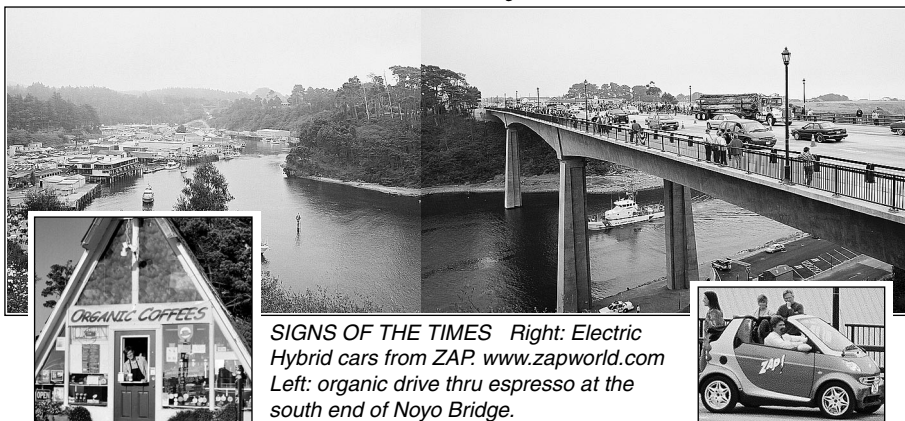


100 Mendocino Coast Route 1 / Fort Bragg

FORT BRAGG: Historic City at the Crossroads



SIGNS OF THE TIMES Right: Electric Hybrid cars from ZAP: www.zapworld.com
Left: organic drive thru espresso at the south end of Noyo Bridge.

Fort Bragg today is poised at a crossroads to evolve out of the timber and logging economy and into a sustainable economy that is inclusive, healthy and much more in balance with nature. Above is a composite photo of the new bridge above Noyo Harbor.

FORT BRAGG DINER'S CHOICE: Telephone Area Code is (707)

Bernillo's Pizzeria (\$-\$\$) 220 East Redwood 964-9314; **Cafe One** (\$-\$\$) 753 N. Main 964-3309; **Cafe Vienna** (\$-\$\$) 120 South Main 964-8674; **Cliff House** (\$\$) 35517 Hwy 1 961-0255; **Cowlick's** (\$) 647 N. Main 800-491-8142; **David's Delicatessan** (\$) 450 South Franklin 964-1946; **D Aurelio's Pizza & Pasta** (\$\$) 647 N. Main 800-491-8142; **Egghead's** (\$-\$\$) 326 N. Main 964-5005; **El Sombrero** (\$\$) 223 North Franklin 961-5780; **Headland's Coffeehouse** (\$) 120 Laurel St. 964-1987; **Homestyle Cafe** (\$\$) 647 N. Main 800-491-8142; **Honours** (\$\$) 360 N. Franklin 964-1929; **Laurel Deli & Desserts** (\$-\$\$) 401 N. Main Street, 964-7812; **Lee's Chinese Food** (\$\$) 154 East Redwood 964-6843; **Living Light Institute Deli & Market** (\$-\$\$) 301 B North Main 800-816-2319; **Mendocino Bistro** (\$\$) 301 North Main 964-4974; **Nit's Thai Cafe** (\$\$) 322 North Main 964-7187; **Old Coast Hotel, Bar & Grill** (\$\$) Corner Oak & Franklin 961-4488; **Piaci Pub & Pizzeria** (\$\$) 120 W. Redwood Ave. 961-1133; **Rendezvous Inn & Restaurant** (\$\$) 647 N. Main 800-491-8142; **Restaurant, The** (\$\$) 418 N. Main 964-9800; **Roundman's Smokehouse** (\$) 412 North Main St, 964-5438; **Viraporns Thai Cafe** (\$\$) Chestnut & Main 964-7931.

FORT BRAGG LODGING:

Annie's Jughandle Beach B&B Inn (\$\$-\$\$\$) 32980 Gibney Lane @ Hwy 1, 964-1415; **Artrium, The** (\$\$) 647 N. Main 800-491-8142; **Beachcomber Motel** (\$\$-\$\$\$) 1111 North Main 800-400-SURF (7873); **Beach House Inn** (\$\$) 100 Pudding Creek Road 888-559-9992 / 961-1700; **Colonial Inn** (\$\$-\$\$\$) 533 East Fir St. 877-964-1384 / 964-1384; **Grey Whale Inn** (\$\$) 615 N. Main 800-382-7244 / 964-0640; **North Cliff Hotel** (\$\$) 1005 S. Main 866-962-2550 / 962-2500; **Old Coast Hotel** (\$\$) Corner Oak & Franklin 961-4488; *Continued on next page.*

Route 1/Fort Bragg Mendocino Coast 101

Old Stewart House (\$\$) 647 N. Main 800-491-8142; **Rendezvous Inn & Restaurant** (\$\$) 647 N. Main 800-491-8142; **Seabird Lodge** (\$\$) 191 South Street 800-345-0022 / 964-4731; **Tradwinds** (\$\$) 400 South Main 800-524-2244 / 964-4761; **Weller House** (\$\$-\$\$\$) 647 N. Main 800-491-8142.

INTERNET ACCESS

Besides your local Motel or Bed & Breakfast try:
Seal of Approval 964-7099
 226 N. Main, Fort Bragg
 (high-speed wireless internet)
Mendocino County Library
 499 E. Laurel, Fort Bragg
 Open Mon-Sat 964-2020

TOURIST INFO and BOOKSTORES

Bookstore, The 223 E. Redwood Ave. 964-6559; **Bragg About Books** 319 N. Franklin 964-7634; **Cheshire Bookshop** 363 N. Franklin 964-5918; **Fort Bragg - Mendocino Coast Chamber of Commerce / Travel Information for Tourists** (Open Daily) 332 N. Main 961-6300; **Good Book, The** 563 N. Main 964-4449; **Windsong Books & Records** 324 N. Main 964-2050.

GALLERIES, BOTIQUES & GIFTSHOPS

Ananse Village (\$-\$\$\$) 17800 N. Hwy 1, 964-3534; **Culture Shock** (\$-\$\$\$) 335 N. Franklin, 964-7718; **Edgewater Gallery** (\$-\$\$\$) 356 N. Main, 964-4668; **Family Hands** (\$-\$\$\$) 200 E. Redwood, 961-0236; **For The Shell Of It** (\$\$\$) 344 N. Main, 961-0461; **Fort Bragg Depot** (\$-\$\$\$) 401 N. Main 964-6261; **Glass Fire Art Gallery** (\$\$-\$\$\$) 18320 N. Hwy 1, 962-9420; **La Tre Boutique** (\$-\$\$) 363 N. Franklin, 964-3887; **Masterpiece Gallery** (\$\$-\$\$\$) 541 South Franklin 964-8798; **Northcoast Artists** (\$\$) 362 N. Main, 964-8266; **Prentice Gallery** (\$-\$\$\$) 17701 N. Hwy 1, 962-0732; **Sacred Beginnings** (\$) 109 East Laurel, 961-1650; **Understuff** (\$-\$\$) 310 N. Franklin, 964-5013; **Vie Vie Boutique** (\$-\$\$) 142 East Laurel St., 962-0687; **Wildlife Gallery** (\$) 401 N. Main 964-6598; **Wind & Weather of Mendocino** (\$) Corner Laurel & Franklin 964-1284.

HEALTH FOOD & FITNESS

Down Home Foods (\$\$) 115 S. Franklin, 961-4488; **Harvest Market** (\$\$) Corner Hwy 20 & Hwy 1, 961-4488; **Redwood Health Club** (\$\$) 410 Cypress 964-6336.

PET SUPPLIES and VETERINARIANS

Paws (\$-\$\$) 338 N. Main, 964-3322.

FARMER'S MARKETS and NURSERIES www.mcfarm.org

Fort Bragg Farmer's Market: (\$) Spring thru Fall on Wed 3:30pm-6pm Lowell & North Franklin downtown Fort Bragg (707) 964-3632.

AUTOMOBILE, RV, BOAT REPAIR and LAUNDRY FACILITIES:

Lucy's Laundry (\$) 124 S. Main, Fort Bragg 964-1713 Open 7am - 10pm daily. **RV Repair** - Corner of Hwy 1 and Hwy 20, Fort Bragg.

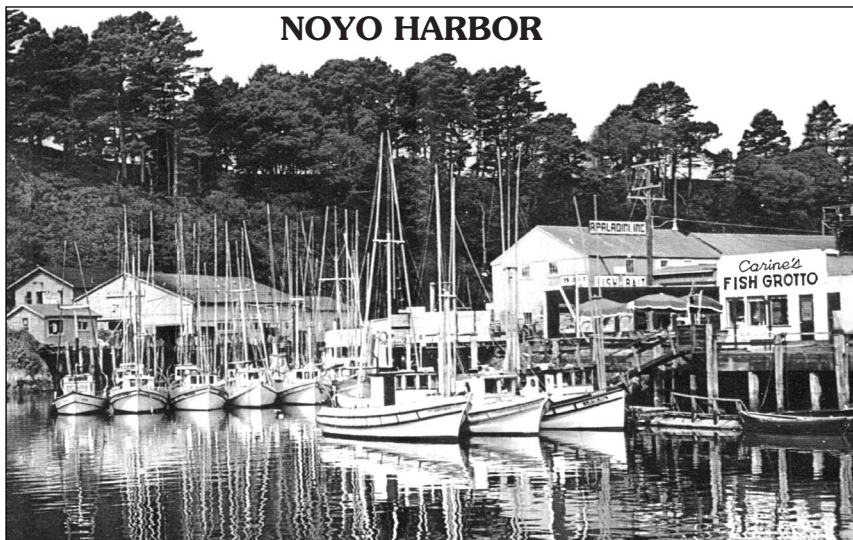
ORGANIZATIONS and THEATER ARTS

Footlighter's (\$) P.O. Box 575, 248 E. Laurel St., Fort Bragg 964-3806
Peace & Justice Center (\$) Corner Chestnut & Main, Fort Bragg



102 Mendocino Coast Route 1/Noyo Harbor

Photo circa 1960's Courtesy Carine's Restaurant



It was a different time. In 1960 the Noyo Fishing fleet caught tons of wild salmon which were processed at the Paladin Fish Factory, now the Ocean Fresh Seafood Market. Boats from San Francisco to Alaska would tie up for free along side Carine's Seafood Grotto. June was one of the few times you could cross the river from boat to boat. Each morning at 10 am the whistle would blow and workers on a 15 minute break would rush Carine's for a 15 cent coffee and donut. Pictured ABOVE are the The Saint Peter n" Paul and San Antonio anchored at Carine's Seafood Grotto circa 1964. BELOW a young mother holds her child while a male sea lion looks on. This was Noyo Harbor before the new bridge spanned the river and channel.

RESTAURANTS and MARKETS

Capn' Flints (\$\$) 32250 N. Harbor Dr. 964-9447; **Carine's Italian Seafood Grotto** (\$\$) Noyo Flat 964-2429; **El Mexicano** (\$) 701 N. Harbor Dr. 964-7164; **Nemo's Fish Market & Grill** 32410 N. Harbor Dr. 964-1600; **Sharon's by the Sea** (\$\$) 32096 N. Harbor Dr. 962-0680; **Wharf, The** (\$\$) 780 N. Harbor Dr. 964-4283.

NOYO HARBOR LODGING

Anchor Lodge (\$-\$\$) 780 N. Harbor Dr. 964-4283; **Dolphin Isle Marina** (\$) 32399 Basin Street 964-4113; **Noyo River Lodge** (\$\$\$) 500 Casa del Noyo Drive 800-628-1126

