

# San Francisco

MODERN LUXURY

Wine Country's  
Best Spots for Hiking,  
Yoga & More

**PLUS**  
The Bay Area's  
Top Docs

## Mind & BODY

BAY AREA LUMINARIES SHARE THEIR  
SECRETS TO WELLNESS

**GREAT  
ESCAPES**  
National & Local  
Destinations to Explore Now

Bay Area resident & Olympic  
gold medalist Kristi Yamaguchi

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# Vacation Mode

WARM WEATHER EQUALS WEEKEND GETAWAYS, AND WE'VE ROUNDED UP PLENTY OF PLACES TO ROAM IN THE BAY AREA THIS SPRING AND SUMMER.

BY ERIN KAIN AND ELLIE THORNTON

## Half Moon Bay Wine & Jazz Festival

The second annual Half Moon Bay Wine & Jazz Festival combines boozy sips, tasty eats and classic jazz in one spectacular event. Snatch a spot in the VIP Lounge and enjoy wines and bites from chef Pablo Estrada of Fattoria e Mare, highlighting local, organic ingredients, plus early admission and select seating at the main stage. This year's headliners are Paula West, the Marcus Shelby Quintet and the John Santos sextet, while local jazz bands will also be performing alongside Main Street. *May 13, Downtown Half Moon Bay, [hmbwineandjazzfest.com](http://hmbwineandjazzfest.com)*

## Carmel Valley Garden Show

Explore the world of flora at the 52nd annual Carmel Valley Garden Show, themed Spring After the Rain. Talented florists will display their creations for judging at the Flower and Plant Exhibit, while the Plant Corral will feature tents for succulents, vegetables, flowering plants and garden art. The marketplace will buzz with vendors presenting plants, products and even gardening advice, while a silent auction will stun with art, experiences and regional artisanal products. *May 13-14, Carmel Valley Village, 104 West Carmel Valley Road, Carmel Valley, [cvgc.clubexpress.com](http://cvgc.clubexpress.com)*

## The Healdsburg Food & Wine Experience

The fun is back for the second year, celebrating the very best of Sonoma County. Vendors include farmers, winemakers, James Beard Award-winning and Michelin-starred chefs, plus the Vintners Plaza Grand Tasting that features more than 100 Sonoma wines. Splurge for the Ultra VIP package, which includes a welcome celebration, early access to the Grand Tasting, access to the rooftop lounge at The Matheson, tickets to The Magnum Party and more. *May 18-21, [healdsburgwineandfood.com](http://healdsburgwineandfood.com)*

## Carmel Art Fest

The 30th anniversary of the Carmel Arts Festival is here to inspire. Throughout the weekend, artists will fill Carmel-by-the-Sea with gorgeous paintings. In addition to the grand spectacle of art, the festival offers live entertainment, activities for the entire family and exciting competitions. *May 19-21, Devendorf Park, Sixth Mission St., [carmelartfestivalcalifornia.com](http://carmelartfestivalcalifornia.com)*

## Bottlerock Napa Valley

Three days of unparalleled music, wine



Clockwise from top left: Bottlerock Napa Valley kicks off a summer of musical fun in wine country; the Napa Valley Wine Train is the perfect way to take in the region while sipping great vintages and enjoying outstanding food; Marcus Selby performs at the Half Moon Bay Wine & Jazz Festival.

CLOCKWISE FROM TOP LEFT, PHOTOS: COURTESY OF BOTTLE ROCK NAPA VALLEY; COURTESY OF NAPA VALLEY WINE TRAIN; BY KEVIN HENNEY