



Hiking, Natural History and Wine Napa Valley

Tuesday - Thursday, June 29 - July 1, 2021

Join naturalist Sharon Barnett for three days of hiking around Napa Valley. These moderate interpretive hikes will enrich and broaden your understanding of the area's natural history. We will start at the southern end of Napa Valley and work our way 'up valley' over the three days. All hikes will begin at 08:30 and finish in the early afternoon. There will be leisure time and wine tasting in the afternoons and outdoor dining in the evenings. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain, with about a total elevation gain of about 1,000'

Tuesday, June 29: Skyline Wilderness Park

Wednesday, June 30: Bothe - Napa Valley State Park

Thursday, July 1: Robert Louis Stevenson State Park



Tuesday, June 29: Skyline Wilderness Park 08:30- meet at trailhead!

Our first hike together in Napa Valley will traverse trails through manzanita and oak forests.
Approx 6m/800' Restrooms

Lodging check in, followed by a picnic dinner at Old Faithful Geysers!

Wednesday, June 30: Bothe - Napa Valley State Park 08:30- meet at trailhead!

We will learn about fire regeneration as this hike is almost entirely through redwood forest that was burned during the Glass Fire of 2020. 5m/1000' Restrooms

Later this afternoon, we will relax together sampling Rutherford wines at the organic, biodynamic Frog's Leap Winery! Dinner TBD

Thursday, July 1: Robert Louis Stevenson State Park 08:30- meet at trailhead!

Our destination today will be a massive volcanic formation with an epic view of the entire Napa Valley. 4.5m/1300' No restrooms

Spend the afternoon on your own indulging in a spa treatment, wine tasting, shopping...so many choices in Napa Valley! Dinner tonight along the Napa River at the Calistoga Inn Restaurant and award winning micro-brewery, Napa Valley Brewing Company.



Lodging

We suggest staying in the Calistoga area. I will be staying at Golden Haven Spa.

visitcalistoga.com

Golden Haven Spa 707-942-8000 goldenhaven.com

Indian Springs Resort 707-709-8139 indianspringscalistoga.com

Best Western 707-942-1112 stevensonmanor.com

Meals

Breakfast: on your own

Lunch: pack a lunch for the trail

Dinner: join Sharon for dinner each night

Sign me up!

To register email Sharon Sharon@MarinNature.com

Adventure fee: \$395 (\$200 non-refundable deposit secures your space)

Make check payable to: *Marin Nature Adventures* 4 Elford Street, San Rafael CA 94901

-Fee includes: guided hikes, naturalist host available 24/7, Old Faithful Geyser entrance fee and Frog's Leap tasting fee.

-Fee does not include accommodations, meals, transportation or entrance fees (unless otherwise stated)

-Registered participants will receive an email with: suggested packing list, directions to each trailhead, information about meals and other details

-Waivers will be sent out in advance and due upon arrival

-Itinerary is subject to change

Happy Trails!

