

## NOTEBOOK

### Concert series set for Chattanooga

**CHATTANOOGA, Tenn.** – The Nightfall Concert Series at Miller Plaza in downtown Chattanooga will celebrate their 20th anniversary by giving away 20 prizes each week from participating downtown merchants.

The opening act at the weekly concerts begins at 7 p.m. with the headline entertainment at 8 p.m. Following is a concert schedule, listing the headline groups:

- **June 20**, Back Door Slam;
- **June 27**, Groundation;
- **July 4**, Asylum Street Spankers;
- **July 11**, Bonerama;
- **July 18**, Ruthie Foster;
- **July 25**, Claire Lynch Band;
- **Aug. 1**, Soulive;
- **Aug. 8**, Michelle Shocked and the Lee Boys;
- **Aug. 15**, The Whigs;
- **Aug. 22**, Robben Ford;
- **Aug. 29**, Hal Ketchum;
- **Sept. 5**, Blue Mountain;
- **Sept. 12**, Basia Bulat;
- **Sept. 19**, The Belleville Outfit;
- **Sept. 26**, Big Al Anderson & the Balls.

To hear a sample of each week's headline performer, call (423) 265-0771.

### Arboretum to host daylily show, sale

**ASHEVILLE, N.C.** – The Western North Carolina Daylily Club will host its annual Daylily Show and Sale at the North Carolina Arboretum on June 28 from 11 a.m. to 5 p.m. Held in the Education Center, the show will display some of the best varieties of more than 46,000 registered daylilies.

The event will feature many daylily hybridizers and cultivars of Western North Carolina, along with nationally known hybridizers.

Other arboretum events and activities offered this weekend (free unless noted) include:

- **"Kaleidoscope,"** outdoor sculpture exhibit.
- **"Our Precious Land: Visions and Scenes of North Carolina,"** paintings by Luke Allsbrook.
- **"Silent Beauty: A View of the Changing Seasons,"** photography by Cynthia Walker.

■ **Forest Trails Walk** at 1 p.m., guided tour of arboretum trails and natural environment.

■ **Segway Tours,** registration required; weekend rate is \$55.

Call (828) 665-2492 or visit [www.ncarboretum.org](http://www.ncarboretum.org).

### Dora, Diego to visit Tweetsie Railroad

**BLOWING ROCK, N.C.** – Dora the Explorer and cousin Diego make their way to Tweetsie Railroad June 21-22. The stars of the Nick Jr. animated series of the same name, "Dora the Explorer and Go, Diego, Go," will be interacting and taking pictures with visitors throughout the weekend.

Dora is a 7-year-old Latina heroine, whose adventures take place in an imaginative, tropical world filled with jungles, beaches and rainforests. Diego Marquez, Dora's cousin is an 8-year-old action-adventure hero. Tweetsie also offers Wild West fun, including cowboys in an Old West town, amusement rides and stage shows.

Tweetsie is located on between Boone and Blowing Rock. Daily admission is \$30 for adults and \$22 for children ages 3-12. Children 2 and under are admitted free. More information is available at [www.tweetsie.com](http://www.tweetsie.com) or by calling (877) TWEETSIE.

From VARIOUS SOURCES



Bottles of various wines can be seen at Lambert Bridge Winery in Healdsburg, Calif. **ANN N. YUNGMEYER/SPECIAL TO THE HERALD COURIER**



The Healdsburg Bar and Grill features a Bloody Mary bar. **ANN N. YUNGMEYER/SPECIAL TO THE HERALD COURIER**

# Wine Country

**CALIFORNIA AREA IS** home to beautiful scenery and many relaxation spots

**BY ANN N. YUNGMEYER**  
SPECIAL TO THE HERALD COURIER

**HEALDSBURG, Calif.** – A quick jaunt to California wine country leads to beautiful scenery and plenty of places to relax, but also to opportunities for an activity-filled getaway.

Stretch a long weekend, and you can pack in four days of adventure – biking, hiking, kayaking and oh yes, sipping wine – and be back in the office Monday morning, feeling like you've been on a real vacation.

### THE DESTINATION

■ **Healdsburg is a charming town** in northwest Sonoma County and a wine-tasting hub for dozens of local wineries. Just 60 miles north of Golden Gate Bridge on Highway 101, the town is easy to explore on foot and offers gourmet cuisine and boutique shopping.

The area lends itself to enjoying the great outdoors, and according to the locals, it only rains in winter.

The wine-producing area around Healdsburg encompasses roughly 37,000 vineyard acres in nearby Dry Creek Valley, Alexander Valley and Russian River Valley. More than 60 wineries are located within a 30-minute drive from Healdsburg. Primary varietals are zinfandel, cabernet, merlot, chardonnay and pinot noir.