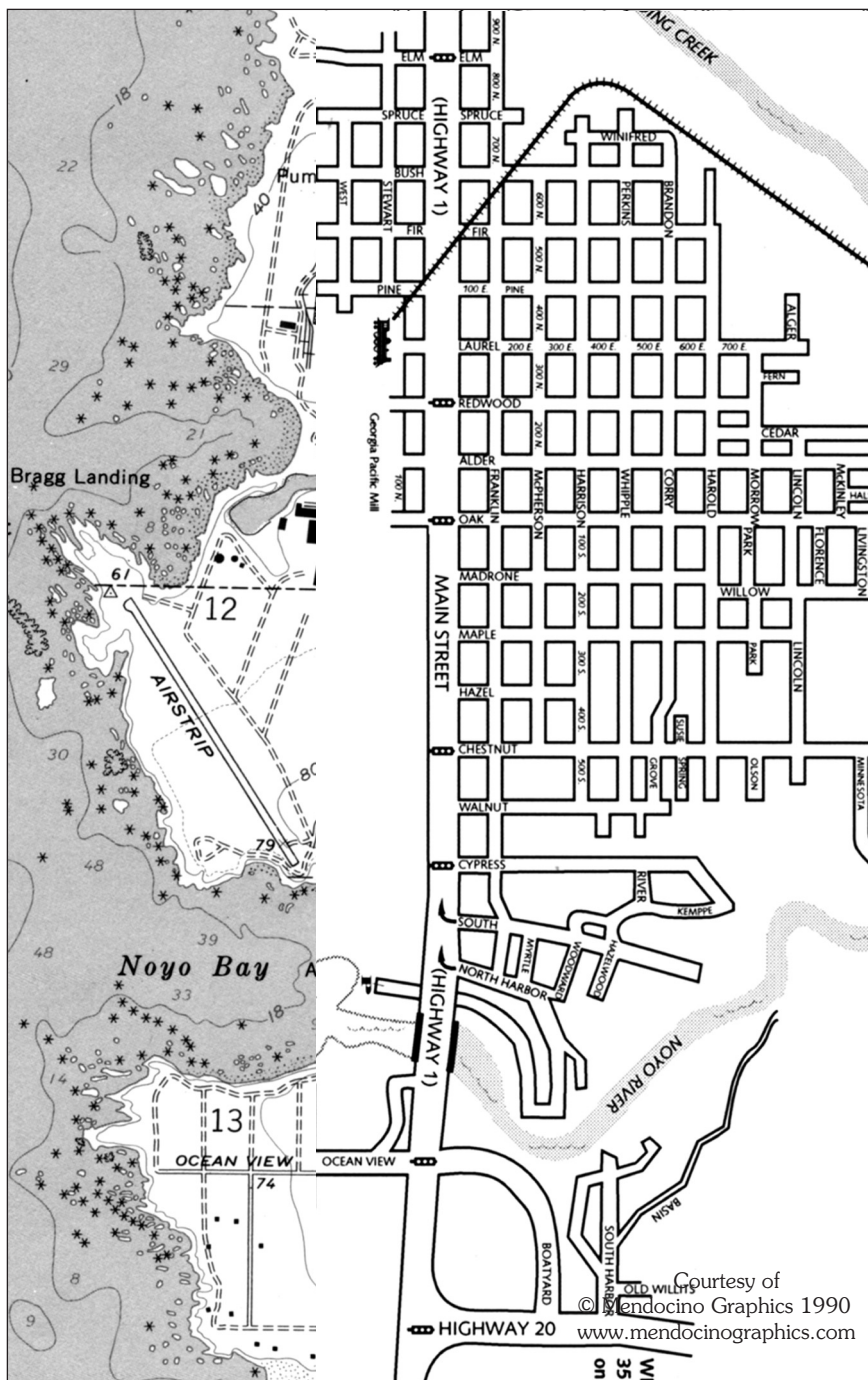
WHALE WATCHING: Page 106



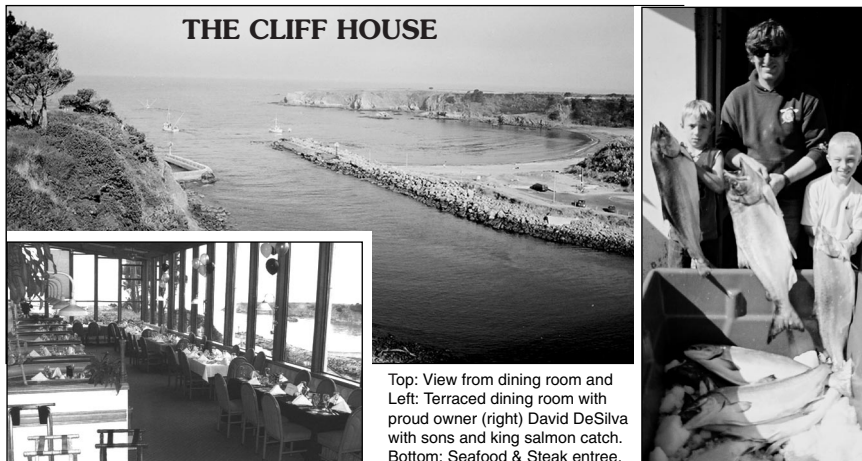
A early morning walk around Noyo Harbor will reveal fishing and party boats preparing to depart and barking sea lions. A hike to the jetty and headlands will reveal giant ocean combers rolling in from far at sea. Overnight harbor view lodging is both cozy and romantic as gulls call and fishing boats parade by your window.

Route 1/Fort Bragg Mendocino Coast 103

MAP of Fort Bragg - Noyo Harbor



104 Mendocino Coast Hwy 1 above Noyo Harbor



Top: View from dining room and
Left: Terraced dining room with
proud owner (right) David DeSilva
with sons and king salmon catch.
Bottom: Seafood & Steak entree.

The Cliff House of Fort Bragg is quite the treat for diners seeking exceptional cuisine with a fabulous ocean view. Admired as one of the premier seafood and steak houses on California's north coast, this restaurant boasts multi-level dining with spectacular ocean views of the Pacific Ocean, Noyo Harbor and river. Coast guard cutters and local fishing boats, with their daily catch, enter and exit the harbor daily. Beautiful sunsets can be viewed throughout the restaurant. Many a brave man has popped the question to his sweet heart in this romantic setting.

Visitors have the opportunity to query locals in the cozy bar about Mendocino life over a cocktail, or glass of premium wine - many made from organically grown grapes. The Cliff House is a popular place for weddings, receptions, private parties, charity events and the annual New Years Eve, Casino Night Charity Ball.

Owner David DeSilva grew up locally, becoming a fisherman with his father at the age of nine, before taking on his dream of being a restaurateur. It is his mission to provide the freshest seafood and heartiest meals available anywhere. Live Dungeness crab, lobster, abalone and other fresh seafoods are brought straight from the boat into the restaurant's kitchen. The beef is hand picked by David himself, and the tender steaks are cut on site daily. It is no wonder the Cliff House is where locals bring their families.

The menu features a selection of appetizers such as halibut & shrimp stuffed mushrooms, fried artichoke hearts and calamari, awarding winning clam chowder, crab cakes and delicious salads such as shrimp Louie and Caesar salmon. Dinners come with homemade soup, fresh green salads, baked potato or rice, steamed vegetable and steamy just baked bread, served on a wooden plank. Entrees include fresh seafood, 10oz - 22oz steaks, Chicken Royale, smoked salmon ravioli, Land and Sea combos include steak and lobster or prime rib and prawns. There are seafood and steak platters for two and many other Cliff House creations such as vegetarian pasta, stuffed sole, halibut with cream sauce and Tournedos of beef. The children's menu makes this place very kid friendly and Sunday Champagne Brunch is a favorite place to watch the boat traffic in and out of the harbor. Open for dinner daily from 4:00 pm, with Sunday Brunch from 9am-2pm.

\$\$ The CLIFF HOUSE 1011 South Main, Fort Bragg, CA. 95437
California - American Cuisine, Lounge and Entertainment AX, MC & Visa.
www.thec Cliffhousefortbragg.com (707) 961-0255 Res . adv.

S. Harbor Drive / Noyo Harbor Mendocino Coast 105

THANKSGIVING COFFEE COMPANY

Thanksgiving Coffee welcomes you to the Mendocino Coast! During your stay, you'll have a chance to enjoy their coffee at many fine inns and restaurants.

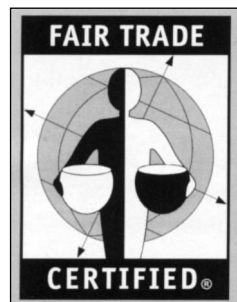
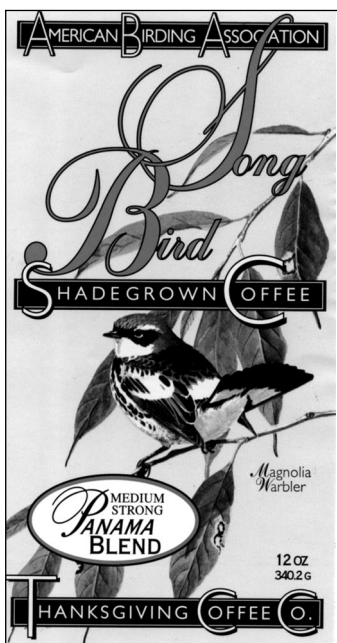
Thanksgiving Coffee is located on the south side of Noyo Harbor in Fort Bragg. Though they don't offer retail sales, you may purchase their coffees at most local markets, as well as by mail. (Call and ask for their color catalog).



Thanksgiving Coffee was founded in 1970 by Joan and Paul Katzeff. Since then they have grown from a small roaster to a company employing fifty people and roasting over 1 1/2 million pounds of coffee a year. Their coffees can be found throughout the USA, Sweden and even the Soho district of New York City!

You'll love their package graphics and the distinctively delicate flavor they have achieved through their "open chamber" roasting process.

They have created and promoted coffee blends which benefit the global community. Their organic Harvest Program provides small farm cooperatives in Mexico, Peru, and Guatemala with extra income to improve their standard of living. The program creates stable markets to increase the long term benefits of their coffee production, and promotes sustainable, chemical-free agriculture. Paul, Joan and their dedicated staff articulate these long-held principles as "Not Just A Cup . . . But A Just Cup" - a just cup for the farmer, the producer, the consumer, and the environment.



For more information about our coffees, write to Thanksgiving Coffee Co., Box 1918, Fort Bragg, CA. 95437 or contact our Mail Order desk at 1-800-648-6491

106 Mendocino Coast N. Harbor Drive / Noyo Harbor

FIRST CONTACT!

One of the early documented contacts with a baby grey whale occurred with artist-divers J.D. Mayhew and Byrd Baker. Their love and efforts were instrumental in helping to save the California Grey from extinction. The whale prints and sculpture of both are exhibited at the MacCallum House in Mendocino and Timber Cove Inn on the Sonoma Coast. Byrd and J.D. were men of great courage and passion - we need more such artisan leaders to inspire the connection we have with our telepathic brothers and sisters of the sea.



W hale watching season north of San Francisco is usually from December through May. The southbound advanced guard of California Gray Whales including bulls and pregnant cows usually reaches the Mendocino Coast in mid November and December with stragglers as late as March. Cows will give birth in Baja. The northbound advanced guard of California Gray Whales including mothers with newborn calves usually reaches the Mendocino Coast in March and April with slower moving mothers and calves as late as May.

The best vantage points for whale watching are from peninsulas or points that extend well-out into the Pacific from the main continental land mass. Along the Mendocino Coast there are numerous observation points along the cliffs, bluffs and headlands. The Mendocino Headlands, the Noyo River jetty and driftwood scattered north beach offer hours of seaside entertainment as fishing boats come and go, sea lions and sea gulls play in the river's mouth and seasonally migrating whales spout and breach off-shore.

During the annual migrations, whale talks by fishing boat skippers, naturalists and rangers are hosted. Those who want a close up can sign aboard a party or fishing boat at Point Arena or Fort Bragg. Excursions usually cost \$25 - \$50 per person. Bring cold weather gear, a camera, film and if necessary sea sickness pills. Happy Whale Watching!

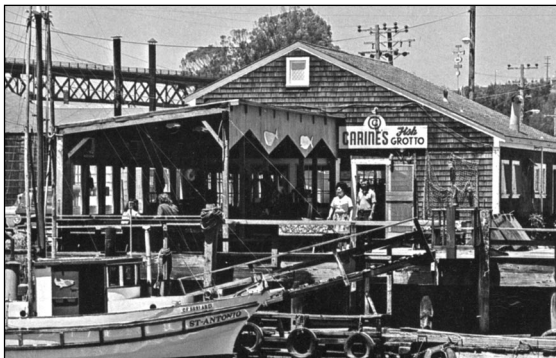
DIVE RENTALS and WHALE WATCHING EXCURSION BOATS

All Aboard Adventures	aboard@mcn.org	Noyo Harbor	(707) 964-1881
Anchor Charter Boats	www.anchorcharterboats.com	Noyo Harbor	(707) 964-4550
Lady Irma II,		Noyo Harbor	(707) 964-3854
Noyo Fishing Center,		Noyo Harbor	(707) 964-3000
Noyo Pacific Outfitters,		Noyo Harbor	(707) 961-0559
Patty- C Charter Fishing,		Noyo Harbor	(707) 964-0669
Rumblefish,	www.fortbraggfishing.com	Noyo Harbor	(707) 964-3000
Talley Ho Sport Fishing,		Noyo Harbor	(707) 964-2079
Telstar Charters,	www.gooceanfishing.com	Noyo Harbor	(707) 964-8770

N. Harbor Drive / Noyo Harbor Mendocino Coast 107

CARINE'S ITALIAN SEAFOOD GROTTO

Perched on the dock overlooking Noyo Harbor, Carine's Fish Grotto has the most warm-hearted Italian family hospitality and grandissimo dinners in Fort Bragg. In 1918 the Carine's grandfather came to this pioneer fishing village from Sicily to fish shark, ling cod and crab whenever the tide rose high enough to cross the now-dredged sand bar at the mouth of the harbor. Dominic Carine opened the restaurant on May 9, 1947 to serve breakfast to the fishermen. Back then the harbor was full of trees, Noyo Indians, fishermen and fish. Carine's is the last original old-timer "mom & pop" business in Noyo Harbor and Dominic likes to entertain guests with fish stories and ocean lore that would befit a marine biologist.



Dominic and Besse "Mama" Carine (right) and a photo of Carine's Seafood Grotto in 1960 with the Carine's standing dockside above their fishing boat the San Antonio.



A step across the threshold of this Fort Bragg eatery and guests are greeted by the lovely Bessie Carine, affectionately known as "Mama Carine" who came from Proviccia, Palermo, Sicily, Italy as Dominic's newly wed bride in 1949. Mrs. Carine or one of her enthusiastic children - Thomas, Anthony, Grace or Baby Dom Jr. - all of whom team together to make a visit to Carine's Fish Grotto a splendid river village experience. Mountains of French bread, creamery fresh butter, award winning Boston style clam chowder and garden greens are a prelude to an entree that will defy the hungriest imaginations, eyes and taste buds. The Cioppino is made to order for each customer. Take the famous Carine Burger; at \$8.95, it is a mountainous one pound of lean California grown beef, prepared to perfection, and served with an enormous order of French fries. Crab louies, crab and shrimp sandwiches are of equal proportion and taste delight as the burger. Bottom fish, lobster and steaks round out the menu at Carine's and each platter is garnished with the fresh fruit or vegetables, such as miniature artichokes steamed with a hint of lemon, creating a visual feast for all who come to dine. Perhaps the strains of one of those magnificent Italian operas will accompany Baby Dom Jr's New York style cheesecake - a perfect dessert to end a fine dining experience in one of the world's special Pacific harbors.

Carine's has been used as a backdrop in several Hollywood movies, featured on numerous TV travelogs and has become a dining room away from home for movie stars. Etchings from world famous sealife artist J.D. Mayhew adorn the walls. There is much more than exceptional food here; Mama Carine gets more hugs and kisses than anyone as long time patrons visit to laugh and cry together over the wonderful food and rich memories.

