



Love Wine? Love Wellness? Yes, the Two Can Co-Exist

Ditch the wine and health studies and embrace a life of balance at these seven wine and wellness hot spots

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Earn your sips with an epic hiking experience at Alma Rosa Winery in Santa Barbara, California

When your winery spans 628 acres of rugged mountain terrain, with unparalleled views of the Sta. Rita Hills, it would be a crime not to offer a good ol' fashioned hike to go with your wine tasting. Thankfully, this Santa Barbara winery offers two hiking and tasting experiences "for those who are physically fit, and interested in combining their tasting experience with a memorable hike through the vineyards."

"As an avid fitness enthusiast myself, I thought that offering hiking experiences would appeal to other like minded individuals visiting wine country," says general manager, Debra Eagle. "The Caracol and Attente hiking experiences have proven to be very popular, and I am delighted by the increased interest in wine and wellness activities."

Alma Rosa also hosts an annual fundraising walk through estate vineyards called Peace of Mind: 10,000 Steps in the Right Direction, which aims to benefit mental health community services, as well as fund research on the causes, treatments, and potential cures for anxiety and depression. Over the last three years the annual event has raised \$545,000, with funds going directly to two charitable organizations: One Mind and Santa Barbara's Mental Wellness Center.