

Hikes Plus Brunch

What's better than a hike in the green hills? A hike in the green hills, followed by fresh sticky buns or warm apple turnovers!

Petaluma's Helen Putnam Regional Park



A grand outing

Explore the 155-acre **Healdsburg Ridge Open Space Preserve**, then make your way to the **Montage Healdsburg** via a short connector trail for brunch at **Hazel Hill**, complete with a show-stopping dessert display. [100 Montage Way, Healdsburg. 707-979-9000, montagehealdsburg.com](https://www.montagehealdsburg.com)

Climb for cupcakes

The Panorama Trail at **Helen Putnam Regional Park** involves a rather steep climb; for a gentler stroll, opt for the paved **Ridge Trail**. But make your first steps of the day to nearby **Della Fattoria** to grab all the butter-laden pastries, cupcakes, éclairs, and tarts you can carry. [143 Petaluma Blvd. N., Petaluma. 707-763-0161, dellafattoria.com](https://www.dellafattoria.com)

Birds & brunch

Admire the regal herons and egrets at the **Laguna de Santa Rosa**, then swing by the **Youth Annex** at the **Sebastopol Community Center**, where a colony of cliff swallows nests each spring. After, the Belly & Jelly sandwich from **The Farmer's Wife** at The Barlow delivers gooey bliss, with cheddar, blue cheese, bacon, jam, and honey. [6760 McKinley Street, Sebastopol. 707-827-3306, thefarmerswifesonoma.com](https://www.thefarmerswifesonoma.com)

Seaside treats

Pick up warm sticky buns from **Twofish Baking** at **Stewart's Point Store**, then head to **Black Point Beach** to enjoy the buttery, caramel delights with an ocean view. [Buy extras. You'll thank us later.] [32000 Highway 1, Stewarts Point \[707\] 785-2011, twofishbaking.com](https://www.twofishbaking.com)

French flair

Tempt your friends with flaky croissants, tarts, and melt-in-your-mouth macarons from **Les Pascals** patisserie in Glen Ellen before meandering through **Sonoma Valley Regional Park**. Tables along the paved **Valley of the Moon Trail** make picnicking easy. [13758 Arnold Drive, Glen Ellen. 707-934-8378, lespascals.com](https://www.lespascals.com)

Mimosa motivation

Take in the panoramic views from the **Sonoma Overlook Trail**, then toast your efforts with a mango mimosa or a creamy chai latte in the garden at **Sunflower Caffé**. [421 First St. W., Sonoma. 707-996-6645, somomasunflower.com](https://www.sonomasunflower.com)

An apple fix

A hot apple turnover (topped with vanilla ice cream, of course!) at **Willow Wood Market Café** tastes even sweeter after catching a fragrant whiff of the busy apple mills along the **West County Regional Trail** in Graton. [9020 Graton Rd., Graton. 707-823-0233, willowwoodgraton.com](https://www.willowwoodgraton.com)

Stacks of sweetness

Savor the banana caramel French toast topped with whipped cream at **Pepper's Cafe**, then earn every bite trekking along the more than three miles of trails at **Crane Creek Regional Park**. [1451 Southwest Blvd., Rohnert Park. 707-664-5601](https://www.cranecreekregionalpark.com) 📍

-Dana Rebmann