\$\$\$-\$\$\$ CARINE'S ITALIAN SEAFOOD GROTTO

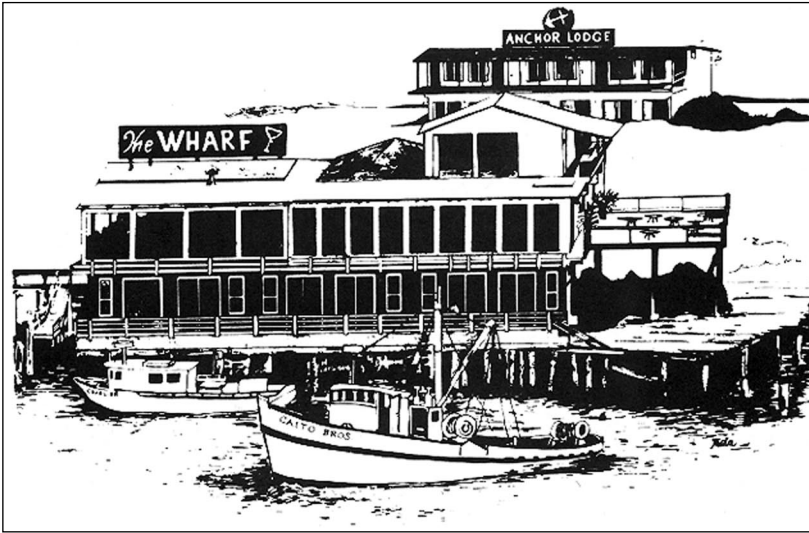
Fresh Seafood, Crab. Steaks & Italian Noyo Flat, Fort Bragg, CA 95437

Seasonal Hours: June 1 - Sept 1 open noon to 10pm

Oct to May, open noon - 9pm

(707) 964-2429 Reservations

108 Mendocino Coast N. Harbor Drive / Noyo Harbor



ANCHOR LODGE and SILVER'S WHARF RESTAURANT

The waterfront of picturesque Noyo Harbor is at your feet from one of the picture window balcony rooms of The Wharf, a popular Fort Bragg restaurant and cocktail lounge. Late at night it's just you and your loved one with the distant fog horn, the cry of overhead seagulls and powerful fishing vessels; their search lights penetrating the mist cruising by. The Waterfront units actually extend over the river. The groan of pilings and lapping of waves add to the excitement. Topside is the Penthouse which includes 2 bedrooms (2-4 people/\$135 - \$175 during summer), a bath, full kitchen, and living room overlooking the river. One room is equipped for the convenience of the handicapped. At the nearby Wharf's Anchor Lodge are more thrifty accommodations from \$55/2 summer and \$45/2 winter.

In the upstairs restaurant fresh seafood, steaks and prime rib is served with garden fresh salads, homemade chowder or soup of the day, fresh vegetables and appetizer tray. The wine list is comprised of award winning Mendocino County vintages; many of which are "salmon friendly wines," which are wines made from organically grown grapes. With the new elevator to the spacious 2nd floor bar and dining room, the Wharf Restaurant is very wheelchair friendly and boasts ocean, river, harbor and fishing fleet views.

A walk around the fishing basin or out to the tip of the jetty overlooking the mouth of Noyo River is invigorating. The lofty cocktail lounge boasts fabulous river and ocean views. Spectacular scenery is nearby and you can charter a boat for fishing or whale watching. Many also enjoy the simple pleasure of feeding bread to the seagulls.

\$\$\$ ANCHOR LODGE and SILVER'S WHARF RESTAURANT

Fresh Seafood and Continental Cuisine Riverfront Units with Oceanviews
 32260 N. Harbor Drive, Fort Bragg www.wharf-restaurant.com
 Discover, MC & Visa Fax: (707) 964-0254 (707) 964-4283 Res. Rec.

N. Harbor Drive / Noyo Harbor Mendocino Coast 109

NEMO'S FISH Market Grill

Nemo's Fish Market and Grill is owned and operated by Noyo Harbor fishermen who are proud of the fact that the fish they serve are so fresh that they may have been swimming in the ocean the same day you dine on them. From the fishing boat Sea Breeze, fisherman-chef Lance Robles and crew bring in fresh wild salmon, big ling cod, halibut, red snapper and dungenous crab. They import live Maine lobster and buy fresh albacore. You can dine on delicious smoked seafood, incredible sushi, prepared by



Japanese chef Mary, choice cut steaks, BBQ'd oysters, garden fresh salads and sourdough bread served by the fire pit on the festive outdoor deck complete with pirates. "Salmon friendly wine", micro-brewed beer, fresh coffee and tasty desserts are also served. Melissa Robles owns the popular Head to Toes beauty salon and spa in Fort Bragg, listed in the healing arts section of this book.

\$\$\$ NEMO'S 32410 N. Harbor Dr., (in the Noyo Harbor Basin)
Fresh Seafood & Steaks Fax: (707) 961-0858 964-1600 Sit down / to go

CAP" N FLINT'S Cap'n Flint's owner Ralph Umbertis was smart when he limited the menu to a few simple well-prepared items & offered family dining at family prices. Gourmet Magazine requested the recipe for the shrimp creole soup and the New England clam chowder. Specials include the scrumptious shrimp wonton (shrimp & cream cheese deep fried to a delicate golden puff), artichoke supreme (chilled artichoke laden with a "brimming cargo of shrimp"). Fish 'n chips, oyster, prawns, scallops and squid 'n chips (a favorite) are also served. Jimmy Buffet named Cap'n' Flint's one of the West Coast's best seafood spots.



\$ CAP" N FLINT'S 32250 N. Harbor Dr., Fort Bragg, CA. 95437
Seafood Summertime: Open 11am - 9pm, Winters: 11am - 8:30pm
No Reservations - Casual Dress - we are here to have fun! (707) 964-9447

DOLPHIN ISLE MARINA This secluded RV park and fishing resort is located on the Noyo River with access to the Pacific. Guests feel welcomed to a complete range of amenities including 125 bay and river moorings, laundry facilities, recreation room, cable TV, ice station, paved roads and marine store. There are riverside and bay RV hook-ups and a shipyard with repair shop and dry storage facilities. Gasoline and diesel sales, complete gas and diesel engine repairs, picnic tables and hot showers. Open year-around with special winter rates. It is a pocket of aquatic tranquility in one of the west coast's loveliest harbors.

\$\$\$ DOLPHIN ISLE MARINA

Marina and Trailer Park Located just up the southside of Noyo River
32399 Basin Street, Fort Bragg, CA 95437 (707) 964-4113 Info

110 Mendocino Coast N. Harbor Drive / Noyo Harbor



SHARON'S BY THE SEA

Sharon and Mark Morgan are living their dream at their cozy riverside restaurant with the fabulous ocean and fishing boat views of Noyo Harbor. A longevitous marriage, personal right livelihood and an attunement to seasonal organic foods, poultry, beef and wild caught seafood and a love of serving people the best that they can create makes Sharon's by the Sea a very popular restaurant. You can expect indoor/outdoor dining, crisp white linens, sparkling silverware, an attentive staff



and Noyo Harbor views right outside the picture windows. Mark loves his corporate retirement from Hewlett Packard and Sharon states "I prefer kindness over anything else."

The California cuisine used to create the appetizers, soups, salads and an array of international entrees is exceptional. You might begin your meal with Sharon's northern California clam chowder, "peel & eat shrimp" with cocktail sauce or mini

crab cakes. Chicken, prawns or crab can be added to the tossed organic green salads with artichoke hearts, garbanzo beans, onions, tomatoes, Danish bleu cheese and blueberries (extremely high in health promoting anti-oxidants). There is also the traditional Caesar and the prawn Louie with in-season crab is a large bowl of organic greens, thousand island dressing, deviled egg, celery, red onions, tomatoes, asparagus spears, cucumbers and avocados with your choice of feta or Danish bleu cheese. For lunch there is a 1/2 dozen grilled sandwiches (from \$8.50) and beer battered wild rockfish or shell fish with potato chips and Asian slaw or green salad. Dinner entrees come with choice of organic greens, pasta or Mark's delicious garlic mashed potatoes. Chicken Angelo, Spinach Torta, hand-cut Black Angus New York steak pizzaiola, local rockfish piccata or Sharon's family cioppino are a few of the dinner entrees (from \$16-\$25). Be sure to inquire about the vegetarian or evening specials. The California wine list is ample and Sharon's homemade desserts complete your dining experience.

\$\$ SHARON'S by the SEA-Mendocino

L: 11am-3pm, D: 5-9pm Brch 9am-2

\$\$ SHARON'S by the SEA-Noyo Harbor

L: 11:30am-3pm, D: from 5pm-9pm

32096 N. Harbor Dr., Fort Bragg, CA 95437

California-International Cuisine

Ocean and Harbor Views

marksuemorgan@msn.com

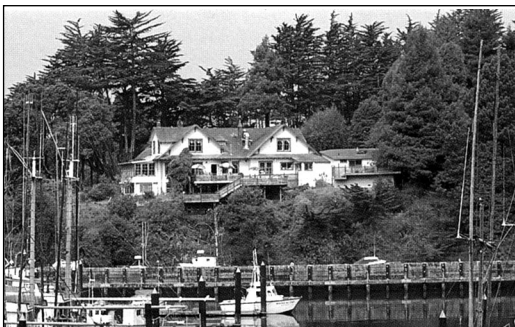
www.sharonsbythesea.com

(707) 962-0680 Res.

N. Harbor Drive / Noyo Harbor Mendocino Coast 111

NOYO RIVER LODGE

The serene and romantic Noyo River Lodge is tucked away on over 2 acres overlooking the Noyo fishing fleet. All rooms have private baths and some have fireplaces, king, queen and double beds and forest, harbor and garden views. Rates for 2 are from \$95 to \$175 and include a continental breakfast.



\$\$ NOYO RIVER LODGE
Bed & Breakfast Lodging
(707) 964-8045

500 Casa Del Noyo Drive, Fort Bragg, CA.
Amx, MC & Visa. www.noyolodge.com
1-800-628-1126 Reservations Advised

HOME STYLE CAFE

Conveniently located on State Highway 1 on the north end of the Noyo River Bridge in Fort Bragg next to the Seabird Lodge is the Home Style Cafe. Servings are generous and the staff is attentive, from the first cup of coffee, glass of water or orange juice to the friendly "you all come back" as you exit.



Chef/owner Cordelia Fortier is proud of her restaurant and has gathered quite an extended family of regular travelers who dine here each time they visit Fort Bragg. The piping hot homemade biscuits and homestyle gravy, three egg omelettes, breakfast meat and eggs, huevos rancheros or the catch of the day with eggs, potatoes, and choice of two slices of toast or freshly made biscuits will fuel your day. Meatless breakfasts include pancakes, waffles, the vegetarian garden patty and vegetarian omelette. For lunch homemade soups, salads and sandwiches such as roast beef with real mashed potatoes and gravy, the California dip and a variety of hamburgers are served with real fresh cut fries. Salads include the albacore tuna salad, vegetarian chefs salad and the fresh fruit platter with cottage cheese or yogurt. Clam chowder is always served on Friday and homemade soup of the day or "hot" chili the rest of the week. Prices are reasonable, parking is convenient and the cafe is open from 6am to 2pm daily but Monday. The motto at the Home Style Cafe is "good cooking comes first!"

\$\$\$ HOME STYLE CAFE 790 South Main St., Fort Bragg, CA. 95437
All - American (707) 964-6106 Sit down or to go

112 Mendocino**Route 1 / Fort Bragg**

Lodging & Meals from Sunrise to Sunset

Tradewinds Restaurant, Cocktail Lounge, Lodge, Convention Center & Health Spa



TRADEWINDS LODGE and TW's GRILLE & BAR

The Tradewinds in Fort Bragg offers guests a motel, restaurant and cocktail lounge. There is a heated, glass-enclosed swimming pool and hot tub for relaxing after a pleasant day of sightseeing. The harbor is a brisk walk away where boats pass through the channel from the sea unloading crab, albacore or the catch of the day. Mendocino Village and the Lumberman's Museum are



nearby, as are numerous spots to sit quietly and watch the whales migrate. Be sure to check the Tradewind's mini-vacation offers—special vacation discounts including many amenities. Whether for a couple, family or business meeting; the Tradewinds has pleasant and affordable accommodations from

\$59 to \$150/2 and is ideal for classes, health retreats or corporate think tanks. Rooms also have complimentary wireless high-speed internet connections. The Tradewinds is a 3 Diamond rated destination with exercise room and day spa, on-site laundry, in-room coffee makers, microwave ovens, refrigerators and several rooms are family units and pet friendly.

In TW's Grille & Bar an extensive list of affordable dishes are served with an array of hot and cold beverages and tasty desserts for breakfast, lunch and dinner. In the cocktail lounge you can enjoy a mixed drink or glass of premium California wine. The restaurant is open from 5am-11pm weekdays and 5am to midnight weekends.

\$\$\$ TRADEWINDS

400 South Main, Fort Bragg, CA 95437
Breakfast, Lunch & Dinner Motel Rooms & Suites Cocktail Lounge

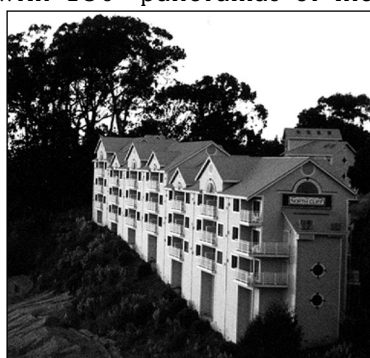
Route 1 / Fort Bragg Mendocino Coast 113

Lodging & Meals from Sunrise to Sunset

Vacation Packages, Fishing, Whale Watching, Skunk Train & Horse Back Riding.

