

Thursday, April 1, 1982

# California

## There's something for everyone there



**Iris Jones**  
contributing  
travel editor

### Mt. Everest, anyone? Here's your chance

Travelers start getting restless at the first sign of spring. The snow melts, and we immediately begin to think about climbing unclimbable mountains, rafting wild and scenic rivers and flying away to exotic places.

Brochures from Mountain Travel are just what we need to launch us into adventure travel. They have announced the first Mountain Medicine Trek for May 18 to June 10. It will be led by Dr. Richard Johns, a Yale medical school graduate and currently a resident in neurosurgery at the University of Washington.

The trek is for people interested in wilderness medicine and high-altitude physiology. The group will fly from Kathmandu, the capital of Nepal, to a 9,000-foot-high mountain airstrip and then trek for 18 days to the Everest Base Camp.

On the way, they will visit Sherpa villages, Buddhist monasteries and a small field hospital established by Sir Edmund Hillary.

The second Mountain Medicine Trek will be led Oct. 10 to Nov. 6 by Peter Hackett, who has spent many years studying high-altitude physiology in Nepal and has authored a book called "Mountain Sickness: Prevention, Recognition and Treatment."

For more information on this exotic, specialized travel adventure, send \$2 for a copy of the 72-page 1982 Mountain Travel catalog, complete with maps and itineraries, to Mountain Travel, 1338 Solano Ave., Albany, CA 94706.

If you'd like something just as strenuous and exotic, but not as specialized, you might be interested in one of the first off-the-beaten-path trips offered in China.

Mountain Travel fields the first treks to China in 1980 with its trips to Mt. Minya Konka (24,950 feet) in Sichuan Province. In 1981, they were the first westerners to explore the Anymagen Mountains in Qinghai Province.

This year, they will explore the northern side of K2, which, at 28,740 feet, is the second highest mountain in the world. It is part of the Himalayas of the Chinese Karakorum. No American has ever been there.

For an Adventure in China brochure, contact Mountain Travel at the same address given above.

**THE NATIONAL** Audubon Society is offering adventure travel at a much more moderate speed: one- and two-week summer vacations in some of the wildest and best-preserved parts of Maine, Wisconsin, Wyoming and Connecticut.

You can discover the wilderness, enjoy daily field trips and informal classes and generally enjoy nature. Meals are served family style. Accommodations are simple but comfortable.

Small groups of adults work together to learn about plants, birds, weather, rocks or nature photography from Audubon naturalists. Optional activities include swimming, rock climbing, fishing, canoeing and just plain loafing.

It costs \$575 per person for two-week sessions in a wildlife sanctuary and nature center in Greenwich, Conn., or \$320 for one-week sessions in the north woods of Wisconsin or the Wind River Mountains of Wyoming. Sessions are from June 20 to Aug. 20. Contact Audubon Camps, 4150 Darley St., Boulder, CO 80303.

Mary Augusta Rodgers of Birmingham is a freelance writer who publishes regularly in magazines such as *Woman's Day* and *Gourmet*. In this article, she gives us a personal account of places explored during a recent trip to California.

By Mary Augusta Rodgers  
special writer

**T**HIS IS an account of a brief and hastily planned trip to California, and the wonderful variety we encountered — in scenery and places to stay — without really trying.

Our first stop was Los Angeles, where we stayed at the Century Plaza Hotel, one of the Westin chain; it's big, standard, full of conventions, comfortable and pleasant. Outside, there's a small plaza with flowers, a fountain and flags, and, across the street, a mall with theaters, shops and restaurants.

We liked Harry's Bar, a replica of the famous place with the same name in Florence, Italy, and recommended the Beefsteak Harry's, or Breast of Chicken "Take It Off." One block north, there's another shopping center, with stores like Bullock's and I. Magnin's.

