

2023 Napa Primary Care Conference
November 8-12, 2023
[Visit the web site to register and more information](#)

PERFECT DAYS IN NAPA



So much to choose from...so little time. Take some time to plan your stay in wine country prior to arrival so as to take advantage of everything that Napa Valley has to offer.

We created these perfect days to suit most attendees' interests and needs- mix and match days to create your own unique personal experience based in your interests. So scroll down to create your perfect day.

What is there to do in Napa?

Too much to list but here's a few. Wine tasting (of course!), bike riding (free bikes from the Marriott); shopping in downtown Napa, Yountville or St Helena; lunch at the Culinary Institute of America (downtown); lunch or oysters at the Oxbow Marketplace; fried chicken from a world-class chef; hiking nearby or visit the redwoods in Muir Woods (about 1 hour drive); visit the hot spring spas in Calistoga; visit a real castle at Castello di Amorosa; take a hot air balloon ride; plan a picnic lunch; ride the Wine Train; drink more wine; dine at outstanding restaurants with a wide variety of cuisines; visit the wine museum; arrange a dinner in a wine cellar; or just while the day relaxing at the pool or around the firepit.

Things you need to do!

- Make restaurant reservations in advance! Restaurants fill early- especially at the 7:00-8:00 pm time period. Scroll down to the bottom for recommendations in a variety of budgets.
- Make a plan to visit some wineries- most wineries require reservations!
- Plan the perfect picnic

What's the Weather in November

The past 5 years we have enjoyed great weather for the first week of November. As weather can be fickle, it's not possible to predict what 2023 will bring . Historically, daytime temperatures range from 65-75 degrees and sunny, clear skies. Evenings are a bit cooler and range from a low of 48-55 degrees. Check the 10-day weather forecast before you leave and pack accordingly. Dress is casual at the conference and throughout Napa Valley.

Conference Schedule:

The Planning Committee has arranged the conference so that you have time to enjoy the area and spend time with your family and guests;

Breakfast from 7:00 am-8:00 am Thur/Fri/Sat and Sun for conference attendees.

- Wednesday 4-6pm Lectures
- Thursday/Friday/Saturday 8:00am-12:30 pm lectures
- Sunday 8:00 am- 10:00 am- Conference conclude

Wednesday- Welcome Wine-Tasting Reception 6:15pm

Wine Tasting Reception in the Courtyard at 6:30 pm-you and your guest are invited complimentary. Sample some wines and enjoy cheeses and appetizers. After the reception, relax around the outdoor fireplaces with your favorite wine and some appetizers or dinner from the Marriott's restaurant or head out to downtown Napa.

The Lay of the Land

Downtown Napa is located right on Highway 29 which is also called St Helena Highway. You could just drive on this road all week long and still not visit 1/10 of what the area has to offer.

The Marriott is just under 3 miles north of downtown on Hwy 29

Just 6 miles north of the Marriott is the town of Yountville- an upscale village with fantastic restaurants, shops, boutique hotels and wineries

9 Miles north of Yountville is the town of St. Helena another small town with shops/restaurants and wine tasting.

Further north another 8 miles from St Helena is the town of Calistoga.

The Silverado Trail is a scenic route that travels 29 miles along the Eastern edge of the Napa Valley, parallel to and several miles to the east of California State Route 29. It only takes 8 minutes to reach from the Marriott

PERFECT DAY #1 -The Silverado Trail

- Head out for an afternoon of wine tasting, a picnic lunch or a fabulous sit down lunch
- Enjoy dinner downtown or in Yountville.
- Explore the music scene downtown

Big Bold Cabernets

Napa is famous for its Cabernet Sauvignon (Cab Sav). Only a few miles from the Marriott, the Silverado Trail is the starting point for a number of excellent wineries that feature Cab Sav . Almost all offer white wines as well. A few of my favorites are Clos Du Val (beautiful tasting room and grounds), Chimney Rock, Stags Leap, Pine Ridge and Cliff Lede are a few of my favorites. Reservations are a must at all these wineries. Allow at least 1 hour per tasting.

Lunch.

Most wineries do not allow you to bring your own picnic lunch. There are exceptions to this and many wineries do offer food for purchase. Plan in advance and check with the wineries as to their policies.

Rutherford Ranch Winery has great wines and fabulous views with picnic tables-inquire in advance if you can bring your own picnic. . [Wineries with picnic grounds](#)

Perfect do-it- yourself day with your own lunch picnic.