NORTH CLIFF HOTEL

Located at the northwest corner of the Noyo Bridge with strategic one-of-a-kind views of the river, harbor, bay and open sea are the 39 luxury rooms of the North Cliff Hotel. The grand lobby, friendly staff, vaulted ceilings, in-room fireplaces, spas, custom furnishings and private balcony's with affordable rates make the North Cliff Hotel very attractive. Rooms also have complimentary wireless high-speed internet connections. The hotel boasts oceanview rooms with 180° panoramas of the



entrance to Noyo Harbor and bridge as well as sets of giant combers crashing against the jetty and open ocean sea stacks. Tiny fishing boats and coast guard cutters enter and exit the harbor and bay, weaving like a needle between a series of beacons and buoys which ebb and fall with each seaward swell. The picture peaks the appetite for fresh seafood or cracked crab (in-season). The following morning guests can enjoy a in-room continental breakfast of croissants, muffins, fruit, cheese and coffee.

\$\$\$-\$\$\$ NORTH CLIFF HOTEL

Seasonal rates \$99 to \$225,

Rooms with a View

Credit cards

www.fortbragg.org

1005 South Main Street, Fort Bragg, CA. 95437

(707) 962-2500 or 866-962-2550 Reservations Suggested

114 Mendocino Coast Cypress Street / Fort Bragg



REDWOOD HEALTH CLUB

Health oriented travelers always look forward to a health club that offers a drop-in rate. For \$10 per person you can enjoy the new nautilus equipped weight room, exercise room, cardiovascular room with life-cycles, stairmaster, treadmill and gravitron: aerobic classes with excellent instructor/coaches, racquetball, a 75 foot

swimming pool, hot tub, dry sauna/steamroom and outdoor tennis courts.

The Redwood Health Club is the largest privately owned and most established health club on Highway 1 between Mill Valley and Eureka. Originally opened in 1977 by Don Pollard and family, the health club today is operated by a spirited staff of dedicated fitness experts. According to the membership creed the staff feel that "our members are the most important people in our club - the purpose of our work - members have unique feelings and needs and are the lifeblood of our club."

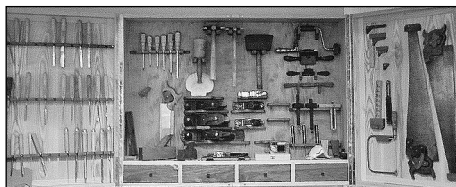
What you put into life is what you get back. If you work your body constructively it gives you more energy. In the process of a good work-out we release toxins and energy blocks; especially if we learn how to stretch, and "hit the acupressure points" on our feet, hands, neck and back. The bonus is we get more out of life by being able to give more to those around us.

\$\$\$ REDWOOD HEALTH CLUB

Total Fitness Center, Spa & Pool 401 Cypress St., Fort Bragg, CA. 95437
www.redwoodhealthclub.org (707) 964-6336 Classes & Information



MASTERPIECE GALLERY



The only privately owned wood working school and gallery in Mendocino County is the Masterpiece Gallery in Fort Bragg.

Year-long-courses in fine wood working and craftsmanship are taught by James Bowie (pictured at right), a Scottish master craftsman. The front gallery is a haven for mixed media art exhibits with the school occupying the back two thirds of the building. One can't help but feel they are in a school for the knights of the master-crafted round table - "no squares allowed" quips James - whose far-side sense of academic humor breaks up the formality of centuries old teachings a master wood worker must learn. The tuition of a year at the school is \$16K and 3 month condensed courses cost \$6,500 (affordable accommodations are available for Jame's students). During a tour of the school and gallery James answers questions like why was the kilt invented?

The gallery is open monday - saturday from 10am to 5pm and features local and not-so-local mixed media shows of original art, paintings, photographs, glassware, pottery, rugs, sculpture and of course custom fine furniture.

\$\$\$\$ MASTERPIECE GALLERY 541 S. Franklin St., Fort Bragg,
 Wood Working School & Gallery www.masterpieceschool.com 964-8798

South Franklin / Fort Bragg**Mendocino Coast 115**

A map on the wall of Charles Maden and Waldi Helma's Cafe Vienna is covered with push-pins placed there by visitors from over 100 countries and all 50 states. This

eclectic cafe / coffee house is a popular getaway for locals and tourists lucky enough to find it. There are extended evening hours and wine by the glass and German beer is served. Traditional to gourmet breakfast and lunch is served all day every day. Original art lines the walls and coffee house conversation travels the air waves.

San Francisco style mochas, espressos and cappuccinos go well with the Palatschinken (3 Austrian crepes, served with potatoes), omelettes, breakfast meats and American potatoes with herbs. House specialties are served with potato or green salad and bread. Spinach, smoked tofu, Greek and chicken salads and daily homemade soups. Hot sandwiches include the veggie patty melt, BLT, hamburger or sausage and ham and cheese croissant. Cold sandwiches include choice of turkey, salami, ham, tuna and chicken with choice of swiss, cheddar or jack cheeses, lettuce, tomato and onion. Pick up your picnic for the beach or for the next leg of your trip at Cafe Vienna.

Open daily M-Thur 7am-5pm, Fri till 8pm, Sat 8am-8pm & Sun 8am-3pm.

\$\$\$ CAFE VIENNA 120 South Main, Fort Bragg, CA. 95497

Homemade & Fresh Breakfast & Lunch 964-8674 Sit down or to go

DOWN HOME FOODS

Located one block east of State Highway 1 at the corner of Redwood Avenue and South Franklin is Fort Bragg's original natural food store, Down Home Foods. Thanks to founder Stan Miklose the store will enrich your life with health promoting natural foods, vitamins and supplements, cosmetics, and child safe household products. A natural line of medicines and pet care products are also stocked. The vital and alert staff are usually quick to answer questions regarding their products and can fill you in on local tourist attractions as well as help you plan a high energy picnic for the beach or Lost Coast.



Much of the fresh seasonal produce is grown in the hot inland valleys or coastal ridgelines. Local products include roasted coffees, cheese's, and fresh squeezed fruit & vegetable juices which are created before your eyes. Clean filtered water is sold by the gallon, snack food for bicyclists or hikers and special dietary needs are catered to including cleanses and fasts. Eat light - be light - right? Right! You can do it with the help of Down Home Foods which is open daily but Sunday from 10am to 4pm.

\$\$\$ DOWN HOME FOODS 115 South Franklin, Fort Bragg, CA.

Natural Foods Store Approved Checks, MC & Visa (707) 964-4661

116 Mendocino Coast East Redwood /Fort Bragg



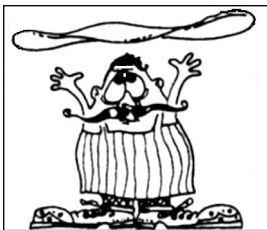
LEE'S CHINESE

The reason why Lee's Chinese in downtown Fort Bragg is so popular is because you can count on friendly service, generous and delicious

servings and reasonable prices. Walter and Yong Lina and their children, Angela, Suzann and Jennifer who grew up in Fort Bragg, have strong community ties. They are kind and have a loyal clientele with many travelers stopping by when in Fort Bragg.

For only \$5.95 you can enjoy the lunch special of vegetable chow mien, fried rice, fried won tons and choice of sweet & sour pork, broccoli beef or garlic chicken. Traditional Chinese entrees (from \$7 - \$12) include Mongolian beef - strips of beef, green onions, red chili peppers, rice and noodles; Mushu - vegetable stir fry with choice of chicken, beef or pork with crepe's on the side with Hosin sauce; or the "Happy Family" - a feast of ten fresh vegetables with sauteed scallops, shrimp, beef, chicken and pork. Your entree comes with Jasmine tea and there is Sake and premium California wines. Orders are sit-down or to go.

\$\$\$ LEE'S CHINESE CUISINE 154 E. Redwood Ave., Fort Bragg,
CA Mandarin Cuisine L 11am-3pm / D 3pm-9pm, (707) 964-6843



BERNILLO'S PIZZERIA

Welcome to the home of the most delicious calzone (Zappis) served on the coast between San Francisco and Eureka! Once inside the door you'll soon discover why this Fort Bragg pizzeria has been so popular since it opened in 1980. Located just a block from busy State Highway One, Bernillo's is a destination from which to sit down for lunch or dinner or pick up a pizza to go for that camping trip up the Lost Coast or southbound venture into the Mendocino wine country. There is pizza-by-the-slice (from 11am-4pm) and delicious hot subs.

Only the freshest tomatoes are used each day to make the homemade sauce and the dough is made from scratch from a secret recipe original owner Robert Hansen picked up in his native state of Wisconsin. Today owners Lori & Rick Prewitt carry on the proud Bernillo's tradition. Lori's folks pioneered the world famous Greenwood Pier Lodge where she learned the restaurant/inn trade inside out. Rick loves to make their original pizzas. You can select from over 16 toppings with fresh vegetables. Whats a Zappis? Well a Zappis is pizza dough rolled thin and stuffed with mounds of vegetables, cheeses, meats and spices. They are soooooo delicious that many look forward to having one every time they visit Fort Bragg.

\$ BERNILLO'S PIZZERIA Cash, travelers and approved personal chks.
Homemade Pizza Open Mon - Sat 11am to 9pm, closed Sunday
220 East Redwood, Fort Bragg, CA. 95437 (707) 964-9314 Orders To Go

South Franklin / Fort Bragg Mendocino Coast 117

"The Truth Is Out There!" Find out where from Richard Dils. He is the proprietor of Por Richards at 312 N. Franklin Street in downtown Fort Bragg. Collectibles and antiques, bronze sculptures, lamps and Extra-Terrestrials are for sale. (707) 964-4531 Have fun!



FORT BRAGG BOOKSTORES

Many in Fort Bragg believe they don't think the way the rest of the world does, consequently this brings a refreshing array of titles that are "very different and unusual" according to visitors. The **Cheshire Bookshop** was founded in 1973 by Howard Martin and purchased in 2004 by long-time local Linda Rosengarten who operates this full-range community based bookstore. Cheshire specializes in new books rather than used ones. Current releases, mysteries, best-sellers, religion, psychology, biographys, cookbooks, travel, history, the outdoors and nature. There is a excellent children's section, books on tape, personal growth tapes, calendars, and note cards to match Fort Bragg's far sided sense of humor. One of the biggest bookshops on the Mendocino Coast is **Bragg About Books** where you can shop among 25,000 used books from A-Z. Spirited proprietors Bruce & Daria Heil encourage you to "get a clue - go to the mystery section and proceed from there on a journey through time." They specialize in hard to find books in all fields and like ace detectives enjoy exciting book searches leading right up to the happy smile on your face.

Jennifer Wolfman is a devoted book connoisseur who intellectually dwells in the land of the full moon and tall trees. She owns **The Bookstore** which is located 1 and 1/2 blocks east of Hwy 1 in a foggy white historic building which used to be a Finnish "tamale" parlor. How bout that one? Jennifer sells used books on all subjects and eras and features new books by local authors. You'll find used paperback, hardcovers, and rare titles. Intellectuals who want to numb their pain can dive into a cosmic hot tub of thoughts at The Bookstore. Jennifer states, "I love to hear the little coyote yip when someone has found just what they were looking for." Jennifer is a Fort Bragg treasure - be sure to stop by.

As the "Dragon King" stirred and the earth shifted beneath the feet of Californian's in the early 90's, so did the location of several of Fort Bragg's bookstores. Here are their current locations, but hurry . . .

\$ THE BOOKSTORE 223 E. Redwood Ave., Fort Bragg, CA. 95437, (707) 964-6559

\$ BRAGG ABOUT BOOKS 3130N. Franklin, Fort Bragg, CA. 95437 (707) 961-9691

\$ CHESHIRE BOOKSHOP 345 North Franklin, Fort Bragg, CA. (707) 964-5918

\$ WINDSONG Books & Records 324 N. Main, Fort Bragg, CA. 95437, 964-2050

118 Mendocino Coast North Franklin /Fort Bragg



HONOUR'S RESTAURANT

Dining amid a colorful fusion of art, rare redwood burl, exceptional cuisine, and premium California wine makes Honour's a very special destination for you and loved ones. When the afternoon sun ignites the stained glass front, brilliant rainbows and beams of light flicker about the dining room. Who created this inspiring setting?

Sandra Gonzales and Erik Honour sold their famous purple drive-in in San Rafael, with the parking lot often full of hot rods, and moved from Marin County to raise a family along the less populated Mendocino Coast. Now, as Odin and Gunnar are growing up so is the fame and fortune of Honour's Restaurant in Fort Bragg. From the exhibition kitchen Erik and his staff prepare the same delicious "yuppie" burgers he did in Marin, but with Honour's guests enjoying "casual dining at its best in an award winning atmosphere". Entrees (from \$9.95 - \$25) include fresh, local seafood, such as Cedar Plank Salmon served on a bed of Jasmine rice with organic vegetables, USDA steaks and chops, delicious daily pasta dishes with homemade sauces, a choice of several garden fresh salads, homemade soups and the best old-world pizza-pies baked in a wood fire oven to create perfect thin crisp crust topped with secret homemade sauces and the freshest veggies and high quality meats. Honours also features made from scratch desserts, breads, pastries and cookies, baked on-site daily. Awesome breakfasts (from \$4.95) and All-American lunch (from \$4.50) are delicious. Open daily.

\$\$\$ HONOUR'S

360 North Franklin St., Fort Bragg, CA. 95437
California Cuisine /Bakery www.honoursplace.com 964-1929 Sit down/to go

NORTHCOAST ARTISTS GALLERY

When the hearts and souls of small groups of artists gather around the campfire of imagination they inspire each other to action and manifest. Such is the case when enterprising artists met in the winter of 1986 to begin realizing a dream - to create a showroom and retail space for locally made art. Today the Northcoast Artists Gallery, located on Hwy 1 in the heart of Fort Bragg's most eclectic district, showcases the work of 20 of Mendocino's most talented heart-centered artists. You can experience a rare opportunity to meet the sometimes shy and reclusive to flamboyant artists, who work in the gallery. Keep your eye on this group, for their enthusiasm and focus is on the move. Watch their website, tour maps and community projects. Watch the Northcoast emerge through their six senses - see, hear, smell, touch, taste and intuition in - gold, silver, paint or wood, clay, glass, fiber or bronze. And know that their and your possibilities are absolutely endless.

