

# Sunset

LIVING IN THE WEST

## SPECIAL FAST & FRESH ISSUE

**30 meals in  
30 minutes**  
Our best  
weeknight  
dinners!

**Instant backyard  
makeovers  
for every budget**

**The 24-hour  
vacation:  
10 surprising  
spring flings**

**SPEEDY  
PAINT TIPS  
FROM THE  
PROS**

Grilled chicken  
pita salad p. 72

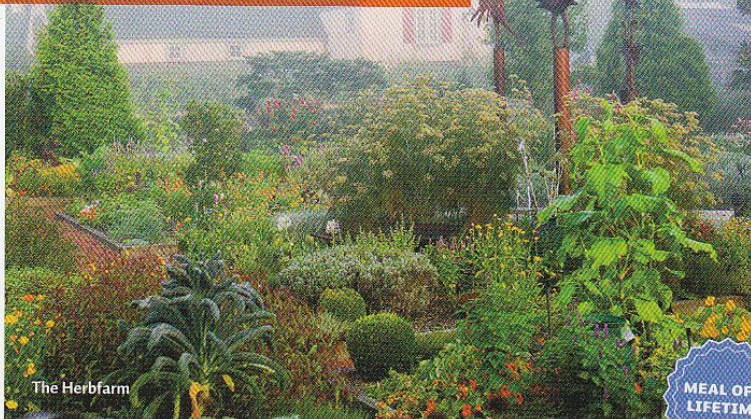
APRIL 2010

24-HOUR

# ESCAPES



# 24-HOUR



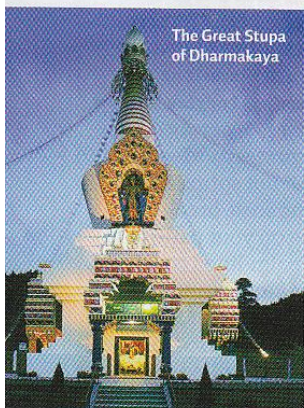
The Herbfarm

MEAL OF A LIFETIME

30 MINUTES FROM SEATTLE

## FEAST AND SLEEP IN WOODINVILLE, WA

**7 P.M.** Tour the Herbfarm's edible garden, nod hello to the pot-bellied pigs, then settle in for a nine-course ultra-seasonal meal prepared by chef Keith Luce. Wine and dine your way through the Northwest, from Samish Bay Dungeness crab to Oregon Wagyu beef tenderloin. Still swooning over that 1795 Madeira, stumble across the road to the Willows Lodge. Dinner from \$179 Thu-Sun (check theherbfarm.com for deals); 14590 N.E. 145th St. Rooms from \$195; Sunset readers get \$100 off Herbfarm suites (regularly from \$345) Thu and Sun through Nov if booked with dinner; willowslodge.com or 425/424-3900. —JESS THOMSON



The Great Stupa of Dharmakaya

2 HOURS FROM DENVER  
**Seek out silence**

**3 P.M.** To reach Shambhala Mountain Center, you have to drive through the Rockies—a peaceful journey in itself. But you'll find true bliss hiking the trails that weave through these 600 acres of pine forests and meadows.

**6:30 P.M.** A buffet of soups and organic salads leaves you satisfied, but not stuffed. (You know, as it should be.)

**8 P.M.** With nothing to do but read by the fire, it's early to bed in the lodge.

**7 A.M.** And early to rise. For tea on the patio, then yoga.

**2 P.M.** Tour the Great Stupa of Dharmakaya, three floors of original Buddhist artwork and architecture. Then sit in silence inside, which is said to promote harmony and health—before it's back to your daily grind. From \$90 per person, including meals and tour; shambhalamountain.org or 888/788-7221. —JAYME OTTO

2 HOURS FROM PHOENIX  
**Splurge on a spa in Sedona**

**2 P.M.** Lace up for a hike along Margs Draw Trail 163, a gentle 4-mile round-trip with views of red rock canyons through the piñon pines of Coconino National Forest (\$5 per vehicle; www.fs.fed.us/r3/coconino or 928/203-2900). Check in to your hillside cottage at the recently expanded L'Auberge de Sedona, where you can wash off the dust in your alfresco shower. Later, wander over to the new Serenitè Spa for an indulgent sage body wrap (or opt to have your massage creekside), then kick back on your private deck with a bottle of local wine. Rooms from \$275, cottages from \$525; spa treatments from \$65; lauberge.com or 800/905-5745. —EDIE JAROLIM

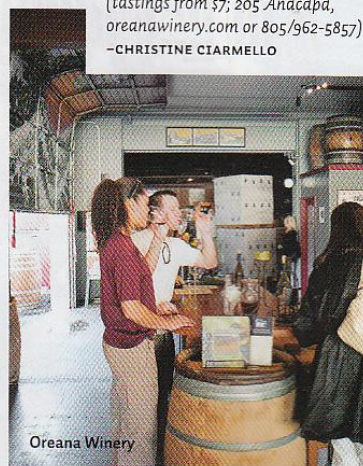
2 HOURS FROM L.A.  
**Bike from beach to winery in Santa Barbara**

**5 P.M.** Tuck the car keys away once you pull into the two-story Presidio Motel, with its mid-century mod twist. Request room 14 for a peekaboo view of the mountains. From \$139, including breakfast; thepresidiomotel.com or 805/963-1355.

**5 P.M.** Choose a local wine from Cantwell's Gourmet Market (1533 State St.; 805/966-3902), then uncork it on the Presidio's rooftop before homemade pasta at Julienne (\$\$\$\$; closed Mon-Tue; 138 E. Canon Perdido St.; 805/845-6488).

**5 P.M.** Sign out a complimentary beach cruiser for a ride to the farmers' market (8:30-12:30 Sat; Santa Barbara St. at Cota St.). Then cruise the beachside bike path to the harbor and the Santa Barbara Sailing Center (single kayak \$10 per hour; sbsail.com or 800/350-9090) for a paddle with the sea lions.

**3 P.M.** After lunch at Paradise Cafe (\$\$; 702 Anacapa St.; 805/962-4416), you're ready for wine. A dozen tasting rooms have moved into downtown, saving you a winding ride into the Santa Ynez Mountains. Pedal up to Santa Barbara Winery (\$5 tasting fee; 202 Anacapa; sbwinery.com or 800/225-3633), then hit Oreana Winery (tastings from \$7; 205 Anacapa, oreanawinery.com or 805/962-5857). —CHRISTINE CIARMELLO



Oreana Winery