



MEADOWOOD JOURNAL

IN THE SHADE OF THE VINES



TODAY AT MEADOWOOD

The Meadowood Spa

The Meadowood Spa offers all-suite luxury with calming suites, stellar treatments, relaxing garden lounges and a healthy culinary menu. Summer is the time to have that healthy vibrant glow! Our facials, body scrubs and wraps are all curated by our talented therapists to make sure your skin needs are addressed. Enjoy a \$50 spa retail credit* with the purchase of any Essential Journey Facial or Body Treatment! **Please call our Spa Concierge at ext. 275** to assist you in booking the perfect curated treatments just for you! **Credit must be redeemed on day of treatment, may not be combined with any other offer or discount and may not be redeemed for cash.*

Try *Contrast Hydrotherapy* during your relaxation time in the spa. You will feel invigorated and relaxed at the same time. It also promotes a better night's sleep! Ask the Spa Concierge for further details and the suggested routine.

The beautiful **Estate Boutique** located at the Meadowood Spa features Creed perfume and colognes, beautiful leather goods, jewelry and more.

Health & Fitness

Meadowood is filled with exciting, refreshing group fitness activities during the week. Today's fitness schedule features Cardio Weight Training at 9:15 a.m., Callanetics at 10:30 a.m., Yoga for All Levels at 12:00 p.m. and MELT at 2:00 p.m. **Please dial the Health and Fitness Desk at ext. 850 for this week's complete schedule.** The **Health and Fitness Boutique** offers a terrific array of life style clothing, fitness wear, sunglasses and lovely gift items.

Membership

The **Club at Meadowood** offers a home-away-from-home to Napa Valley frequenters. The Club environment serves as a special gathering place and supports members in their pursuit of recreational, cultural and social activities. To learn more about amenities, services and benefits, we encourage you to contact **Erin Prescott at ext. 125.**

The Restaurant

The intimate dining room offers a 12 course (approx.) Tasting Menu or enjoy an interactive and immersive experience at the Chef's Counter, located in the heart of the Restaurant - the Kitchen! The Restaurant is open Tuesday through Saturday 5:30 p.m. to 9:30 p.m. **Call ext. 205 to make a reservation.** Please note reservations are limited.

NAPA VALLEY ACTIVITIES

Experience Napa Valley's best by exploring the environs around Meadowood. Begin your adventure by contacting a **Guest Services Representative at ext. 240.** Special arrangements may be made for wine tours, a private meal at a winery, a musical serenade or flower bouquet.

Hundreds of legendary wines, passionate vintners, exceptional winery tours of Napa Valley and memorable experiences await. Allow us to introduce you!

Napa Valley Wine



Sinegal Estate: This peaceful, sophisticated destination features a beautifully-restored stone winery, 6,500 square feet of underground caves and a modern tasting room. Lush gardens, an olive orchard and the timeless oak grove offer a beautiful retreat in the heart of Napa Valley. An idyllic private lake awaits across a wooden bridge - ready to be enjoyed from a paddle-boat or the charming gazebo. Sinegal takes a field first, micro-farming and fermenting approach to winemaking, creating well-crafted, distinct wines that capture the true spirit of the uniquely special estate. They welcome guests by appointment only. **Please contact a Guest Services Representative at ext. 240 to make arrangements.**

Main Street St. Helena

The **CIA at Greystone:** Rising castle-like on the western hills, the CIA at Greystone is one of the Napa Valley's most historic and majestic properties. It's also one of the world's most unique and inspiring campuses for culinary education. You can enjoy a

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The Bar and Lounge

The Restaurant Bar offers a more casual environment where you can enjoy a three-course Bar Menu, in addition to the Tasting Menu. If you are interested in just stopping by for a cocktail and a bite, you can enjoy snacks in the Lounge. A series of bite-size savory and sweet morsels will give you a sneak peek of what to expect from Chef Kostow's different menus.

The Grill

Join us in The Grill for breakfast, lunch or dinner seven days a week! Our talented chefs present a menu featuring ingredients fresh from the Meadowood Garden. **For reservations, please call ext. 307.**

Wine Enjoyment

Stop by the Reception Lodge from 4:30 to 5:30 p.m. for our daily wine reception. Today's featured wines are a Red Blend from Gamble Family Vineyards and a Chardonnay from Merryvale. **For information, please call Guest Services at ext. 240.**



Sports

Meadowood's estate provides you with the opportunity to enjoy your sport and improve your game. Put on your whites and head out to the croquet lawn where our own resident Croquet Pro, Mike McDonnell, will teach you how to play. **For more information or to reserve play for croquet, dial ext. 309.** Move on to Meadowood's hard courts and play a game of tennis. Schedule an appointment with Meadowood's own Doug King, founder of Acceleration Tennis, a revolutionary teaching system. **For court time and more information dial ext. 315.** Develop or perfect your golf game with private instruction from our resident PGA 'Class A' Golf Pro, Doug Pike and the patented TrackMan technology in the Golf Studio. **For tee times or more information dial ext. 309.**

The Pool

The Meadowood swimming pool environments, open from 7:00 a.m. to 9:00 p.m., offer the luxury of two very different experiences. The Adult Pool is exclusively for the use of individuals ages 16 and over. Children under the age of 16 entering the pool will be asked to exit by the Meadowood pool staff. The Family Pool is available for the enjoyment of families with children ages 15 and under. Poolside dining is available from 11:00 a.m. to 5:00 p.m.

Get The App

To enhance communication between you and our team download the Meadowood Mobile Property App from iTunes or GooglePlay. The app allows you to connect with members of our team around the clock – before, during and after your stay. Anything from In-Room Dining to House Car requests are now at your fingertips via your mobile device.

NAPA VALLEY HISTORY

In 1900 a gravel thoroughfare and the Southern Pacific Railroad led from Vallejo to the city of Napa, a modest hometown, USA kind of place with handsome Victorian homes and wide streets that were sprinkled regularly with water from the newly built Rector Reservoir.

cooking demonstration, visit the Vintners Hall of Fame, learn something new about wine in Wine Exploration classes, or take part in a wide range of food enthusiast courses. For more information visit www.ciachef.edu/california/ or call a Guest Services Representative at ext. 240 to help create an experience for you.



Outdoor Activities

Walks and hikes highlight the stays of many Meadowood guests. Meadowood offers 4.5 miles of hiking trails throughout the estate. Wildlife such as deer and over 100 species of birds are common Trail sights. **Call guest services at ext. 240 for more information!**

Cinema Today

St. Helena's charming Cameo Cinema, located on Main Street, will show Woody Allen's latest endeavor *Café Society* starring Steve Carell, Jesse Eisenberg and Kristen Stewart at 8:30 p.m. and the New York Film Critics Series *Five Nights in Maine* starring David Oyelowo and Rosie Perez at 5:45 p.m. For film and ticket information call the Cameo Cinema at (707) 963-3946 or visit www.cameocinema.com.

THE GRILL

Corned Beef Hash
*Two Eggs, Yukon Gold Potatoes, Caramelized Onions,
Cherry Tomatoes, Toast*

Melon or Mixed Berries
with Straus Yogurt

Handcrafted Artisan Cheeses
Marcona Almonds, Lavendar Honey, Crostini

Ahi Tuna Ceviche
Mango, Avocado, Sesame Lavash

Mary's Organic Chicken Breast
Forbidden Rice, Spring Broccolini, Yellow Corn

Snake River Farm Wagyu Beef
Toybox Cherry Tomato Panzanella, Green Garlic, Jus

Menu Subject to Change. Menu features selections from Breakfast, Lunch and Dinner.
Not all items are available all day.