\$\$\$ NORTHCOAST ARTISTS GALLERY

Artist Cooperative

362 N. Main St., Fort Bragg, CA. 95437
www.northcoastartists.org Open 10am to 5pm daily (707) 964-8266



North Franklin /Fort Bragg Mendocino Coast 119

RACINE'S OFFICE, STATIONARY and ART SUPPLY STORE

Brimming full like a tea pot of medicine for the creative spirit, Racine's Office and Art Supply (founded in 1904) carries an inventory of over 169,000 items. The creative traveler or local will love Racine's, A friendly community spirit prevails here. Racines is a family owned and operated shop. Rebecca and her father Earl work together to meet the needs of folks on the Mendocino Coast. Due to Fort Bragg's unique socio-economic environment and Rebecca's vision, Racine's is one of the most eclectic yet practical office and art supply stores in America. "Part of our way of being true to oneself is through the creative spirit," states Rebecca. Rebecca's expanded world view recognizes that it is our nature to grow and be free and create.

The inventory includes greeting cards, stationary, pens, art supplies A-Z and office supplies A-Z. You will love the selection of gorgeous hand made papers. Don't live around here? Then check out the website. Journals, drawing pencils, acrylic and oil paint, water colors, sketch pads, all manner of brushes, clay, 100's of pens, colored reams of paper, computer supplies and portfolios are just a few of the items at Racines.

**\$\$\$ RACINE'S OFFICE,
STATIONARY and ART SUPPLY**
344 North Franklin, Fort Bragg, CA.
Open 9am - 5:30pm M-F, 10am -
4:30pm Sat. (707) 964-2416 Info
www.racinesfortbragg.com
or Toll Free at 866-374-6972



Outside raven stands atop the roof and inside owner Rebecca T. Mikelsell and her angel-dog Molly welcome you to Racines.



120 Mendocino Coast Route 1/Fort Bragg



EGGHEAD'S RESTAURANT

Like a delicious sliver of pie, the Egghead's Restaurant is sandwiched between two main street buildings in downtown Fort Bragg. Cozy to say the least and furnished with corner tables and spacious booths (seating for 36) the aromas of prepared from scratch omelettes, benedicts, many unique specialties, fresh brewed coffee and espresso spills out into the dining room. The fun loving owners have developed the Wizard of Oz theme over the years. They wanted to offer Fort Bragg residents and tourists an up-tempo dining experience at a moderate price. Everybody wins at Egghead's Restaurant where the decor is a reminder of the finest movie musical of our time; The Wizard of Oz.

Prices are reasonable and servings are generous at this popular eatery. Breakfast offers over 50 selections - about half being vegetarian or heart healthy choices. Egghead's uses only top of the line meats and the freshest fruits and vegies - organic whenever possible. They feature prepared from scratch pancakes, egg dishes, homemade salsa and hollandaise as well as fresh squeezed juice. The unique lunch menu includes fresh salads, unusual

sandwiches and 1/2 lb burgers. For the most discerning taste buds, Egghead's Restaurant is located only 1 block away from the Skunk Train Depot. Special requests are honored and all orders can be prepared to go. "A trip to Oz is an adventure in good taste," states the Wizard!

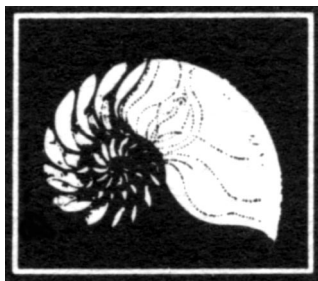
\$\$\$ EGGHEAD OMELETTES of OZ

Country Breakfast and Lunch
Established in 1976.

326 N. Main Street, Fort Bragg, CA.

Open 7 days a week (7am to 2pm)

"Toto" to go orders (707) 964-5005



FOR THE SHELL OF IT Et Cetera

A convenient stop to purchase a special gift to remind you of your visit to this region of the California Coast can be found at For The Shell Of It Etc. The store reflects the thoughtfulness and spirit of its owner; and I must say proprietor, Richard Kilday, cares not only about each customer's happiness, but also about the overall well being of mother earth as well. "We have got to care about the future well being of the planet", he states. Richard has built an

extended family by offering the best prices possible year around. He drove to Fort Bragg with a car load of sea shells in 1986 and sold them from his living room. Now he owns the two story main street building which houses For The Shell Of It Etc. Proof that hard work, discipline, perseverance and a reverence for the planet pays off. Visitors will find a large variety of earrings, shells and sea art, baskets, ceramics, jewelry, collectables, folk art, poster art, as well as men's gifts. For The Shell Of It Etc. is located on Highway 1 and 1/2 block from the Skunk Train Depot.

\$\$\$ FOR THE SHELL OF IT Et Cetera

344 North Main St., Fort Bragg, CA.

Unique Gifts Open Daily 9am - 6pm All Major Credit Cards. (707) 961-0461

Route 1/Fort Bragg Mendocino Coast 121

PAWS

PAWS is a real fun store which offers an inventory of gifts that goes beyond the practical needs of cats n'dogs and their caretakers. Animal-loving owners Brian and Heather Hawes, along with their friendly and helpful staff can guarantee a fun and exciting environment for both pet owners and their pets because at "PAWS," pets are always welcome to come in and shop for themselves.

PAWS is a store that evokes deep belly laughs over some of the merchandise and sayings on rugs, pillows and street signs. You'll also find some very humorous t-shirts, as well as books. Healthy items such as "All Natural Breath Drops," and locally made cookies, are a nice treat for your furry friends. Heather and Brian also carry a nice variety of collars and leashes (including one-of-a-kind handmade collars). They even have an "active-dog" section, with doggy pack-packs and seatbelts.

So show your pets how much you appreciate them and visit PAWS where you'll find a unique selection of cat toys, dog toys and fun gifts in general for pet lovers.

\$\$\$\$ PAWS

338 N. Main Street, Fort Bragg, CA. 95437

Cats n' Dogs Giftshop

Major credit cards (707) 964-3322 Info



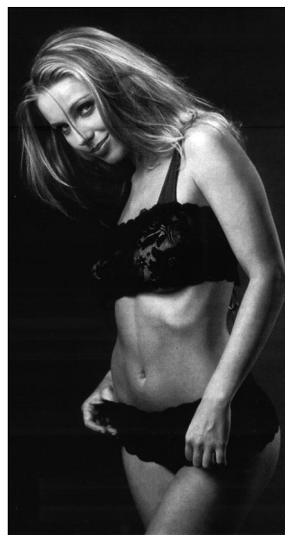
UNDERSTUFF!

There is nothing like a trip to Mendocino to inspire romance and intimacy. At Understuff! in Fort Bragg proprietress Denise Parrott offers the largest variety of casual to regal intimate apparel in Mendocino County. Emphasis is on healthy creativity addressing the many moods of the female/male lifestyle. For your wedding or that special "big night hot date", or perhaps a deep spiritual journey or ritual with a loved one - you'll find the appropriate attire at Understuff!. A gorgeous selection of camisoles, silks, satins and victorian panties and bras of every color and size are displayed in the 2,000 square foot showroom. There is a cozy and very private fitting room and lots of help from Denise's enthusiastic staff. For men there is a nice selection of silk and satin pajamas and underwear. The most practical and comfortable line is the 100% organic cotton Blue Canoe panties and tops, created locally, and rich in vibrant blues, violets, beige, black and white. The exclusive made-in-Mendocino rainbow colored "tie die" cotton underwear is fun and very popular. There is also a great selection of books, gifts and sensual body products that encourage humor, health and enlightened sexuality. Teenagers to grandmothers will find everything they need to help manifest there wildest dreams. Seasonal hours, open daily 10am - 5pm, till 5:30pm summers.

\$\$\$\$ UNDERSTUFF!

310 N. Franklin St. Fort Bragg, CA 95437

Intimate Apparel for Fun & Growth Major credit cards (707) 964-5013

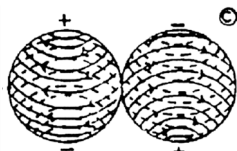


Silk chifon & stretch top by Mary Green

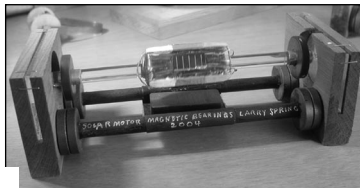
122 Mendocino Coast Redwood Ave. / Fort Bragg

INVENTORS & VISIONARIES Who Embrace the Child In All of Us

Photos by Heather Brown



Magnespheres TM



Left - Larry Spring inventor. Center - Magnespheres Right - the Mendocino magnetic levitation solar powered brushless motor. The gorgeous website that profiles Larry Springs inventions and experimental observations was designed by "Department of Imagination." See www.larryspring.com

How many of us have gone through life with a burning passion we never moved on - a dream we never realized - a moment that slipped through our fingers because we froze in fear of greatness - a vision and love unrealized - a gift that could have made a difference ? Let it out - share your love, your visions and your dreams with the world. Please visit the inspirational website at www.larryspring.com

Next door to **The Bookstore** on Redwood Avenue is **Larry Spring's solar-electromagnetic classroom and natural history museum**. Here visitors can view "free energy devices" that whirl and tilt in mid air = powered by solarelectromagnetic energy. Is Larry a chip off Tesla's block or a misplaced high-school teacher and inventor who loves to teach "oil free" energy. Stop by for a tour or a lecture and 4 hour class. Larry loves to work



Larry Spring - Inventor and Entrepreneur 88 years young in his classroom in downtown Fort Bragg.

his mind and inspire yours to whirl and think in new ways. So let it out let yourself visit a world you never thought existed.

Children light up during a class and demonstration. Baby boomers will remember "Mr. Wizard" on TV when they were kids and the fact that Larry used to install and repair local TV sets. Larry uses simple and easy to understand physical examples and illustrations of how heat, light, frequencies and

magnetism interact around models of the atom and energy - free energy from the sun and universe. Though the models are educational tools - what if someone made them bigger and more practical. Is there someone out there up to the challenge? Who wants to step up to the plate and take fact and reality to the next level to power a house, or car, or city, or for that matter help create a world! free of dependency on oil and warfare? Hummmmm

\$\$\$LARRY SPRING 225 E. Redwood Ave., Fort Bragg, CA. 964-4700

Laurel Street & Hwy 1 /Fort Bragg Mendocino Coast 123

HEADLAND'S COFFEEHOUSE

The Headlands Coffeehouse has caught fire as a popular gathering place for up-beat and original thinkers living in or visiting Fort Bragg. Mary, Pete and Dave Gealey vision was to provide a spot where people could share their lives, their dreams and their visions with each other. Fort Bragg has its share of original thinkers, artists and working class heroes who love to mingle and be energized at the Headland's Coffeehouse. The food and brew is affordable and delicious.

A large variety of gourmet coffee drinks, fresh squeezed orange and grapefruit juice, organic apple juice, fresh fruit smoothies, milk shakes, cold beverages and herbal teas are served. "Morning food" includes Belgian waffles, toasted bagels with cream cheese & lox, granola and fresh fruits salads with yogurt. Lunch and dinner selections include spinach lasagna, chicken enchiladas, beef stew, Panini (grilled Italian sandwiches) daily homemade soups with sourdough bread, salads (garden, Greek & smoked chicken), pizza and quiche by the slice and daily specials. Pie, cheesecake, Ackermans carrot cake, Cafe Beaujolais Amazon chocolate cake and Bud's ice cream is served for dessert. A monthly calendar of events can be viewed on their website. Songwriters, folksingers, jazz ensembles, acoustical originals, piano and celtic music can be enjoyed nightly.

\$ HEADLANDS COFFEEHOUSE 120 Laurel St., Fort Bragg, CA. 95437
www.headlandscoffeehouse.com Live entertainment, art & music 964-1987



CAFE ONE

Cafe One is the best organic breakfast and lunch choice with an international array of entrees on the Mendocino Coast. The menu items are "chemical-free" and non genetically modified. Servers help guide guests with allergies or special diets to the right foods. A colorful array of fresh local California grown organic fruits, vegetables, herbs, meats and wild caught fish is served. The spacious diner atmosphere often overflows with regulars as well as health conscious tourists who know they can change the world by how they spend their money. Award winning wines made from organically grown grapes, local micro-brewed beers, organic juices (fresh squeezed orange juice on weekends), fair trade and organic Thanksgiving coffee which makes excellent mochas and espresso and herb teas compliment your healthful meal. The early morning smell of oven fresh scones, and just baked vegan pies and cakes bring back fond memories. Thoughtful owners are Jaynie Blake and Marie Head. Cafe One is open Mon-Sat from 7:30am-2:30pm, Thur - Sat till 8:30pm and Sun 8am - 2pm.

\$\$\$ CAFE ONE 753 N. Main Street, Fort Bragg, CA.
 California Organic Breakfast & Lunch MC, Visa & Apprvd Cks 964-3309

124 Mendocino Coast Route 1/Fort Bragg

SKUNK TRAIN

Once the backbone of commerce between the coast and inland valleys, the California Western Railroad today is an adventurous Mendocino ride. "Skunk" visitors can enjoy a panoramic view of the way it was at the turn of the century when inaccessible settlements received supplies by rail rather than by car.

Why the name "Skunk"? The trains were nicknamed Skunk for their original gas engines, prompting folks to say "you can smell them before you can see 'em. Nowadays the "Super Skunks" are powered by diesel, bio-diesel and steam engines. From the security of open observation cars you can observe redwood forests, eagles and hawks, and deer on your journey.

You can spend a full day in the forest with a complete round trip between Fort Bragg and Willits on diesel powered trains with open observation cars, or choose a shorter trip to Northspur, the halfway point, and spend time in the heart of the tall redwoods before returning to the starting point. Bring your camera - each curve is another spectacular view to capture on film!

