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7 fresh fashion looks for spring

Colorado's leading lifestyle magazine



12th Annual Best Places to Live

1

Good eats: Little Man Ice Cream, Cherry Cricket burgers, chilies, and beer



2

Only in Colorado: Dinosaur tracks, Rocky Mountain oysters, and Clocktower parties

3

The great outdoors: Sand Dune hiking, Grand Mesa fishing, the Colorado Trail, and overnight canoeing on the Gunnison

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We have more than 40 ideas—culinary, cultural, and outdoorsy—for newcomers and natives alike.

MARCH 2019

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Crowd-pleasers: Rockpile seats, Tank Center gigs, and poetry slams



Inside the metro area's hot housing market

On wine time

TRIPS TO SONOMA JUST GOT SUPER EASY AND QUICK. **BY KENDALL KOSTELIC**

“**W**hat wine would you like with that?” I’m in Sonoma, one of California’s wine meccas, ordering my first meal at local favorite Salt & Stone. And I’m ready to make fermented grapes my main food group.

I love wine—so much so that I’ve traveled to Sonoma the past two years. So I was thrilled to learn that starting this month, United Airlines is charting direct three-hour flights from DIA to the Charles M. Schulz Sonoma County Airport. You know what that means: more time for wine. Here’s what to do.



Drink more wine, of course

Sonoma is home to more than 400 wineries. **Kunde Family Winery** and **Petroni Vineyards** are two not to miss. On the Kunde Family vineyard tour, you’ll get to taste their famed grapes (some dating as far back as 1882), see the Bottles Shock boxing ring (the movie was filmed there), and, come spring and summer, settle in on their “mountain top,” overlooking the estate from 1,400 feet above the valley floor. Petroni Vineyards takes things underground—the whole winery (minus the vines) is in a cellar. Ask your tour guide about the story behind their Sangiovese Grosso.

Travel in style

The coolest way to get from one winery to the next? **West Wine Tours**, whose delightful staff will drive you from glass to glass in a vintage Volkswagen bus. Just make sure to schedule time for a photo shoot.

Refuel with a memorable meal

Delicious food (try the cooked oysters and persimmon salad); good company; great wine—that’s what you’ll find at **Salt & Stone**. **Glen Ellen Star** is equally relaxed. Try the wood-roasted vegetables and, if it’s on the menu for the night, order ice cream for dessert—each flavor comes in a personal pint. (If you’re staying at **Gaige House**, you can also walk to Glen Ellen Star for dinner by lantern light.)



DAY IN THE SUN TWO-PAGE PHOTO: KUNDE FAMILY WINERY; TOP LEFT, KENWOOD INN & SPA; BOTTOM LEFT, WEST WINE TOURS; OPPOSITE PAGE: TOP, SALT & STONE; BOTTOM, GAIGE HOUSE + RYOKAN

KUNDE FAMILY WINERY; KENWOOD INN AND SPA; WEST WINE TOURS

Consider moving in to your personal sanctuary

Others know them as hotel rooms, but here, such a bland term hardly applies. Sleep in the vineyards at **Kenwood Inn and Spa**, a two-and-a-half-acre property surrounded by maturing grapes. Or feel wonderfully alone—with an unbelievable number of Japanese-inspired spa experiences at your disposal—in a Ryokan Zen suite at **Gaige House + Ryokan**. Each room features a granite-soaking tub, a private Zen rock garden, and, in the largest rooms, a patio made private by a lush wall of foliage that overlooks the babbling Calabazas Creek. It's magical.



Try a new kind of "hike"

It's called **shinrin-yoku**, or forest bathing, and it's about intentionally—through breathing and meditation exercises—be-

ing in and experiencing the forest. There are area guides to take you through the journey: Pamela Wirth, with whom Gaige House + Ryokan connected us, is a relaxing pro. **DLM**



HOW TO GO FOREST BATHING

- ① Find a safe, quiet forest.
- ② Turn off/leave electronics and distractions behind.
- ③ Start walking.
- ④ Focus on "opening your senses" to the nature around you: What do you smell? What do those leaves feel like? Close your eyes while engaging your other senses, opening them at the end.
- ⑤ When you feel relaxed, head home.

GAIGE HOUSE + RYOKAN; SALT & STONE

