



find your bliss

WELLNESS YOUR WAY IN SANTA MARIA VALLEY

Think of what brings you joy, what helps you chill out. Are you imagining an evening where you're sipping wine and surrounded by friends? Perhaps going on a short hike with your pup is more your speed. Whatever kind of vacationer you are, there's a place for you here.

WELLNESS YOUR WAY

For the Coastal Sightseers

MAKE IT A BEACHIN' VACATION

Trade in the salt room at your local spa for a real salty breeze. Feel the sand exfoliate your feet as you walk down the [dunes](#) to the shoreline. You don't have to worry about your beach blanket getting stepped on—it'll feel like you've got the coast to yourself. [Explore 15 beaches within 30 miles.](#)

SAY HELLO TO YOUR NEWEST HOBBY: BIRDWATCHING

There are plenty of spots to go birdwatching in Santa Maria Valley because of its proximity to both the Pacific Ocean and oak woodland habitats. We're located within the [Pacific Flyway](#), the path that migrating birds follow along the coastline of the U.S. and Mexico. Find [places to perch](#) and get a glimpse at birds like the Western Snowy Plover, Least Tern, and Loggerhead Shrike.

MEDITATE WITH THE MONARCH BUTTERFLIES

Every year, from late October to February, thousands of butterflies cluster in the limbs of a grove of Eucalyptus trees along the California coast. Witness these natural beauties at the [Monarch Dunes Butterfly Habitat](#).

GET YOUR LUFFA STRAIGHT FROM THE SOURCE

You know that sponge you use to exfoliate your skin while bathing? Yeah, that—it was once an actual gourd growing on a flowering vine, just like squash and melons. In fact, The Luffa Farm is one of the few of its kind left in the U.S. [Take a free](#) tour Wednesday through Saturday from 10 AM to 4 PM and stock up.



@CALPOLY_ADMISSIONS



@CENTRALCOASTPIX



@THE_CALIFORNIST



WELLNESS YOUR WAY

For The Soul Food Seekers

DITCH THE CALORIE-COUNTING

Try the barbecue that is at the top of every California foodie's list. Leave the sticky mess of sauce behind. For 150 years, our tri-tip has been coated in a salt, pepper, and garlic salt mixture before being grilled over red oak. Bring on the meat sweats, and [get your hands on the original Santa Maria Style barbecue!](#)

WANT TO SPICE UP YOUR PALATE?

We have plenty of other delicious foods to try besides barbecue, including Italian, Mexican, and American. Some may call them charming pubs or farm-to-table cafes, but we'll just call them darn good places to eat. [Choose from dozens of restaurants.](#)

PICK YOUR OWN BERRIES

Santa Maria Valley is known for its produce, but especially its strawberries; 20 million trays are produced here every year. (Check your local grocery store—they might be grown in Santa Maria Valley.) [Find a U-Pick stand](#) from March to July, grab a bucket, and bring some fresh berries home!

FIND A FRESH SOUVENIR AT A FARMER'S MARKET

Get steps in and meet some of the farmers who produce your food. Throughout the year, you can visit one of the farmer's markets in Santa Maria Valley to purchase fruits, vegetables, local honey, baked goods, and more. [Learn more about our farmer's markets and see their hours of operation.](#)



@HITCHINGPOSTCASMALIA



@ROAMAROO



@MARCOS_CONTRERAS26

WELLNESS YOUR WAY

For the Slow Sippers



WE ONLY MAKE JUICE CLEANSSES WITH GRAPES (PSST... IT'S WINE)

Home to one of the world's most dynamic wine-growing regions on the northern perimeter of Santa Barbara County, Santa Maria Valley offers you incredible wine tasting experiences without breaking the bank. Check out the 16 wineries that are part of the [Foxen Canyon Wine Trail](#) solo, with friends and family, or as part of a romantic getaway.



@CHASEREYNOLDSEWALD

BEER YOGA? SAY LESS

Want to be the person who exercises on vacation? Here's the perfect opportunity. Get your stretches in while you sip on a non-alcoholic beer at Naughty Oak Brewing Co.'s Beer Yoga event! Bring a mat and a positive attitude. All levels are welcome. [See when the next session is.](#) (Your first drink is included with the admission cost!)



@NAUGHTY OAK BREWING CO.