\$ \$ CALIFORNIA WESTERN RAILROAD /World Famous SKUNK TRAIN

Located in Fort Bragg & Willits; P.O. Box 907, Fort Bragg, CA. 95437

Foot of Laurel St, Fort Bragg, 95437 299 East Commercial St, Willits, 95490

Full day fares for adults \$35 - \$45/ children \$20; www.skunktrain.com

Major Credit Cards Open 10am to 5:30pm daily. 866-45SKUNKMOTORCAR



FORT BRAGG DEPOT and LAUREL DELI & DESSERTS

At the Fort Bragg Depot a railroad and logging museum is located next to the California Western Railroad. Inside is a collective of art galleries and craft shops and the Laurel Deli where traditional north coast breakfasts, lunches, scrumptious desserts with espressos or wine and beer are served. The spacious dining room is a ideal gathering place for locals and visitors and of course Skunk Train riders. This family owned "mom & pop" restaurant is run by Cindy and Scott Orey with children Gregory, Brian and Brandon helping out. They keep the prices reasonable on the standard or lumberjack breakfasts, omelettes, Paul Bunyan sized pancakes with blueberry or olalieberry, hash browns and breakfast meats. An extensive selection of lunch items includes homemade soup, chowder, Scotts Original "No Wimp Chili", choice of several salads, Caesar's, the Polynesian burger, Pacific Islander (chicken & pineapple), fish & chips, veggie and turkey burgers and the California croissant. There is also a special menu for children. Giant cinnamon rolls, fruit and cream pies are a few desserts. Children love the polished steam locomotives, steam donkey and historic railroad and logging equipment.

\$-\$\$\$ FORT BRAGG DEPOT 401 N. Main Street, Fort Bragg, CA. 95437
Historic Museum and Shopping Center (707) 964-6261

\$-\$\$\$ LAUREL DELI & DESSERTS Open 6am - 4:30pm (707) 964-7812

Main Street & E. Redwood /Fort Bragg Mendocino Coast 125

LIVING LIGHT INTERNATIONAL Raw Foods School, Market Place & Deli

Residents and visitors to the Mendocino coast received a major blessing with the opening of the Living Light Culinary Arts Institute and their market place and delicatessen. Your hosts are world famous Master Raw Vegan Chef Cherie Soria and Dan Ladermann and their talented staff. The market and deli is like visiting a tropical paradise overflowing with the nutritious life force energy of raw foods, lovingly created and dedicated to your health. Located in Fort Bragg's historic Company Store, the market and deli are open daily. Events, catering and cuisine to go are offered.

\$\$\$LIVING LIGHT INTERNATIONAL 301-B, North Main, Fort Bragg,
Raw Foods Culinary School, Deli & Market www.rawfoodchef.com 964-2420



BAMBOO GARDEN SPA

Finally Fort Bragg has a very classy spa where ancient healing wisdom and state of the art amenities are combined by some of the best healers in northern California. Massage therapists Autumn and Jess Stuckey and their



very experienced staff offer a variety of massage therapies, Shiatsu and organic body treatments (exfoliation and body mask) and The Asian style decor with bamboo and hand cut rock, hydrotherapy tubs with bacteria free air jets and chroma color therapy, wonderful Finish saunas, holistic gifts and organic treats and green teas enrich your healing experience here. Trish Gallagher's famous seaweed masks, treatments and massages with proprietary wildcrafted ingredients ritually gathered from the "Great Mother" are unforgettable. Open 11am - 8pm.

\$\$\$ BAMBOO GARDEN SPA 303 N. Main, Suite C, Fort Bragg
Spa and Healing Center Open www.bamboogardenspa.com 962-9396

FAMILY HANDS

Doria Lewis has created a very uplifting environment to shop in. Talent runs in the Lewis Family. Her parents raised the kids in a Native American tradition with no TV or computers, hence Doria follows her natural instincts. She and her sister Shannon are both painters, her brother is a furniture maker and her father was a photographer, architect and fisherman.

At Family Hands bright and soft colors highlight rich natural wood, leather and iron furnishings. Fun and whimsical gifts are scattered about. Doria is a natural at selecting gifts and home furnishings that nourish the senses of sight, touch and intuition. Visit the store; bring inspiration back to your home or office.

\$\$\$ FAMILY HANDS 200 East Redwood, Fort Bragg, CA. 95437
Fine Gifts and Furnishings Open daily 10am - 5pm (707) 961-0236



126 Mendocino Coast Route 1/Fort Bragg



WELLER HOUSE INN

The 1886 Weller House Inn offers 10 rooms with private baths (with radiant heated floors), fireplaces and an elegant ball room where breakfast is served. Innkeepers Ted & Eva Kidwell serve a full gourmet breakfast from 8am (vegetarian optional) and wine at 5pm. Soak in the large hot tub or watch the whales from the 50

' high historic water tower. Guests can truly get back in touch with a gracious and unhurried time with a stay over at the Weller House Inn.

\$\$ WELLER HOUSE INN 524 Stewart St., Fort Bragg 1-877-8WELLER
Bed and Breakfast innkeeper@wellerhouse.com www.wellerhouse.com

THE RESTAURANT

For over three decades locals and travelers alike have come to respect the dedication Jim Larsen and Susan have at their exceptional dinner house in downtown Fort Bragg. Everything is made from scratch from farm fresh produce, locally caught fish, meats and poultry. In this rich and homey atmosphere diners are treated like royalty over dishes of fresh wild salmon, prime rib, lobster tail, New York steak and pork loin chops.

Crab cakes, wilted spinach salad, New England clam chowder (delicious), grilled polenta and Asian noodle bowls are for lighter eaters. Sumptuous house made desserts, local Mendocino wines and microbrews and good cheer make The Restaurant the "Big Night Out" on the town!

\$\$ THE RESTAURANT 418 N. Main, Fort Bragg (707) 964-9800
Mendocino Country Cuisine www.therestaurantfortbragg.com



OLD STEWART HOUSE INN

The down to earth and historic Old Stewart House is a breath of fresh air, with 5 rooms including a Beach House (ideal for children & pets); all with private baths, full country breakfast and 3rd floor deck where ocean, whale, sunset and star watching is inspirational. The environment includes a large collection of original art and memorabilia, as well as spacious lawns and flower gardens.

Your innkeepers Jim and Pat McKeever are happy to answer questions about the areas many attractions. Rates are \$100/2. The inn is just 1/2 block from the Skunk Train and near galleries, restaurants and coffee house with live music.

\$\$OLD STEWART HOUSE INN 511 Stewart St., Fort Bragg 1-800-287-8392
Bed and Breakfast pat@oldstewarthouseinn.com www.oldstewarthouseinn.com

East Fir Street / Fort Bragg Mendocino Coast 127

COLONIAL INN

The Colonial Inn is the oldest continuously operating inn in Fort Bragg. It offers the privacy, scale and services of a hotel with the warmth and charm of a bed & breakfast. It is a gemstone to enjoy whether you are a working professional, lovers on



vacation or a small group of kindred spirits seeking some time together. Innkeeper Marta Weber honors the long standing tradition that small groups of higher minded souls, gathered together, can change the fate and direction of a community or region for the better. This powerful energetic synergy, which higher minded spirits can source, occurs best in a setting of safety, serenity, and beauty. Marta Weber has such a place for individuals or small groups to relax or stretch their boundaries and imaginations to new levels of positive co-creation. She makes a point of welcoming small conferences, retreats and working groups of higher purpose.

The Colonial Inn offers 10 rooms in a historic Craftsman style home surrounded by landscaped grounds in a quiet residential area of Fort Bragg several blocks east of Highway One. Each room has a private bath, two have wood burning fireplaces, a choice of comfortable king, queen or double beds, cable television, VCR's and clock-radios. Telephones, Fax and computer hook-ups are available. Your stay also includes passes to the Redwood Health Club with sauna, steam room and indoor heated swimming pool.

Besides the rich array of art and books, what makes your stay here so much fun is that you can jump from room to room and tour the world (or the mind) in real daytime or nighttime dreams. Whether you are giggly lovers or truly the deepest of thinkers you'll find the perfect room environment. The rich oriental, Indian and African design of the Madras room reflect the British Colonial Period. The spiritual scribe will enjoy sharing this room with sculptures of Quan Yin and Buddha and a Muselum Prayer Rug. The Coast and Map rooms occupy the entire 3rd floor and can be rented as a suite accommodating up to 6. The Nuevo Mundo room honors the historical and contemporary Native American traditions combined with Spanish Colonial influences. Rates for two are from \$100 to \$150 per night and include a continental breakfast buffet of organic fruits and vegetables, organic dairy products from Clover Dairy, eggs from cage-free chickens, quiche, foccaccia and hand-formed cheeses are featured as well as breakfast breads and pastries, teas, juices and Fort Bragg's own award winning fair-trade organic coffee from Thanksgiving Coffee company. The Colonial Inn accepts travel-savvy pets for an additional \$20 per day. Marta's family includes Tasha and Mr. Peach, two lively blonde terriers and Miss Kitty and Simbah.



\$\$ COLONIAL INN 533 East Fir Street, Fort Bragg, CA. 95437
 Bed and Breakfast Major Credit Cards www.colonialinnfortbragg.com
info@colonialinnfortbragg.com Fax: 964-4571 964-1384 877-964-1384

128 Mendocino Coast Route 1/Fort Bragg

PRENTICE GALLERY

Photo by Mark Scheffer



Located one mile south of Fort Bragg are the spacious show rooms of Prentice Gallery where the works of over 80 artists are displayed and sold. Proprietress Lynne Prentice is well connected to the Mendocino art community having

provided superior framing for regional and nationally known artists. "My father Thayer Prentice and I began the frame shop 10 years ago, which is how we came to be known and trusted through word of mouth by artists of every media. A exhibition jewelry shop and custom frame shop are visible to guests who want to watch. An amazing collection of Mendocino Counties best multi media artists is displayed. The entire collection from internationally known artist, Edward Gordon and the remaining works from the J.D. Mayhew collection are available. The original art will move, inspire and bring peace and tranquility to your life; and can be a very wise investment for your home or place of work. Open Mon-Fri 10am-5pm, Sat 10am-4pm.

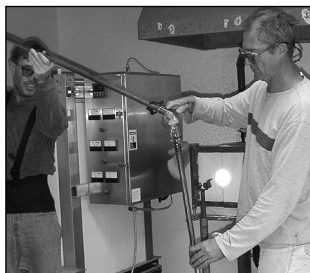
\$\$\$PRENTICE GALLERY 17701 N. Hwy 1, Fort Bragg, CA. 95437
Fine Art Gallery, Custom Framing & Jewelry Studio (707) 962-0732

GLASS FIRE ART GALLERY

Eyes light up in the glow of the jelly fish sculptures frozen in glass, the bowls colored like brilliant sunsets and the unique lumerian chandeliers displayed at the Glass Fire Gallery south of Fort Bragg. Buster and Trish Dyer built the gallery and sculpture garden to showcase art glass and the works from various artists including vessels, sculptures, jewelry and lighting. Out back Buster, Trish and assistants hand blow molten glass while visitors look on. Buster's family roots reach deep into Mendocino County. He and Trish live their dream creating here by the sea.



Here Buster creates glass sculpture from molten glass.



\$\$\$ GLASS FIRE ART GALLERY Exhibition Glass Blowing
Fine Art Glass Sculpture 18320 North Coast Hwy 1, Fort Bragg, CA 95437
Open 10am-5pm Open Studio Next to Botanical Gardens (707) 962-9420

Route 1 / Fort Bragg Mendocino Coast 129

FORT BRAGG WALKS



Otis R. Johnson Park is located nine blocks up Laurel Street from the Skunk Train Depot. Shafts of sunlight filtering through towering redwoods onto a babbling brook makes this park an inspirational setting. Trails lead to the Skunk Train railroad tracks which border Pudding Creek estuary. Bring the camera or binoculars. You can walk for miles and greet the train as it chugs to and fro between Fort Bragg and Willits. Beware the quicksand and deep weed-clogged holes along Pudding Creek. Trailside picnic tables make a great place to relax.

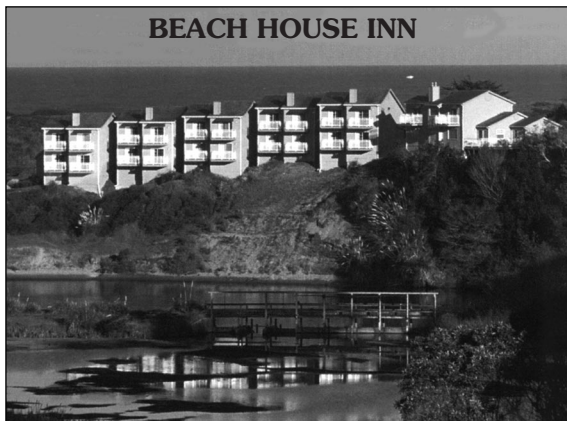
One of the "greatest tide pools" on the Mendocino Coast (pictured above) lies hidden at the northwest corner of Pudding Creek Beach. A large wooden trestle leads to the "haul road" which parallels the beach all the way north to MacKerricher State Park. You can park in the lot just north of the Beachcomber Motel and walk or bike ride five miles. round trip.



Those seeking a room with a view can choose from several motels built parallel to the beach north of Pudding Creek Bridge. The "haul road" parallels the motel rooms and travels all the way to MacKerricher State Park in Cleone. It is a great trail to meet new friends, whale and bird watch and get some exercise by bicycle or on foot.

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The Beach House Inn is located just north of downtown Fort Bragg and overlooks Pudding Creek, the beach, historic wooden train tressel and the Pacific ocean. Numerous in-room amenities and reasonable rates make this 30 unit motel popular. Your gracious hosts Ben & Katie have been Fort Bragg motel managers for over 12 years.



