Winery for a polar-opposite experience. The contemporary, LEED Gold certified tasting room, completed in 2009, has the feel of a friend's well-appointed living room. The spectacular views of Cade's organic vines are almost as good as its highly prized Cabernets. Set aside plenty of time to linger here because you won't want to leave. Check out napagreen.org for a thorough list of green vineyards in Napa Valley.

Cade Winery

360 Howell Mountain Road

South Angwin CA, 94508

CadeWinery.com

Price: \$20 wine tasting or \$50 wine and cheese tasting by appointment only