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FOOD // WINE, BEER & SPIRITS

10 wine tastings in Napa and Sonoma with ‘wellness’ activities like hiking, biking and yoga

 **Jess Lander**

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Sonoma’s Bartholomew Estate is one of several wineries offering “wellness” experiences, including horseback rides and hikes, that can help attract younger, health-conscious consumers.
Erik Castro/Special To The Chronicle

These days, going for [a wine tasting](#) can be a much more physical experience. From hikes to yoga classes to horseback rides through the vines, more Napa and [Sonoma wineries](#) are pairing wine with wellness in an effort to connect with younger, health-conscious consumers. Read more about why wineries [are launching these features in this story](#).

Here are 10 experiences to watch for this year, including dog walks, wellness retreats and virtual Peloton classes. While some of them are available now, note that many of these offerings won’t start until the spring.

Napa

Joseph Phelps Vineyards

On select weekends May through October, Joseph Phelps Vineyards will take visitors on a roughly 1-mile vineyard walk (\$250 per person) through its stunning St. Helena ranch before returning to the winery for a seated tasting. The tasting will feature seven of Phelps’ Napa Valley and Sonoma Coast wines, which they’ve been making since 1973, plus a pairing from the winery’s in-house kitchen.

200 Taplin Road, St. Helena, josephphelps.com

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Hudson Ranch & Vineyards

At Hudson Ranch & Vineyards, known for Chardonnay and a pioneer of Napa’s Carneros region, visitors can add a vineyard hike (\$20) to their tasting of five wines and an estate olive oil sample (\$95). Hudson’s private, 3-mile hiking trail in Napa’s bucolic Carneros region even boasts scenic views of San Pablo Bay. It’s recommended to hike before tasting, not the other way around.

5398 Carneros Hwy., Napa, hudsonranch.com

Pine Ridge Vineyards

Pine Ridge Vineyards has scheduled seven Saturday morning hikes (\$110 per person), from April through July, that traverse up and around the winery’s steep and sustainably farmed hillside terraces. Limited to a group of 12, each tour is led by a member of Pine Ridge’s winemaking or viticulture team — sometimes the head winemaker himself. Hikers stop and taste more single-vineyard Cabs along the way, finishing with additional wine pours and a boxed lunch.

5901 Silverado Trail, Napa, pineridgevineyards.com

Clif Family Winery

Owned by the founders of Clif Bar, Clif Family has a long history of marrying wine with cycling; since 2001, it has had its own cycling club called Club Peloton. During the pandemic, the winery hosted virtual Peloton rides followed by virtual tastings: Participants log on at a set time and compete under a winery hashtag. The next one will be on March 26.

The winery typically also offers bike tours followed by wine and food experiences out of its St. Helena tasting room, but those are on hold due to staffing issues, with the goal of relaunching later this year.

709 Main St., St. Helena, cliffamily.com

Sonoma

Kunde Family Winery

Kunde offers vineyard hikes (\$40-\$90 per person) on its sprawling 1,850-acre Kenwood estate a handful of times a year, including twice-annual dog hikes that end in a tasting and lunch. For those, Kunde partners with a local shelter to bring in dogs for participants who don’t have their own, and some guests even end up adopting them. Kunde specializes in Chardonnay and an array of reds, including Zinfandel, Barbera and blends. The annual dog hikes are scheduled for April 23 and Oct. 8 this year; the rest of the hiking schedule will be released soon on Kunde’s website.

9825 Sonoma Hwy., Kenwood, kunde.com

Notre Vue Estate Winery & Vineyards

Notre Vue Estate club members have access to its nature preserve within 710 acres of land, including 17 miles of hiking and biking trails. With the purchase of three bottles of wine, non-club members can also partake for the day. Check Notre Vue’s calendar for other pop-up events, like sunset yoga classes and mushroom foraging. They

always culminate with the estate’s diverse portfolio of wines, many of which are priced under \$50.

11010 Estate Lane, Windsor, notrevueestate.com

Bartholomew Estate



Nestled within a historic, 375-acre Sonoma preserve, visitors to Bartholomew Estate can book a 45-minute horseback ride (\$150 per person) through organic vineyards; the cost includes a bottle of wine to take home or sip on-site during a BYO picnic. Hiking inside the park is free, but many people choose to indulge in an official tasting (\$30) of rosé, Syrah, Cabernet and more at the 1922 Mission-style winery after. A portion of profits from the winery go right back into preserving the park.

1000 Vineyard Lane, Sonoma, bartholomewestate.com

Jordan Vineyard & Winery

In celebration of Earth Week, Jordan Vineyard & Winery will host three hiking excursions of 4 miles (April 22-24, \$110 per person) across its 1,200-acre Alexander Valley estate. Kicking off with a selection of breakfast bites, the moderately strenuous hike will get the blood pumping as visitors traverse rolling hills past vineyards, ponds, olive trees and cattle. Hard work is rewarded with a picnic lunch of charcuterie, cheese and salad sourced from the estate garden and pours of Jordan’s Cabernet and Chardonnay on the chateau terrace. Event tickets go on sale March 22 and are expected to sell out.

174 Alexander Valley Road, Healdsburg, jordanwinery.com

Bricoleur Vineyards

Windsor’s Bricoleur Vineyards will resume its popular Sunday morning yoga classes (\$20 per person) in May under its vineyard-view pavilion. It has also scheduled a series of one-day wellness retreats throughout the year, including a drum circle and shamanic journey — a way of finding answers, healing and wisdom from your inner self — during the harvest season. For yoga, visitors can buy sustainable cork mats and sip holistic teas sourced from Bricoleur’s herb and rose garden. A tasting of wines like Chardonnay, Pinot Noir and rosé must be booked separately.

7394 Starr Road, Windsor, bricoleurvineyards.com

Medlock Ames

The “immersive sound experience” at Medlock Ames’ 340-acre Bell Mountain Vineyard (\$75 per person) is a roughly 45-minute, self-guided audio tour through vineyards, native oak woodlands and olive groves. Listen to the many sounds of a vineyard — recorded from the property — and learn about the Cabernet-focused winery’s sustainable farming practices. The experience ends in a seated wine and cheese pairing.

13414 Chalk Hill Road, Healdsburg, medlockames.com

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Jess Lander joined the food and wine team at The San Francisco Chronicle as wine reporter in 2022. Based in Napa Valley, Jess has extensively covered California wine country for numerous national and international publications since 2014. In 2021, Jess published "The Essential Napa Valley Cookbook," a project that raised more than \$100,000 for Napa Valley restaurant workers impacted by the pandemic and fires. Jess hails from Boston, where she studied journalism at Emerson College and started out as a sports reporter before making the switch to wine.

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