BEACHCOMBER MOTEL

Located at the north end of Fort Bragg just past the Pudding Creek trestle and on the beachside of Highway 1 is the Beachcomber Motel. The name is no exaggeration. Broad aprons of sandy beaches are a stone's throw from the redwood deck outside your sliding glass doors. Views of the windblown meadows and cypress trees with the deep blue sea stretching to infinity bring hours of relaxation and contemplation. Seventy-two rooms and suites with king, queen and double beds, private baths, cable TV's and some with kitchenettes await. Two of the upstairs luxury suites have indoor hot tubs for honeymooners or anyone wanting to relax in the swirling hot waters while the ocean and elements orchestrate a symphony outside the floor to ceiling windows. Seasonal rates are varied from \$59 to \$300 per night for two.

Whether peering out the spacious picture windows of your room or right-out on the point, the sunsets are spectacular at the Beachcomber; especially in the fall and winter. Wintertime storm and whale watching is at its best from the 2nd floor suites with their nine foot sliding glass doors. While gale force winds and the elements are orchestrating a magnificent show outside, you can be bubbling away in your private hot tub with a cheery fire crackling in the fireplace.

Children love the peaceful adventure of racing the bluffs and trails and then returning to their safe and cozy room. Bicyclists and hikers can explore the 3 1/2 mile paved haul road to the north as it dips and climbs over the headlands parallel to the crashing surf and wintertime cascading creeks. A few of the rooms are reserved for travelers with pets, but please remember that busy Highway 1 is out-front and state park rangers patrolling the headlands ticket dogs off-leash. Fishermen and abalone divers will appreciate the large redwood decks where they can clean the days catch and BBQ for small groups and reunions.

See next page

Route 1/Fort Bragg Mendocino Coast 131



BEACHCOMBER MOTEL

One of the most surprising and picturesque tide pools lies elevated in a bowl at the end of a trail due west of the Beachcomber. Here the surf breaks over a thin ribbon of jagged rock covered with mussels and anemonies and then washes across a 100 foot punch bowl teeming with life. Occasionally the fog is as thick as London's and the waves are as big as Hawaii's Pipeline. On clear nights the sky reveals a galaxy of stars above the Beachcomber.

\$\$ BEACHCOMBER MOTEL 1111 North Main, Fort Bragg, CA. 95437
Oceanview Rooms and Suites Fireplaces, Hot Tubs, Private Baths, In-room coffee makers, refrigerators and cable color TV's. Amx, Discover, MC & Visa
www.thebeachcombermotel.com 1-800-400-SURF (7873) Reservations advised

\$\$ HI-SEAS INN 1201 North Main Street, Fort Bragg, CA 95437
A small 15 room motel with spectacular oceanviews. Coming in 2006 a new full service oceanside resort will be developed. (707) 964-5929 Reservations

\$\$ HOLIDAY INN EXPRESS (See Page 98) 250 Highway 20, Fort Bragg
Rooms and Suites Major Credit Cards & Stay Smart Priority Club Points
www.hiexpress.com/fortbraggca email: hieftbragg@mcn.org 964-1100

If you are ever in Homer, Alaska or McCall, Idaho, be sure to stay with owner Bob Hunt at his Beluga Best Western Inn or Holiday Inn Express - The Hunt Lodge.

\$\$ HOLIDAY INN EXPRESS HOTEL & SUITES "The Hunt Lodge"
208 North 3rd Street, McCall, Idaho 83626 Hot tub suites, indoor pool/spa, deluxe breakfast bar, meeting facilities, snow & water sports. (208) 634-4700

\$\$ BELUGA INN 204 Ocean Drive Loop, Homer, Alaska 99603
Restaurant, Lounge, Private Suites, Kitchenettes & World Class Fishing
www.belugainn.com email: info@belugainn.com (907) 235-5995 Reservations

132 Mendocino Coast Route 1 / Cleone



MacKERRICHER STATE PARK The Gemstone of Mendocino Coast State Parks

MacKerricher State Park, 3 miles north of Fort Bragg on the scenic

Mendocino Coast, offers a pleasant contrast to the hot summers experienced in many parts of California. Here, summer days are cool and sometimes foggy, and spring and fall offer spectacular clear vistas of ocean and shoreline. Winter temperatures seldom fall below freezing. The mild climate encourages the luxuriant growth of plants and trees found in the park. A herd of harbor seals lives in the rocks off the park's coast, and the California Grey Whale can occasionally be seen making its annual 5,000 mile migration between Baja and Alaska. Of particular note are the many birds which visit the freshwater lagoon, including flights of jet black coots who fly in flocks just barely skimming the mirrored surface as they move about the lagoon to feed.

A world class jogging and bike path from Fort Bragg all the way to the mouth of the Ten Mile River is in the works. The sandy beach at Pudding Creek forms the southern boundary of this approximately 1700 acre coastal park. A former logging road, the "Haul Road" stretches the entire 8 mile length of Mac Kerricher State Park, revealing spectacular ocean vistas and crossing beautiful rolling sand dunes to the north.

Each of the park's 142 family campsites, which can accommodate tents or recreational vehicles up to 35 feet long, has a stove, table, and cupboard with piped water nearby. Rates are \$25 per site/per night - 2 cars - 8 people max. Combination buildings with hot showers, restrooms and laundry facilities are available. Summer activities include Ranger and Mendocino Area Parks Association-led hikes, campfire programs and Junior Ranger programs for 7 to 12 year old children. Camping fees are \$22 for 1 night and 1 vehicle with up to 8 people; extra charges for dogs and vehicles per campsite. Camping is first come-first served off-season with reservations made by calling 937-5804. During the season beginning April 1st, reservations can be made by calling Reserve America at 1-800-444-PARK.

\$ MacKERRICHER STATE PARK Box 440, Mendocino, CA. 95460
Campground 3 mi.. N of Fort. Bragg 1-800-444-PARK / (707) 937-5804

Route 1/Cleone Mendocino Coast 133

RICOCHESET RIDGE RANCH

Explore the uncivilized terrain of the Lost Coast on horseback. Ride along the bluffs and sand of Ten Mile Beach; lunch high in an apple orchard in the middle of a working cattle ranch. Such is the carefully planned itinerary designed for seven days of fresh air, exercise and relaxation. Lari Shea is the proprietor of the Ricochet Ridge Ranch, which offers you many different scenic horse trek adventures touring Mendocino's wild coastal beaches and majestic redwood forests. Lari is the Director of the Horsemanship Program for the College of the Redwoods. A dedicated equestrian and instructor, Lari shares her experience as a trainer and horse breeder. Her horses excel in endurance, dressage, jumping and trail skills. Lari is widely recognized for leading adventurous West Coast trail rides emphasizing safety, comraderie and a congenial atmosphere at camp. You will be well mounted. Arabians, Russian Orlovs, thoroughbreds and quarter horses trained either English or Western, assure a memorable excursion. The Horse Trek adventures consist of one to seven day excursions including meals and overnight stays at carefully selected bed and breakfast inns. The prices range from \$40 (for 1 1/2 hour open ride) to \$2.095 for special Redwood Lost Coast and Sierra trail rides with hot tub and spa for 5 nights, live entertainment for 2 nights, and a 1 night "boogie."



Photo by Lari Shea

\$\$ LARI SHEA'S RICOCHESET RIDGE RANCH 1-888-873-5777
Adventurous Beach- Redwood Forest Trail Rides www.horse-vacation.com
 24201 N. Hwy 1, Fort Bragg, CA. 95437 (707) 964-PONY (7669) Res.

CLEONE GARDENS INN

Imagine a clear sky full of winking stars, a fresh Pacific breeze wafting across a dew drop covered grassy apron, and you taking it all in from your perch in the bubbling hot tub at Cleone Gardens Inn. Each of the 9 rooms from \$86/2 (some pet friendly) and Grandpa's Cottage are individually decorated with antiques, original art, comfortable beds, private baths and some have sundecks. The 2 family suites have kitchenettes, TVs, fireplaces and dining rooms. There is also the Noyo Harbor House with view of harbor, river and fishing boats (\$140/2). Within walking distance is beautiful MacKerricher State Park, Lake Cleone with its flocks of coots skimming the surface, the Pacific shoreline, sand dunes and blowholes to explore.



\$\$\$ CLEONE GARDENS INN 24600 N. Highway 1, Fort Bragg, CA
 Rooms and Suit MC & Visa (707) 964-2788 Res. Sug.
ourinn@cleonegardensinn.com www.cleonegardensinn.com

134 Mendocino Coast Route 1 / Cleone

CLEONE GROCERY and CAMPGROUND



A lush springtime green lawn on 5 acres with landscaping and trees gives the 36 campsites at Cleone Grocery and Campground a cozy and secluded feeling. A coastal breeze nudges tree tops and bows into motion as you tend your open pit fire in the windbreak below. It feels good to camp here, especially knowing that the clean and well organized store, scarcely 100 feet away, is there to provide for all your basic camping needs. Fresh brewed coffee in the morning, a microwave oven to heat up

soups and dinners or perhaps pop popcorn to enjoy while you watch a store movie rental in your motor home are a few things to look forward to. But the most special is to know that pristine Mendocino Coast beaches and a logging road called 10 Mile Road, which has been converted to bicycle and foot traffic, is only 1 mile west. You can have a very enjoyable camping experience at Cleone Grocery and Campground.

There are hot coin showers at 50¢ for 5 minutes, a laundry room, fish cleaning area for divers and fishermen, forest trails and a seasonal creek with bridge to explore amid the 20 campsites with water & electricity and 10 campsites without. Rates are \$23/2 with hook-ups and \$20 without; \$1 extra per person and \$1 per dog. Manager Linda Evans keeps the campground quiet for his guests. The full service store and gas station stocks lots of frozen meals, some fresh produce, milk, cheese, sandwich meats, ice cream, a good selection of beer and premium wines, film, camping equipment, toiletries and soaps, cooking utensils and campfire fuel. Cleone Grocery and Campground is open from 7:30am to 9 or 10pm and is located only 3 1/2 miles north of Fort Bragg and 20 miles south of the Lost Coast. The campground is open April 1st - October 31st.

\$ CLEONE GROCERY and CAMPGROUND 24400 N. Hwy 1, Fort Bragg,
Campground, Grocery Store & Gas Station 95437 (707) 964-4589

Route 1/Cleone Mendocino Coast 135

GREEN ACRES CAMPGROUND

After serving in the Pacific front during World War II as a Sea Bee, Mathew Green came home to Albion and logged the north coast for 20 years before acquiring a fleet of scrappers and cats (D-4 to D-9) which he used to build dams and shopping centers around Santa Rosa and northern California. He and Nancy started collecting antique logging and farm equipment and have since turned Green Acres into a olde fashioned campground and living museum. Children really can get a glimpse of the way it was and then some from this Mendocino County pioneering family.



"Green Acres - Its a Great Place, Slow Down and Enjoy It," states Nancy. Needless to say a loyal following of middle aged and senior citizens feel very comfortable here. Most trailers and RV's who stay here are self contained, however there are dozens of campsites sheltered amid trees and landscaping for drop-ins. "We accommodate and entertain campers from around the world," states Nancy. The campsites are clean and there are coin operated hot showers in his or her bath houses, fire pits and BBQ's. Rates are \$18 camping, \$22 electricity, \$26 full hook-up and \$1 per extra person and \$1 per dog. The roar of the ocean beckons in the distance and there is a private beach trail. Green Acres is located 2 miles north of Fort Bragg.

\$\$ GREEN ACRES CAMPGROUND 23600 N. Hwy 1, Fort Bragg,
Campsites & Trailer Spaces (707) 964-1435 Reservations & Info

ASLAN HOUSE

Also in Cleone is the cozy Aslan House. This private 2 acre setting is only 1 1/2 blocks from ocean beaches and is a great place to kick back and relax. Amenities include a fireplace hearth, bath tub with natural well water and fully equipped kitchen with lots of space in the oriental theme interior. Call experienced innkeeper Frank for rates and available.

\$\$ ASLAN HOUSE P.O. Box 127, Fort Bragg, CA. 95437
Vacation Rental Home Email: aslanhouse.net (707) 964-1952 Res.

136 Mendocino Coast Route 1/Westport

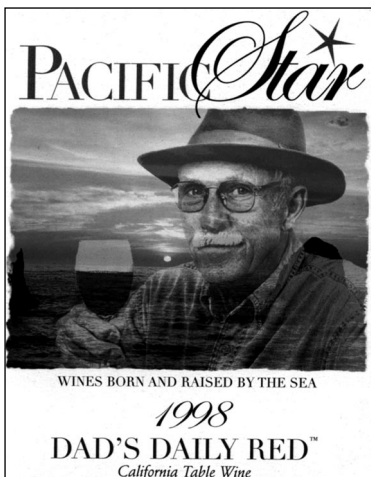
CLEONE - WESTPORT DINER'S CHOICE: Area Code is (707)
De Haven Valley Farm (\$\$) 9247 N. Hwy. 1, (707) 961-1660 ; **Lost Coast Inn** (\$-\$\$) P.O. Box 418, Hwy 1, Westport. 964-5584; **Purple Rose** (\$-\$\$) 24300 N. Hwy 1, Cleone 964-6507; **Westport Community Store** (\$) N. Coast Hwy 1, 964-2872; **Westport Motel** (\$-\$\$) Hwy 1, Westport, 964-5135

CLEONE - WESTPORT LODGING:

Aslan House (\$\$) P.O. Box 127, Fort Bragg, CA. 95437; 964-1952;
Blue Victorian (\$-\$\$) P.O. Box 337, 38911 Hwy 1, Westport, CA. 95488; 964-6310; **De Haven Valley Farm** (\$\$) 9247 N. Hwy. 1, (707) 961-1660; **Howard Creek Ranch** (\$\$-\$\$\$) 40501 N. Hwy 1, 964-6725; **Lost Coast Inn** (\$-\$\$) P.O. Box 418, Hwy 1, Westport. 964-5584; **Westport Motel** (\$-\$\$) Box 145, Westport, 95488; 964-5135.

