

## **Year-Round Travel Highlights at Wilbur Hot Springs in Williams, California Guest Chefs, Yoga Classes, Writing Workshops, Rate Discounts & More**

*A sanctuary for the self...*

For centuries, the natural hot mineral springs now known as Wilbur Hot Springs have drawn those seeking their powerful healing properties. Since long before the days of the stagecoach, the mineral hot springs resort has been a source of respite, retreat, and rejuvenation for weary travelers. Throughout time, all those who have come here have left feeling better than when they arrived — having warmed the body, eased the heart and replenished the soul.

*...In all the world, no waters like these.*

In addition to our world-renowned natural hot mineral springs, Wilbur offers yoga classes, guest-chef weekends, meditation workshops, and massage and chiropractic services. The 17-room historic hotel, built in 1915, is surrounded by an 1800-acre private nature preserve — considered a top destination for viewing California wildflowers (March through May), dragonflies, and birds.

**Native Plant Re-Vegetation Project Trade Opportunities:** Assist U.C. Davis range ecologist Craig Thomsen with restoring native plants to Wilbur. Five hours of work allows for an overnight stay in the group room with full use of all facilities. Contact Sarana Miller to find out more and to sign up for this unique trade opportunity at [sarana@mac.com](mailto:sarana@mac.com).

**Guest Chef Weekends:** While guests enjoy cooking their own meals in Wilbur's professionally equipped, spacious kitchen year round, Wilbur also offers several Guest Chef Weekends throughout the year. Using local organic produce, dairy, and fish or poultry, our accomplished guest chefs prepare inspiring, delicious, and healthy meals for Friday dinner through Sunday brunch. Fee: \$125, plus lodging. (*See next page for and sample menu.*) To view chef bios and a list of dates, go to [www.wilburhotsprings.com](http://www.wilburhotsprings.com).

**Yoga Retreats:** Internationally acclaimed yoga instructor **Thomas Fortel** has been teaching workshops at Wilbur for many years. Each spring, he leads a four-day Energy Yoga retreat (check [www.yogawiththomas.com](http://www.yogawiththomas.com) for dates). *Yoga* magazine featured-instructor **Sarana Miller** offers workshops and retreats at Wilbur throughout the year. Go to [www.saranayoga.com](http://www.saranayoga.com) for more information.

**Writing Seminars with Clive Matson:** Aspiring scribes are invited to discover their talents for creative writing while surrounded by the inspiring beauty of Wilbur Hot Springs. Matson offers simple exercises to honor the creative unconscious, tap the power of dreams, and teach basic skills. See [www.wilburhotsprings.com](http://www.wilburhotsprings.com) for details.

**Tibetan Bowls Meditation:** Jacqueline Lasahn offers meditation sittings accompanied by Tibetan bowls. FREE to Wilbur guests. Tarot consultations and sound healing services also available for a fee. Visit [www.astrospirit.com](http://www.astrospirit.com) for more info and dates.

**Special Room Rate Discounts:** Special discounts are offered throughout the year. Go to [www.wilburhotsprings.com](http://www.wilburhotsprings.com) for information on how to take advantage of current offers.

Wilbur Hot Springs \* *established 1865* \* Wilbur Springs, California 95987-9709  
530 473 2306 \* [www.wilburhotsprings.com](http://www.wilburhotsprings.com)

## **Wilbur Facts:**

**Fluminarium:** (n) a man-made Japanese-style wooden shade structure and deck area beside Sulphur Creek, where Wilbur Hot Springs guests enjoy the centuries-old custom of "Taking the Waters" in a series of rustic, tiled, natural mineral spring "flumes." The Fluminarium is clothing-optional.

**Flume:** (n) an open channel filled with water diverted from a river or stream.

**Wilbur is 100% "Off the Grid"** — powered entirely by solar panels and propane. The hotel uses low-wattage CFL bulbs, low-flow toilets, and eco-friendly cleaning products. Renovations and improvements are performed employing earth-conscious "green" building materials and practices.

**Room Rates:** Rates vary by type of accommodations. Private rooms begin at \$185 per night, double occupancy. The apartment – featuring private bath, kitchen, living and dining room – begins at \$289 per night double occupancy. The Bunk Room is priced at \$87 per person. Camping is \$59 per person, in season. Day use rate is \$47 and reservations are required. Special rates are also available for single occupancy (Monday through Thursday, excluding holidays), children and additional guests; please call for details.

*NOTE: These rates are current as of October 2008. Please visit [www.wilburhotsprings.com](http://www.wilburhotsprings.com) or call 530-473-2306 for the latest rates and information about seasonal specials.*

## **Guest Chef Weekend Sample Menu**

### **FRIDAY DINNER**

Local Organic Mixed Greens Salad, Ginger Glazed Ahi Tuna or Ginger Glazed Tempeh, Green Bamboo Rice, Local Organic Broccoli, and Organic Apple Upside Down Cake w/Maple Yogurt Cream

### **SATURDAY BREAKFAST**

Organic "Squeeze-your-own-oranges" Juice, Cage-free Scrambled Eggs w/ Fresh Herbs, Organic Oatmeal and Granola, Organic Yogurt, Fresh Fruit, Selection of Handcrafted Breads, and Organic Coffee and Tea Bar

### **SATURDAY LUNCH**

Local Organic Greens Salad w/ Heirloom Tomatoes, Smoked Salmon Spanikopita, Roasted Organic Butternut Squash Curry Soup, Selection of Handcrafted Breads, and Fresh Organic Herbal Iced Tea

### **SATURDAY DINNER**

Local Organic Greens Salad, Roasted Local Free-range Chicken in Porcini Mushroom & Zinfandel Wine Sauce, Torino-style Creamy Polenta, Local Organic Red Russian Kale, German Chocolate Mousse, and Fresh Organic Herbal Iced Tea

### **SUNDAY BRUNCH**

Organic "Squeeze-your-own-oranges" Juice, Eggs á la Wilbur: Poached Eggs on a Francesi Roll w/ Avocado and Sun Dried Tomato Pesto Sauce, Local and Imported Fine Cheeses Platter, Local Organic Heirloom Tomatoes and Fresh Mozzarella Platter, Exotic Fresh Fruit Platter, Organic Oatmeal and Granola / Organic Yogurt / Fresh Fruit, Selection of Handcrafted Breads, and Organic Coffee and Tea Bar

**Web links to information about surrounding area activities:**

Cache Creek and Highway 16 area info:  
<http://www.blm.gov/ca/ukiah/cacheecreek.html>  
[http://www.calwild.org/campaigns/cwhc\\_act/cache.php](http://www.calwild.org/campaigns/cwhc_act/cache.php)

Rafting:  
<http://www.cacreeks.com/cache.htm>

Full Belly Farm:  
<http://www.fullbellyfarm.com/>

Hoes Down Festival:  
<http://www.hoesdown.org/>

Capay Valley Almond Festival:  
[http://www.espartochamber.org/almond\\_festival.html](http://www.espartochamber.org/almond_festival.html)

West Valley Alpaca Farm:  
<http://www.westvalleyalpacas.com/>

Cache Creek Lavender Farm:  
<http://www.cachecreeklavender.com/>

Cache Creek Conservancy:  
<http://www.cachecreekconservancy.org/>

Capay Valley Bed and Breakfast:  
<http://www.capayvalleybandb.com>

Rumsay Canyon Inn:  
<http://www.rumseycanyoninn.com/>

Cache Creek Casino Resort:  
<http://www.cachecreek.com/>

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**WILBUR HOT SPRINGS WEBSITE: [www.wilburhotsprings.com](http://www.wilburhotsprings.com)**

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