

Vino Ventures

Cheese and chocolate pair nicely with wine country—but how about zip-lining, pool lounging or cycling? We've rounded up a few ways to uncork some adventure on your next trip to the vineyards.



Zippity Yee Haw

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Yip, yodel, yell—you won't believe how high-pitched your excitement can get as you zip through redwood and Douglas tree-tops in Sonoma. There's no need to go to Costa Rica for zip-lining thrill: [Sonoma Canopy Tours](#) has brought the popular eco-tourism adventure to wine country. Groups are kept small. Gear up with a specially designed 2-piece harness and gain some confidence with a first zip that's like a bunny hill. Then get ready to add some zip to your zippering. Over the course of two hours, you'll whiz and whoop across seven zip-lines—one as long as 800 feet (that's 30 seconds of "Wheeee!") Stand on a tiny platform 100 feet up, swaying with the movement of the tree, is almost as much of a rush as flying through the forest like Tarzan. But the excitement doesn't stop with the zippering: you also corkscrew up a redwood tree via a spiral staircase and cross wooden suspension bridges. Remember: what goes up must come down. And the only way down is an 80-foot rappel to the forest floor. Zippity do!

TIP: Post-zip, stop for a wine tasting at nearby [Freestone Vineyards](#). Take a seat on their outdoor patio and enjoy pour their biodynamic pinots and chardonnays.

[Sonoma Canopy Tours](#), 6250 Bohemian Hwy., Occidental; 849-494-7868. The weekend rate for an adult zip-line tour is \$89 (on weekdays). Weekend tours fill up quickly and a reservation is recommended. Freestone Vineyards is located at the intersection of Bohemian Hwy. and Bodega Hwy., about 3 miles south of Occidental.

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