

# BRENDA MCNEILL

## *Art of Leisure*<sup>SM</sup>

As someone who moved from the Bay Area to Sonoma Valley almost 30 years ago, I have curated a few favorite “everyday hikes” around the Sonoma Valley. Having lived in both the hills and in town, these local hikes range from challenging, to super easy, with space for kids & dogs to run. I hope that you find something here which will capture the Sonoma Leisure Lifestyle experience beautifully for you. Please let me know.

## *Favorite Everyday Hikes*

Sonoma Bike Path, Vallejo Home & Field of Dreams:

- Explore this trilogy of natural wetlands with plant & aquatic life, historic Vallejo Home with a turtle pond, and the open space of Field of Dreams. All just behind the Sonoma Plaza. Wonderful place for kids of all ages.

Jack London State Park:

- [www.jacklondonpark.com](http://www.jacklondonpark.com)
- Scale the summit with an 8-mile hike over moderate, varied terrain.
- Fairly level hike-walk with views of the historic remains on property

Sugarloaf Ridge State Park:

- [www.Sugarloafpark.org](http://www.Sugarloafpark.org)
- Moderate 3-mile hike starts at visitor’s center and wends along mossy trails
- Hike to the top of Bald Mountain on a 6-mile stretch. The 1,500 foot elevation change will reward you with a 360-degree view to San Francisco on a clear day. Starts at the main parking lot.

Sonoma Valley Regional Park:

- <https://parks.sonomacounty.ca.gov>
- Rolling green hills with picnic areas, a dog park, & hiking, biking & horse trails

Gundlach Bundschu Winery:

- [www.gunbun.com](http://www.gunbun.com)
- Lovely hiking area behind the winery.

Montini Open Space Preserve:

- [www.overlookmontini.org](http://www.overlookmontini.org)
- Hike among oak woodlands, grasslands, and rock outcroppings

*Local*

*Authentic*

*Sonoma*