FIND YOUR ZEN WITH MINDFUL MIXOLOGY

If you want to kick back with a cocktail in hand in Santa Maria Valley, check out [Guadalupe Social Club](#) and [Lark & Sparrow](#). Elevate your spirits and detox from life's latest drama as you fill up your glasses with liquid enlightenment.



@LARK_ANDSPARROW

HEAL YOUR GUT NATURALLY

Turns out, both coffee and tea are good for your microbiome! Jumpstart your gut health journey and your vacation at Dewlson Family Farm. Not only can you grab a bag of beans, but you can also peek behind the curtain on how they're grown while on an exclusive tasting tour. [Make a reservation on their site.](#)



WELLNESS YOUR WAY

For Those Who Can't Sit Still

GO OFF-ROADING AT OCEANO DUNES

If you believe the best therapy involves a roar of engines and a cloud of dust, Oceano Dunes is the place to be. Visitors to the area can rent OHVs—from four-wheelers to RZR's—at [Steve's ATV Rentals](#) in Pismo Beach. In addition to off-roading here, you can try surfing, swimming, surf fishing, horseback riding, and birdwatching—whatever helps you relax.

TAKE ON SANTA MARIA VALLEY WITH TWO WHEELS

One of the best ways to explore the Santa Maria Valley's miles of vineyards, stunning beaches, and vibrant culture is on a bike. Want a casual ride that leads you along our region's wineries? Cruise along the a forementioned [Foxen Canyon Wine Trail](#). Feeling more adventurous? Explore the [Orcutt Hill trail system](#).

PACK YOUR HIKING GEAR

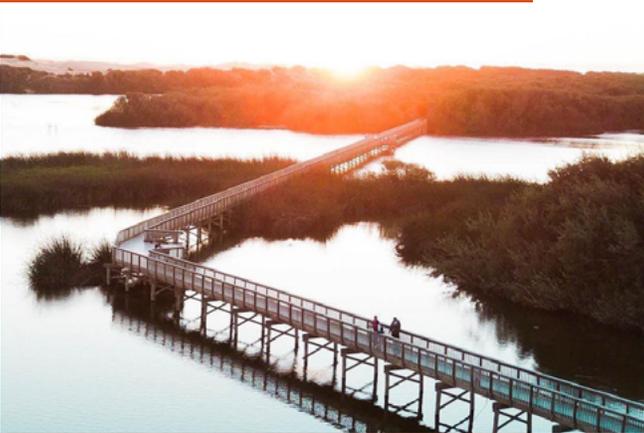
It's always hiking season here! Choose from one of 24 trails, which vary in distance and difficulty. Some personal faves include the [Oso Flaco Lake Trail](#) for an easy, 1.7-mile in-and-out jaunt and [Los Flores Park](#), where you can get lost in its 1,778 acres. [Peep our hiking map](#) and start getting excited.

TRY ENLIGHTENMENT IN THE SADDLE

No, we're not talking about the seat of your stationary bike this time. Swap your spin shoes for cowboy boots. Explore Santa Maria Valley on horseback, whether it's through the [Presqu'ile Winery vineyards](#) or [on the Oceano Dunes Preserve](#).



@BEACHSIDE_GEM



@SLOCAL



@SKOPEPHOTOGRAPHY

WELLNESS YOUR WAY

For Those Looking to Expand Their Minds



FLEX YOUR BRAIN MUSCLES

Think you're a walking encyclopedia of pop culture? Can you recite obscure historical events without breaking a sweat? Trivia Night will be the perfect workout for your brain! Join us at Naughty Oak Brewing Co. to show off your knowledge gains. [Check out our event calendar for more information.](#)



@MAURIZIO_NOODLES

INVEST IN THEATRICAL THERAPY

When you're on vacation, you only want the good kind of drama. With several theaters offering live performances year-round, you can enjoy just that! Check out comedies, musicals, and drama on the Central Coast stages for an evening of endless fun. [Peruse our events and catch a show.](#)



@PCPATHEATRE

ESCAPE TO THE OLD WEST COUNTRYSIDE

At Rancho San Julian's historic adobe, immerse yourself in the culinary arts with The Ranch Table's cooking class. Nestled in the serene landscape of rolling hills and orchards, this isn't just about finding your inner peace—it's about finding your inner chef. [Learn more.](#)



@BJGOLNICK