

# Travel and Health

Over 50 Full Color Photographs, City and County Maps! Dining, Lodging, Galleries, Wine, Camping, the Healing Arts, State Parks and Travel Safety  
*Reviews by travel expert Robert W. Matson*

## Beacon of Hope



Photo by John Birchard  
<http://www.birchardphoto.com>

Isaiah 6:8 "SEND ME!"

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

*Besides offering crystal clear air, living water, full spectrum sunlight and the tallest trees on earth, the Mendocino Coast is home to numerous quality restaurants and comfortable lodging destinations.*

*You'll enjoy farm to table cuisine, fresh seafood right off the boat, pet friendly havens, fishing and kayaking.*

*Toast the sunset with award winning organic wines, stroll or meditate in the magnificent forests and rejuvenate in the heath spas.*

*Surround yourself with Love. . .*

**\$14.95**

Updated monthly on <http://www.northofsf.com>

ISBN 978-0-916310-00-4 \$14.95



9 780916 310004



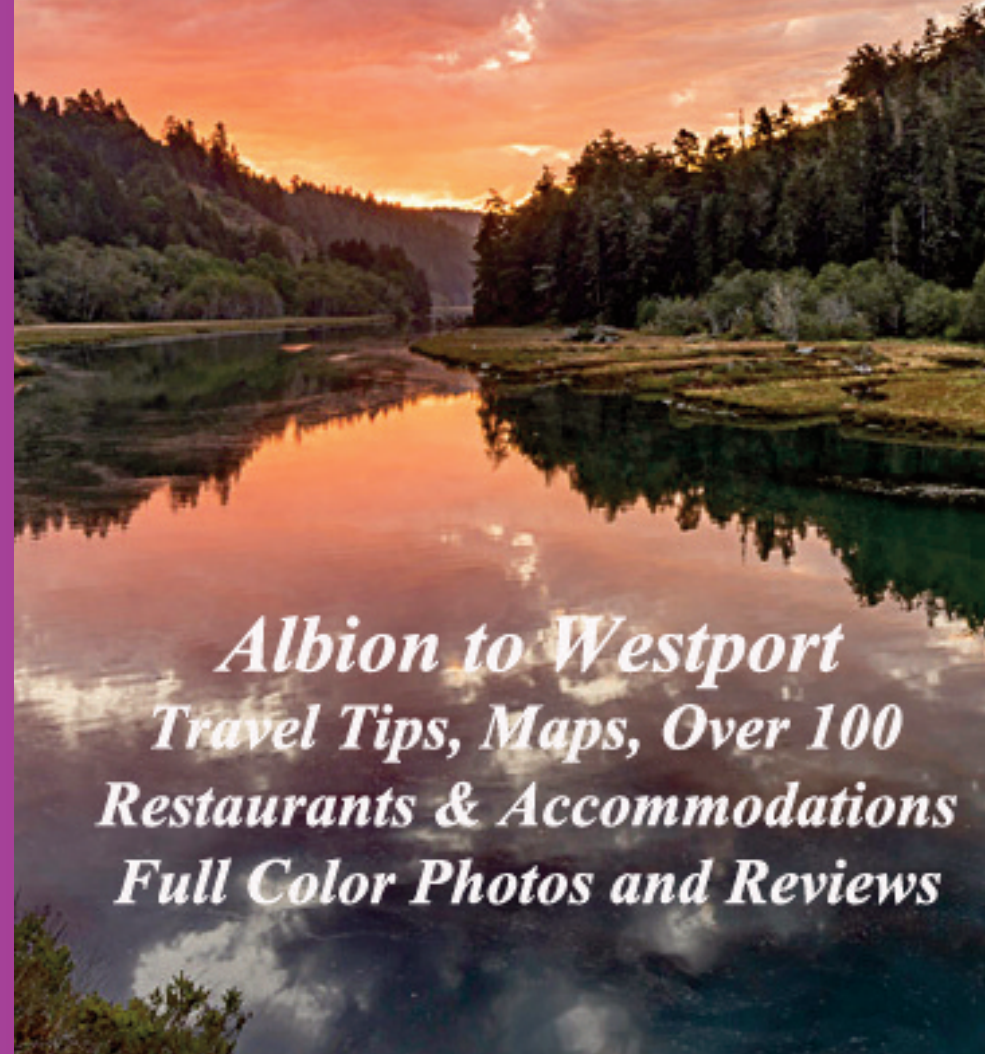
Sea Wolf  
Publishing

Mendocino Dining & Lodging

# MENDOCINO

## Dining and Lodging Guide

### *Feed the Body Feed the Soul*

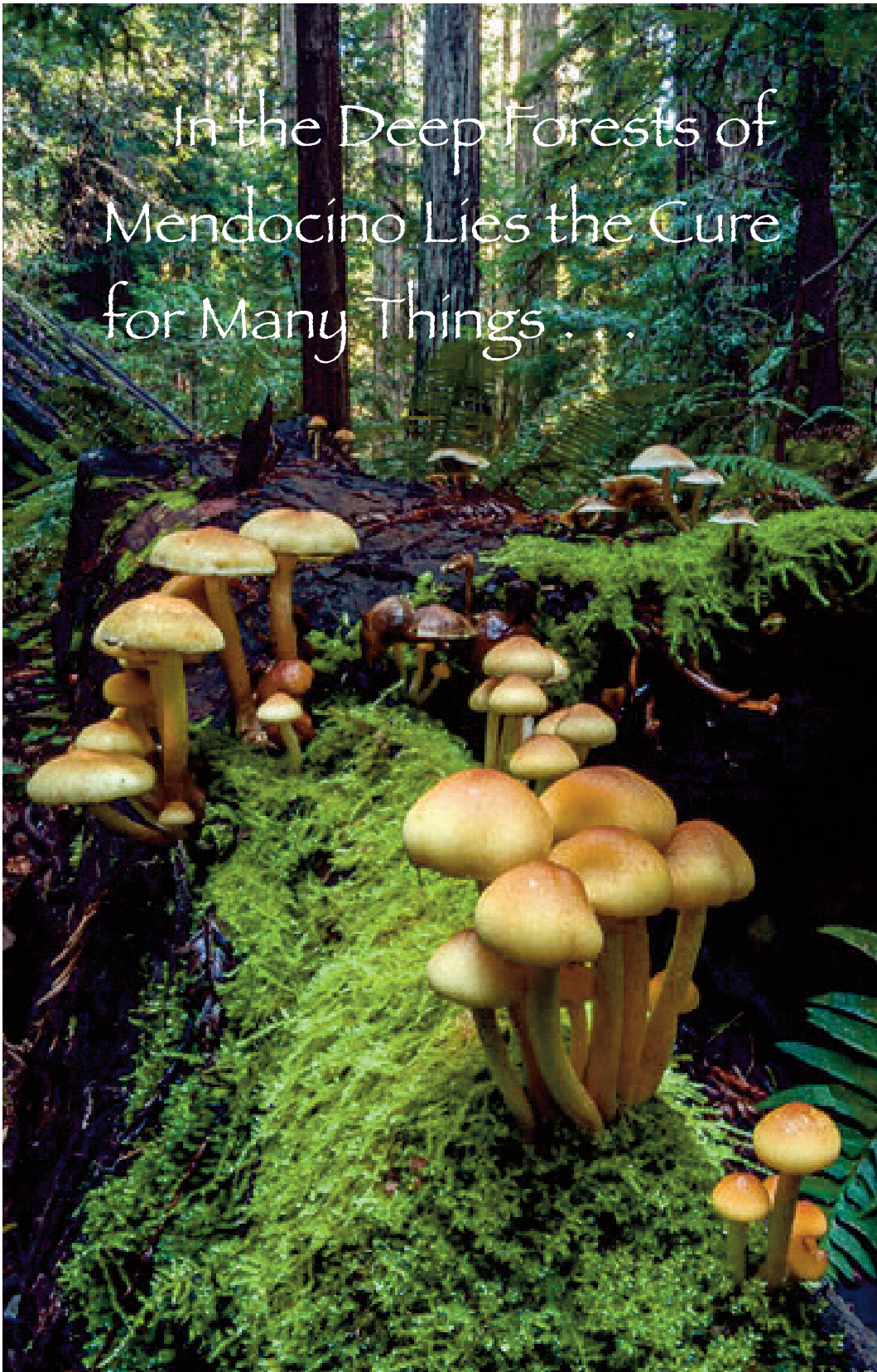


## Albion to Westport

### Travel Tips, Maps, Over 100

### Restaurants & Accommodations

### Full Color Photos and Reviews



**FREY WINERY**      *Its all about love . . .*  
**Nations First Organic and Biodynamic Winery**

The Frey Family honor a sacred partnership with nature in their vineyards from the tiniest spider to the beautiful Western Bluebird. Such vintners make the best neighbors.

Because of organic and biodynamic® growing standards the field workers tend the vines in a healthy and just working environment. The neighbors (both domestic and wild) don't have to worry about dangerous chemicals and pesticides.

Conscious consumers can enjoy the Frey Organic Wine Club with hand picked selections delivered to your doorstep three times a year (April, September and November). Learn about their Organic Wine Club the "Full Moon" and "New Moon" Shipments. Find out where Frey wines are sold near you by visiting their website for Frey Wines Near You.

**\$\$\$-\$\$\$ FREY VINEYARDS**

*Tasting by Appointment*  
 14000 Tomki Road.,  
 Redwood Valley, CA.95470  
<http://www.freywine.com>  
[iinfo@freywine.com](mailto:iinfo@freywine.com)  
 Major credit cards  
 Fax: (707) 485-7875  
 (707) 485-5177  
 or 800-760-3739