1. Head north on Highway 29 and Stop at Oak Knoll Grocery- it's a destination unto itself and pick up some cheese/bread and appetizers for your outing- or visit the local Safeway across the street from the Marriott.
2. Make a reservation for one of the wineries with picnic areas- do a tasting at their cellar, buy a bottle of wine and enjoy the scenery.
3. After lunch, head to another winery or stop in Yountville or St Helena for some shopping/strolling.
4. Or- just go to V.Sattui Winery in St Helena-it's one stop shopping with great wines, a picnic area and a wide variety of food for purchase. Make reservations in advance.

PERFECT DAY #2

EXPLORE YOUNTVILLE OR DOWNTOWN NAPA

- Head downtown for some shopping, a relaxing lunch or just a stroll along the Napa River.
- Grab a bike from the Marriott and ride up to Yountville for shopping, wine tasting in town, window shopping/strolling and lunch- it's only 6.2 miles of flat riding from the Marriott.
- For a special treat- check out the new tasting room at Handwritten Winery in Yountville- reservations a must for an intimate and elegant wine tasting (\$\$\$\$\$).
- Have a late lunch at Bouchon, Bottega Napa Valley or one of the fabulous restaurants in Yountville
- Check out the simply fabulous fried chicken at outdoor picnic tables at Addendum- Renowned chef Thomas Keller's seasonal, lunch-only shack has gourmet Southern-inspired boxed fare.
- Visit Oxbow Market downtown for an inexpensive lunch, oysters and gourmet food products.
- If you missed lunch in Yountville-head there for dinner.

PERFECT DAY #3

EXPLORE St HELENA/CALISTOGA OR VISIT A REAL CASTLE WINERY

- Head North on Highway 29 for the quaint town of St Helena
- If you're hungry, stop at Mustards Grill or the Farmstead at Long Meadow Ranch
- on the way- two great choice for lunch (\$\$\$\$)
- Wineries abound on Highway 29- so you'll have lots of choices.
- Head further north and explore Calistoga
- Visit Castello di Amorosa- the castle winery for a special treat- reservations a must
- Dinner at Don Giovanni's or the Napa Bistro near the Marriott.

PERFECT DAY #4

Let's not forget Sonoma County!

25 minutes from the Marriott is the historic town of Sonoma with its picture perfect town square.

- On the way, stop at a real French Chateau at Domaine Carneros Château. It has a spectacular terrace where you can sample wines and charcuterie is served.
- Or head to Gundlach Bundschu or Buena Vista wineries not far from Sonoma Town. Both have picnic areas.
- Explore Sonoma Town with its shops, restaurants and wine tasting boutiques
- Have an early dinner at the "girl and the fig" in Sonoma Town- Inventive French country fare & fine wines are offered at this rustic bistro with an outdoor patio.
- Or on the way back to Napa, stop at the Farm at Carneros for a fabulous dinner (\$\$\$\$).
- In Napa, have a casual pizza and a glass of wine at either Oeneotri or another dinner spot along First Street

Where to Dine

By no means a complete list, but these are some of my favorite restaurants in and around Napa. It is important to stress that most will require reservations in advance. These are some of the very best restaurants in the Napa area. Other dining options in a variety of price ranges abound throughout Napa.

YOUNTVILLE/ST HELENA AREA

RD KITCHEN \$\$\$

New American cuisine & sushi rolls served in a buzzy, low-lit space with a busy bar, booths & patio.

BOTTEGA \$\$\$\$

Rustic Italian fare is served in a lively, indoor-outdoor setting at a historic winery estate.

BOUCHON BISTRO \$\$\$\$

French bistro serving traditional fare from Thomas Keller amid elegant, old-world surrounds. \$\$\$\$

AD HOC \$\$\$\$

Informal, comfortable eatery serving American fare with a set menu, created by chef Thomas Keller.

THE FRENCH LAUNDRY-reservations are required months in advance \$\$\$\$\$\$\$\$\$\$\$\$\$\$

Chef Thomas Keller's refined fixed-price meals continually draw food lovers to this stone farmhouse.

BISTRO JEANTY \$\$\$\$

Classic bistro fixing up French country fare in cozy digs with a communal table & patio seats.

LA CALENDIA \$\$\$

Classic Mexican spot featuring wood plates & pottery by artisans, plus a full bar & outdoor seating.

