



DOUBLING UP

For every big-ticket Napa indulgence, there's a down-home version of the same experience. Here, a high-low guide to the best of the valley.



MUD BATH

HIGH Mosey up to the mud bar at Spa Solage for a customized blend of minerals, clay and essential oils (\$98). 755 Silverado Trail, Calistoga; (707) 226-0820; solagecalistoga.com.

LOW Lower yourself into a concrete trough for an old-fashioned, no-frills volcanic mud bath at Indian Springs (\$85). 1712 Lincoln Avenue, Calistoga; (707) 942-4913; indianspringscalistoga.com.

NIBBLES

HIGH Book a one-hour guided cheese, charcuterie and wine tasting (\$50) at the new Kenzo Estate, owned by a Japanese businessman who made his fortune in the video game industry. 3200 Monticello Road, Napa; (707) 259-5408; kenzoestate.com.

LOW Pick up some local ash-aged goat cheese and Frá Mani Toscano Salami at Sunshine Foods, and have a picnic by the bocce courts at Crane Park. 1115 Main Street, St. Helena; (707) 963-7070; sunshinefoodsmarket.com.



TOUR

HIGH Go up in a hot-air balloon with Napa Valley Balloons for a bird's-eye view of the valley, followed by a Champagne brunch (\$240 per person). 1 California Drive, Yountville; (707) 944-0228; napavalleyballoons.com.

LOW Rent a carbon fiber road bike from the St. Helena Cyclery and cruise the Silverado Trail (\$65 for a 24-hour rental). 1156 Main Street, St. Helena; (707) 963-7736; sthelenacyclery.com.

COOKING CLASS

HIGH Sharpen your knife skills and cooking techniques in the five-day Basic Training Boot Camp at the Culinary Institute of America at Greystone (\$2,095). 2555 Main Street, St. Helena; (800) 888-7850; ciachef.edu/california.

LOW Enroll in a whole hog butchering or salumi-making class at the new Fatted Calf charcuterie shop (\$135). 644-C First Street, Napa; (707) 256-3684; fattedcalf.com.



BURGER

HIGH Splurge on the almond-wood-grilled American Kobe beef burger topped with Gruyère and wine-steamed onions at Martini House in St. Helena (\$17). 1245 Spring Street; (707) 963-2233; martinihouse.com.

LOW Claim a picnic table at Gott's Roadside and chow down on a classic burger topped with pickles and American cheese (\$8). 933 Main Street, St. Helena; (707) 963-3486; gottsroadside.com.



Going to Town

The city of Napa, once a drab drive-by en route to more scenic northerly destinations, is undergoing a major makeover, with many new reasons to linger.

SHOP Start at the **Oxbow Public Market** (610 and 644 First Street, Napa; 707-226-6529; oxbowpublicmarket.com), a covered marketplace chockablock with specialty food stalls, including an organic ice cream shop and an outpost of the Hog Island Oyster Company. From there, meander over to **Cake Plate** (1000 Main Street, Suite 100, Napa; 707-226-2300; cakeplateonline.com) for creative cupcakes as well as bright and graphic women's clothing by the likes of Trina Turk, Orla Kiely and Leifsdottir.

EAT For lunch, choose from beer-can chicken at **Bounty Hunter Wine Bar & Smokin' BBQ** (975 First Street, Napa; 707-226-3976; bountyhunterwine.com) or authentic Indian food at **Neela's** (975 Clinton Street, Napa; 707-226-9988;

neelasindianrestaurant.com). Come dinner, there's the grand seven-course tasting menu at **La Toque** (1314 McKinstry Street, Napa; 707-257-5157; latoque.com; \$135) or the vegetable restaurant and yoga studio **Ubuntu**, which recently earned a Michelin star (1140 Main Street, Napa; 707-251-5656; ubuntunapa.com; entrees \$11 to \$17).

NEXT UP Later this summer, three high-profile restaurants will open in the \$72 million **Napa Riverfront** complex: a contemporary Japanese dining room and shop from the "Iron Chef" Masaharu Morimoto; a Tyler Florence rotisserie and wine bar featuring locally raised meat; and Fish Story, a sustainable seafood restaurant with a raw bar and a boat dock.

LOCATION SCOUT A PRIMER FOR THE VILLAGES OF THE VALLEY.

