



TRIP IDEAS

# 20 Best Things to Do in Napa Valley — Mud Baths and Exceptional Wine Tasting Included

Experts weigh in on how to explore the famous California wine region.

By [Kathryn Romeyn](#) | Published on September 15, 2023

Northern California's [Napa Valley](#) has achieved near-mythical status, not only as the top wine region in North America but as one of the most outstanding wine destinations in the entire world. It's hard to have a conversation about wine — and maybe even impossible if you're talking cabernet sauvignon — without mentioning the [prodigious wine country](#), which is located just 50 miles north of San Francisco.

While Napa Valley is rolling with flourishing vineyards and has its fair share of [world-class restaurants](#), too, the region also offers an Eden-like escape into nature in a multitude of ways. With input from Julie Johnson, winemaker and owner of organic winery [Tres Sabores](#); [Jay Jeffers](#), longtime St. Helena resident and co-owner and designer of Sonoma's [The Madrona](#); and Vincent Morrow, wine director at [Press Napa Valley](#), we've compiled a list of the most wonderful things to do when visiting Napa Valley.

## 19 | Dine where the locals do.

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The French Laundry, acclaimed as it is, isn't exactly a go-to dinner destination for locals. Morrow adores [Il Posto Trattoria](#) for Italian comfort food, [Kitchen Door](#) for American-Vietnamese fusion and [ZuZu](#) for Spanish tapas. At the latter, Johnson regularly orders the *boquerones*, while she heads to [Bouchon](#) (also a Keller restaurant) for the raw bar, and [Bistro Jeanty](#) for a butter lettuce salad, a cone of spicy aioli smelt, and a glass of bubbly. Jeffers visits the famous [Gott's Roadside](#) for tuna poke tacos.