FARMSTEAD AT LONG MEADOW RANCH \$\$\$

Farm-to-table New American fare is served in a renovated barn owned by a cattle ranch & winery. Outdoor terrace dining as well.

MUSTARDS GRILL \$\$\$\$

Wine country stalwart for upscale Californian-New American fare offered in low-key surrounds.

Regiis Ova Caviar & Champagne Lounge

If champagne, caviar and wonderful cheese's is your thing, then this is your kind of place. Plan to drop some serious coin here....jazz as well and full bar.

DOWNTOWN NAPA

CELADON \$\$\$\$

One of my favorite **restaurants** anywhere with a beautiful brick enclosed garden, stylish bar and restaurant. Right downtown.

GRACE'S TABLE \$\$\$

Charming eatery offering a globally inspired menu from morning to night, plus a bar & wine list.

LA TABERNA \$\$\$

Spanish pintxos (small plates) & drinks served in a contemporary, white-tablecloth space with a bar.

OENOTRI \$\$\$

Artisanal pizza, house-made salumi & Southern Italian fare are served in an industrial-chic setting.

COLES CHOP HOUSE \$\$\$\$

Premium steaks are fired up in a historic building with exposed stone walls & mahogany bar.

CHARLIE PALMER STEAK NAPA \$\$\$\$

Charlie Palmer's sophisticated steakhouse serves seafood, sides & wine in sleek, airy quarters

NAPA VALLEY BISTRO \$\$\$

Laid-back American eatery & bar offering innovative cuisine with a local focus, plus Sunday brunch.

MORIMOTO Napa \$\$\$\$

Inventive, high-end Japanese fare & artful cocktails presented in glamorous yet Zen surroundings.

OXBOW PUBLIC MARKET \$\$

Don't want to break the bank on lunch/dinner? Head to Oxbow Public Market for good food at reasonable prices with a nice vibe. Hog Island Oyster Bar, C Casa Mexican, Eiko's Modern Japanese, Fieldwork Brewing Company, Live Fire Pizza and others. Visit

<https://oxbowpublicmarket.com/> for more info and hours.

CLOSE TO THE MARRIOTT

Fume \$\$\$

Local haunt offering American fare in an inviting, contemporary space with a pergola-covered patio.

BISTRO DON GIOVANNI \$\$\$\$

Stalwart for Italian bistro fare with indoor fireside or outdoor, fountain-side seating options. Simply the best!

Galpao Gaucho Brazilian Steakhouse \$\$\$

Brazilian steakhouse offers all-you-can-eat options in a contemporary, group-friendly space.

Il Posto Trattoria \$\$\$

Italian fare & global wines served in a warm, stylish space with an open kitchen & sidewalk seating.

WINE CONNOISSEURS

If you are seeking some of the best wines in all of Napa, here are a few of my favorites:

- Far Niente Winery
- Handwritten
- Cliff Lede
- Darioush
- Chateau Montelena_‘
- Pine Ridge
- Chappellet

MUSIC IN NAPA

- [Blue Note Napa](#)
- Uptown Theatre

Hiking, and Outdoor Activities

[4 Great Napa Valley Hikes](#)

Most people think of wine, food, vines and highway 29 when they think of Napa Valley, but there are plenty of other activities, like hiking, that won't lead to a hangover or require much time in the car. The Vaca and Mayacama mountain ranges offer beautiful views, great hikes (although most of Napa is private land) and an opportunity to work off all that food and wine or appease your non-drinking companions. Here are 4 great hikes on either side of the valley and some resources to help you find hikes more suitable to your schedule, taste, or pace.

Muir Woods

Although Muir Woods is over a 1-hour drive from Napa, it is truly a wonder of the worlds. This is the home of the Giant Sequoia trees (Sequoia Sempervirens) and one of the largest stands on the Pacific Coast. Numerous hiking trails exist in the park.

Download the official guide to Muir Woods or visit the web site for directions

<http://www.nps.gov/muwo/index.htm>

LINKS

Beautiful European style wineries in Napa

<https://www.visitnapavalley.com/blog/post/most-beautiful-european-style-wineries-in-napa-valley/>

Most Scenic Wineries in Napa

<https://www.napavalley.com/blog/most-beautiful-wineries-in-napa-valley/>

Napa Wine Map

<https://www.napavalley.com/maps/>

Wineries with Picnic Areas

<https://sf.eater.com/maps/picnic-wineries-food-napa-sonoma-wine-country>