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# CAPTURE

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# BREATH OF FRESH AIR

SOME OF CARMEL VALLEY'S FINEST

**W**ant a quick get a way to sunshine and fresh air?

Carmel Valley (in the 70's year round) is one of the most idyllic destinations. The majestic oaks, green hills and the Santa Lucia Mountains are a backdrop to some of the "BEST OF" resorts, restaurants, wineries, galleries and shops. The Carmel River carves its way through the natural beauty of the landscape, which is a calming influence as you reach the turn onto Carmel Valley Road.

There are opportunities for family sporting activities hiking, biking, horseback riding, and championship golf as well as romantic and luxurious R&R. From five star resorts to charming country inns, there are many choices in this secluded village atmosphere.

Although it is home to many families because of the excellent schools, Carmel Valley is a secondary home to many Hollywood celebrities and Silicon Valley tech titans. Recently I had the opportunity to discover some of Carmel Valley's best when I left the San Francisco fog, the wild and crazy pace with meetings and deadlines and headed south.



## THE QUAIL LODGE & GOLF CLUB

The "Quail" has a rich history in Carmel Valley. In 2013, the lodge reopened after a \$28 million renovation with a renewed focus on amenities and group facilities. In 2015, the 18-hole Robert Muir-designed golf course completed a refresh that modernized the 50-year-old course and is a definitely a challenge.

One of the adrenaline pumping experiences at Quail is the exhilarating Land Rover terrain-driving program. Wow!



The golf course at Quail Lodge





If you have an adventurous spirit, you'll make steep descents down a two-track trail, climb piles of logs and navigate tight hairpin turns. Of course, all of this with your instructor to guide you.

End the evening with dinner at Edgar's where you will be served fresh ingredients from local organic farms that are hand selected by the chef. The casual elegance and outdoor dining alongside the natural beauty of the Santa Lucia Mountains was a perfect way to end the day.

With the seasonal lavender in full bloom, I had to order the signature Lavender Lemon Drop, beautifully garnished with sprigs of fresh lavender.



The Land Rover terrain-driving program

## THE AIYANA SPA-AT CARMEL VALLEY RANCH

The Carmel Valley Ranch resort is nestled on 500 acres in the foothills of the Santa Lucia Mountains along California's central coast. Their 10,500-square-foot Spa Aiyana was my ultimate relaxation. The "hot stone" massage settled my mind and body into an escape of daily stress, albeit only for an hour.

For a total escape try the new Hypno-Health and Wellness treatment recently introduced at Spa Aiyana with Dr. Bee Epstein-Shepherd. Dr. Bee's method promotes sleep wellness and leaves you relaxed, calm and free of muscle tension. She'll also teach you self-hypnosis techniques to take home and will provide you with a recording of the session for reinforcement.





The pool at Carmel Valley Ranch



## FOLKTALE WINERY

One of Carmel Valley's fresh experiences is a visit to the Folktale Winery and Vineyards. Although new to the Valley, it has already been recognized as 2016 "California Winery of the Year," a prestigious award presented by the California Travel Association.

The winery itself is unique to the area; a vine to bottle winery where guests are welcome to tour the working cellar and barrel room. In addition to award winning wines, Folktale offers live music every weekend in the Wine Garden, monthly concerts and special events. Folktale is a must visit; be sure to enjoy the sparkling Rose.