CLEONE - WESTPORT CAMPING, STORES & ACTIVITIES:

Angelo Coast Range Preserve (\$) 42101 Wilderness Lodge Road, Branscomb, CA 95417, (707) 984-6653; **Cleone Grocery & Campground** (\$) 24400 N. Hwy 1, Cleone; 964-4589; **Green Acres Campground** (\$) 23600 N. Hwy 1, 964-1435; **Richochet Ridge Ranch** (\$\$-\$\$\$) 24201 N. Hwy 1, Cleone, 964-PONY (7669); **Westport Beach & RV Camping** (\$) 37700 Hwy. 1, Westport, 964-2964.



PACIFIC STAR WINERY

Blessed with a pioneer spirit, winemaker Sally Ottoson settled here from the Napa Valley to grow grapes and bottle her award winning vintages of Charbono, Petite Sirah, Barbera and the more familiar Zinfandel, Pinot Noir and Merlot. She and high school friend Robert Zimmer, who owns the fabulous Stevenswoods Lodge in Mendocino, greet guests to this rare setting and pour Pacific Star wines with the ocean's roar in the background. There is a picnic area, friendly cats, dogs and grazing sheep. The ridge lines of the Lost Coast are visible to the north. Sally and Robert live an

elegant, yet grounded life dictated by the laws of nature. Join them for a rare moment in your life when you can taste California wines made by the sea, served by true entrepreneurs who grew up here, moved away and returned to carve out their legacy on the edge of the Lost Coast.

\$\$\$ PACIFIC STAR WINERY 33000 N. Hwy 1, Fort Bragg, CA.
 Retail Sales, Tasting & Picnic Area Open Weekends (707) 964-1155

Route 1/Westport Mendocino Coast 137



LOST COAST INN

The Lost Coast Inn is a historic Victorian Bed & Breakfast (circa 1890) located on Highway 1 at Westport.



Guests can bask in fabulous 2nd floor and patio views of the rugged coastline in remote Westport, making the Lost Coast Inn a must see on your list of adventures for the Mendocino Coast. In the old-fashioned dining room a continental breakfast of fresh fruit, pastries, juice, herbal teas and fresh brewed coffee is served. Wines, micro brewed beer and espressos are served at the historic long bar. New to the Mendocino Coast are your charming innkeepers Jane and Keith Grier.

Upstairs are 4 comfortable rooms with private baths and ocean views. The inn can accommodate couples or groups of 12 people with rates for 2 from \$70 - \$90. The historic town of Westport once boasted 14 hotels and 17 saloons - now there is only one hotel saloon left - the Lost Coast Inn.

Keith points out the myriad of activities in the area including ocean kayaking, beach combing, horseback riding, hiking and bicycling, whale, wave, bird and star watching. Jane suggests you plan your group retreat or workshop here at the Lost Coast Inn. The setting is indeed conducive to high cerebral output or deep inner healing.

\$\$ LOST COAST INN Box 418, Hwy 1, dwntrn Westport, CA 95488
 Bed & Breakfast Wine, Beer and Espresso Bar Major credit cards ok.
 Email: info@lostcoastinn.com www.lostcoastinn.com (707) 964-5584



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WESTPORT COMMUNITY STORE A welcome site indeed, for those just descending or on their way to the Lost Coast. You can count on piping hot organic coffee and homemade deli sandwiches, organic produce, premium organic wines, cool drinks, gasoline and oil and reliable information 364 days of the year. Locals have experienced Westport winters and know this store is an important link for the community and tourists. Though the store is only 1,000 square feet, proprietress Marie Fostiak makes sure she has something for all appetites. The Cromagnon T-Rex can chomp down on a big one (ground beef, chicken or sausages) and devour a six pack of regular or micro-brewed beer, while the vegan-vegetarian can dance their way up the Lost Coast with fresh organic fruits, salads or shelf stable canned or freeze dried organic soups, vegetables, Indian food or "Thai TV dinners". The Westport Community Store has all of the necessary items you may need for your excursion up the north coast. Don't forget, it's the 1st store on Route 1 from Highway 101 at Leggett and the last stop for provisions if you+ are headed into the Lost Coast. This is a good stop to check gear, gas up and stock up on drinking water and few last minute provisions.

\$\$\$ WESTPORT COMMUNITY STORE *N. Coast Hwy 1, Westport, General Store, Gasoline, Water, Organic Food, Beer & Wine 964-2872*

WESTPORT MOTEL One of the warmest lodging facilities on the north coast. is Thelma and Otto March's Westport Motel. Tourists and residents sit and chat in the cozy dining room while enjoying delicious breakfast and the best Mochas on the Mendocino Coast. Thelma has been using Thanksgiving organic coffee for over 25 years. During the winter, guests can relax around the living room fire and on balmy summer days the outdoor patio proves perfect. The 6 comfortable rooms (\$48/2) provide tranquility and quiet except for the nearby roar of the Pacific and the wind whistling through the 'Westport Tree'. Guests from all over the world come to ply the coastline and end up here to enjoy the clean air, rolling pastures and beaches of Westport and the warm ambiance of the Westport Motel.

\$ WESTPORT MOTEL
Lodging and Restaurant

*Downtown Westport, Box 145,
Westport, CA 95488 (707) 964-5135*

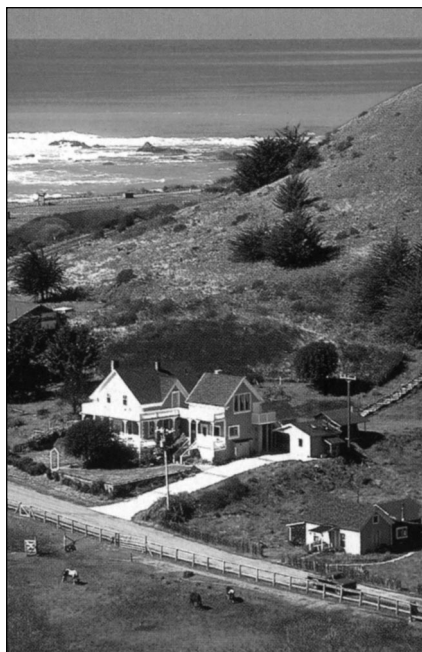
WESTPORT BEACH RV & CAMPGROUND A good headquarters to catch up on some fishing or watch the birds and the bees is Wages Creek Beach Campground just a 1/2 mile north of Westport. Here the rugged coastal scenery is at its finest and the entrance to the primordial Lost Coast is just a few more miles to the north. Bring the trailer or RV and a thrifty auxiliary vehicle and you're set for an extended stay (month to month occupancy is OK but there are no hook-ups). Though there are over 150 sites (hot showers & flush toilets), there is plenty of space for roaming this still remote part of America. Up to 4 generations gather for family reunions here. There is outstanding beachcombing, diving, surfing, and wading or swimming in the creek or ocean (please be careful of the treacherous currents and sleeper waves along this stretch of shoreline). Well behaved pets are OK and no vehicles are allowed on the beach (so bring your horse, but call first). Save gas...save energy, why pull your rig back and forth when the proprietors will store it on site for less than \$40 per month (you're only charged the regular rates when you are there, which is \$18/2 per night).

\$ WESTPORT BEACH RV & CAMPGROUND *37700 Hwy. 1, Westport, Oceanside Camping www.westportbeachrv.com 964-2964 Res.*

Route 1 / Westport Mendocino Coast 139

DE HAVEN VALLEY FARM

De Haven Valley Farm sits in splendid isolation by the sea, beyond the fog belt on the Mendocino Coast. Twenty acres of hills, meadows, streams and woods sloping down to the ocean feature a Victorian farmhouse built in the late 1800s, outlying cottages, and huge barn. Here horses, donkeys and goats gently forage over the fertile landscape. A farm breakfast and sincere hospitality comes with the 9 rooms (7 with private baths from \$94/2) and 2 cottages. The cottages have fireplaces, private baths, sitting rooms with wet bar, refrigerator and coffeemaker (from \$151/2). All rooms have mountain, meadow or ocean views. A hot tub on the hill features panoramic views. The restaurant offers to guests and other travellers innovative 5 course dinners, featuring homegrown vegetables and fresh herbs and spices. De Haven Valley Farm is a coastal inn that is definitely different.



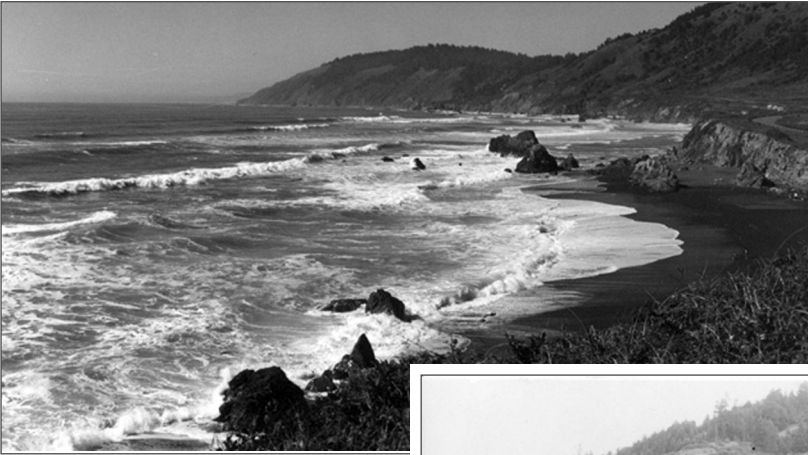
\$\$\$-\$\$\$ DE HAVEN VALLEY FARM 9247 N. Hwy. 1, Westport, CA
Bed, Breakfast/Dinners www.dehavenvalleyfarm.com 961-1660 Res. Nec.

WESTPORT—UNION LANDING STATE BEACH The Westport-Union Landing State Beach is the "last of the Mohicans." For hundreds of years these headlands were the sacred hunting ground of the Pomo Indians. They caught surf fish, rock fish; gathered abalone and mussels and foraged for medicinal plants and seaweed. In recent years camping was free here and loggers who worked the woods to the north and recreation vehicle families used to stay for months to fish and sleep under the stars. But 1987 marked an end to all this. Today's campers will find picnic tables, BBQ firepits, cold running drinking water and primitive outdoor toilets provided by the California State Park System for a \$25 overnight camping fee at one of 100 prepared campsites. Sorry, no showers, more improvements are planned and there is an informative resident ranger and there are evening campfire talks. The Westport Union Landing State Beach offers 2 miles of ocean front with grassy meadows dotted with wildflowers, steep unstable cliffs and sand and rock beaches. Stabilized foot trails and terraced redwood stairways lead down to the sea. If you tire of camping there are fine eateries to the south in Westport and Cleone and several bed & breakfast inns and vacation homes nearby.

\$ WESTPORT—UNION LANDING STATE BEACH

Oceanside Campground P.O. Box 440, Mendocino, CA 95460
 Reserve America at 1-800-444-PARK (707) 937-5804 Res. and Info.

140 Mendocino Coast Route 1/Westport



HOWARD CREEK RANCH

Howard Creek Ranch is located in a fabulous oceanside watershed bordering the Lost Coast, where Howard Creek greets the sea on a long sandy beach. Award winning flower gardens, accommodations crafted from virgin redwood milled right from the ranch, sumptuous full breakfasts, indoor & outdoor spas with hot and cold pools, sauna, an array of wildlife including mountain & sea birds makes this 60 acre ranch one of the ultimate vacation destinations for lovers, thinkers or those seeking to heal and alleviate stress.

Accommodations with ocean, creek and forest views, wood stoves, fireplaces, private baths, king and queen beds are combined with other amenities. Rates for two are from \$75-\$160. The ranch was first settled in 1867 and is an historic landmark furnished with various collectibles and antique artifacts. The 75 foot swinging bridge over the creek is a treat. Sally and Charles (Sonny) Grigg are seasoned innkeepers who truly understand the art of hospitality. With Howard Creek Ranch as your "home away from home" you can explore the shores of the Lost Coast just to the north, making this one of our favorite destinations for vacations that truly heal, inspire and transform.



\$\$\$ HOWARD CREEK RANCH P.O. Box 121, 40501 N. Hwy 1,
 Bed & Breakfast Ranch Major Credit Cards Westport, CA. 95488
 Fax: (707) 964-1603 (707) 964-6725 Reservations
 Email: howardcreekranch@mcn.org www.howardcreekranch.com

Route 1 / Westport Mendocino Coast 141

ANGELO COAST RANGE PRESERVE

Since 1950 the Nature Conservancy and its members have been working to safeguard some of our finest natural lands and the variety of life they shelter. "Why save the natural areas?", the Conservancy asks. For tomorrow we need the natural world and its products as possible future sources of food and medicine and to provide for an environmentally stable, livable earth. The natural land must be retained for the promise it holds for tomorrow. Land saving is life saving," the Conservancy answers.

The 8,000 acre Coast Range Preserve, situated on the free flowing South Fork of the Eel River, just north of Branscomb in Mendocino County, is located on the eastern edge of the North Coast redwood range. The preserve was established in 1959 by the Nature Conservancy and transferred to the University of California in 1994 and named after its founders, Heath and Marjorie Angelo. Today their grandson, Peter and his wife Trish caretaker this special corner bordering the Lost Coast. The preserves boundaries include a complex mosaic of natural associations. It is a pristine island

in an increasingly man-altered landscape which provides an unparalleled opportunity for study and enjoyment. Children and adults can enjoy nature walks and hikes in this unspoiled setting to discover and observe little seen species of plants, reptiles, birds and wildlife. Sorry no pets, no fishing, no firearms, radios or motorcycles; and no littering. Field trips by schools and natural history groups are encouraged and overnight accommodations are available for appropriate research or educational groups. Naturalists are available by appointment. Day Use: Most of the preserve is open to the public for study or general nature appreciation. There is no fee for using the preserve. Funds for management and maintenance of facilities come from donations. The entrance to Wilderness Lodge Road is located 9 1/2 miles east of Coast Hwy 1 on Branscomb Road. The lodge is another 4 miles north up Wilderness Lodge Road.

\$\$ HEATH & MARJORIE ANGELO COAST RANGE PRESERVE

42101 Wilderness Lodge Road, Branscomb, CA 95417; (707) 984-6653