### SUGGESTED ITINERARY

■ **Day one:** Travel and explore. Take an early morning flight to San Francisco or Oakland to arrive mid-morning Pacific time.

Catch the Airport Express bus to Sonoma County Airport, from where you can rent a car or taxi to Healdsburg. You'll arrive in time to explore the town plaza and sample wine at numerous tasting rooms. For a late lunch, Costeaux French Bakery on Healdsburg Avenue has a delicious pear/walnut/greens salad with multi-grain baguette (the best!).

Several boutique hotels and bed and breakfast inns are within walking distance of shops, galleries, restaurants and wine tasting outlets.

Healdsburg Inn on the Plaza is ideally located, or the Camellia Inn, a Victorian cottage two blocks from the square, is a cozy alternative. Camellia offers evening wine tasting from its own cellars and a breakfast of fresh fruit, scones and hot dishes that change daily, such as turkey sausage and baked clafouti. Hotel reservations should be booked several weeks in advance.

■ **Day two:** Bike through scenic vineyards. Walk to the bike shop and take a guided tour, or simply rent a bike and go your own way through the beautiful Dry Creek Valley, known for its zinfandels. Route information



A picnic area is one of the many features at the Lambert Bridge Winery. **ANN N. YUNGMEYER/SPECIAL TO THE HERALD COURIER**

is provided and easy to follow. You can ride a loop stopping at vineyards as often as you wish.

While the in-town tasting rooms include well-known names such as Gallo, Kendall Jackson and Simi, you'll pass many smaller wineries speckled along the bike route. Some wineries charge \$5-10 for tasting; others are free.

The Dry Creek General Store makes a perfect lunch stop, where you'll find creative sandwiches and assorted food and wine accoutrements – the kind of items that make you yearn to entertain friends on your patio back home.

If you prefer to picnic, rental bikes have a small satchel perfect for carrying the goods, including the bottle of wine. Picnicking is encouraged at most wineries – many have beautiful gardens with umbrella tables for relaxing amid lavender, daisies and trumpet vines.

If you only have time to visit two wineries, try Lambert Bridge and Dry Creek Vineyard. Both have a long tasting list and wine-themed merchandise in their shops.

The Lambert grapes seed salad dressings are excellent, especially the Chardonnay Orange Vinaigrette. If you purchase more bottles than you can carry on your bike, wine can be shipped home. (Some states have restrictions on shipping wines.)

Back in Healdsburg, walk to a choice of dinner spots from casual to chic. White table cloths on the vined sidewalk terrace of Dry Creek Kitchen beckon passersby, but there are cozier spots, like the cellar-walled Zen.

Wine isn't the only drink in

town – the Bear Republican Brew pub has excellent brews which go nicely with their chicken pinto chili, or try the Healdsburg Bar and Grill's Bloody Mary bar for brunch.

■ **Day three:** Canoe or kayak down the Russian River. Walk (again) to River Adventures headquarters "at the bridge" and sign up for two to three hours or all day. An old yellow school bus will take you on a ride – an adventure in itself – through the hills upstream. (The narrow dusty road calls for a Land Rover.)

From a drop-off point, you can paddle or float downstream to the Healdsburg dam, the designated debarkation spot. Wear your swimsuit and take a cooler – there are plenty of nice swimming holes and riverbed beaches along the way.

The river is class 1+ rapid (a few ripples). The float takes you past beautiful scenery of vine-covered hillsides and cliffside dwellings.

■ **Day four:** Hike the Redwood forests. Time to venture out from Healdsburg, and you'll need a car to get to Armstrong Redwood State Reserve. Plan to hire horses or hike through the park on well-marked trails.

A short walk on the nature trails takes you on sponge-like bark mulch through the Coastal Redwoods (*Sequoia sempervirens*), some as old as 1,400 years. There are picnic areas and a display of chronological history shown on the rings of a Redwood slice.

If you're up for a longer hike, there are several loop trails guaranteed to wake up your quads as they travel over ridge after ridge.



Armstrong Redwood State Preserve is known for its Coastal Redwoods (*Sequoia sempervirens*). **ANN N. YUNGMEYER/SPECIAL TO THE HERALD COURIER**

After exploring the Redwoods, don't miss a stop at Korbel Champagne Cellars to see the gardens and taste a Chablis or rose champagne, among other selections. Korbel also makes excellent red wine. Try their pinot noir.

Have an early dinner in Windsor or Santa Rosa and make your way back to catch

an evening Airport Express shuttle in time to take the red-eye flight home.

Arriving the next morning, possibly a little short on sleep, you may be tempted to hang out at the watercooler, sharing the adventures of your trip.

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