**THE STREET** itself is wide, lined with palms and eucalyptus trees, and named The Avenue of the Stars.

Walk south, past Galaxy Way to Pico Boulevard, turn right and you will soon see a gate marked Twentieth Century Fox and, beyond the fence, outlines of movie sets, the rooftops of Paris, New York tenements, a New England chapel, a western stagecoach stop.

Turn left on Motor Avenue, and there's a public golf course and a one-mile jogging track with 18 exercise stops. Something for everybody, as the saying goes.

The next day, we left for Santa Barbara, about a two-hour drive north. Holiday House (it's said that the song "Ebbtide" was written here) and the Cliff House, both in Malibu, are good places for lunch, with splendid views; they've been used as background in so many movies and TV shows that, if you go to one and feel you've seen the place before, you're probably right.

In Santa Barbara, we stayed at the Bath Street Inn, an 1873 Victorian House that's been completely redone to offer bed and breakfast accommodations. It's on a quiet residential street, not far from downtown Santa Barbara, and bicycles are available without charge. Depending on the weather, guests can have their breakfast by the parlor fireplace, in the cozy kitchen, or outside in the garden.

**SANTA BARBARA** is lush and lovely, the site of great estates and gardens, much Spanish-style architecture and the world's longest traffic light (a full four minutes) at the intersection of State Street and Highway 101.

The two best restaurants, we were told, are Norbert's and Penelope's. The University of California's Santa Barbara campus is actually in Goleta, which also has beautiful beaches, gorgeous young people who spend a lot of their time wind surfing, and a hillside avocado ranch that looks like the Garden of Eden.

One restaurant is called the Elegant Farmer, and another, Hobey Baker's, is reputed to have the best salad bar in town. (The real Hobey Baker was a famous hockey and football star of Princeton, class of 1914, who was killed

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in a plane crash at the end of World War I.)

The third day, we drove north toward Big Sur, stopping in San Luis Obispo for lunch at the Cafe Roma. It's a cheerful crowded and appealing place with an Italian menu — the most popular place in town, a young couple at the next table told us. (They were celebrating the birth of their second child and had the three-day-old baby with them.)

Soon afterwards, the road turned mountainous, with some stomach-lightening turns, and the scenery spectacular. Dark clouds lifted, and the weather was suddenly sunny and warm when we arrived at Ventana, a great getaway-from-it-all place about 30 miles from Carmel.

**IT'S HARD** to imagine a more beautiful location, in the foothills of the Santa Lucia mountains, with the jagged rocks and pounding surf of the Big Sur coastline not far away.

There's a cluster of redwood buildings which contain the reception room — dominated by a huge stone fireplace — and 40 guest bedrooms end in cool, clear colors, with contemporary furniture, Franklin stoves, framed art posters and big, glossy plants. The restaurant is a short walk away, along a winding private road; nearby, there's a heated swimming pool and Japanese hot tubs where, as the desk clerk explained, "dress is optional."

It's a hard place to leave. A long walk along the beach the next morning, and then it was time for lunch at Nepenthe, a restaurant perched on a cliff overlooking the ocean.

The view from the terrace, where you sit at long communal tables, is irresistible, and the people-watching possibilities aren't bad, either.

**WE HAD THE** cheese and fruit plate with a can of wine, and the temptation was just to stay there forever, basking in the sun.

So we were late and arrived in San



Francisco during the worst of the rush hour traffic, but it was worth it — especially the last stop at Point Lobos to see the sea lions. (No whales in sight that day, though.)

We stayed in a small hotel in a good location, the Beresford, which has small but comfortable rooms at bargain rates.

Friends who live in town took us to dinner at Adolph's on Vallejo Street, where we had a delicious dinner. A creation of chicken and veal, with cheese,

artichokes, mushrooms and a herb-flavored sauce is one of the specialties here. (There are enough small, excellent, not-well-known restaurants in San Francisco to drive visitors crazy, and Adolph's is one of them.)

**WE SPENT** our last two days in Berkeley and stayed at Grandma's, a bed and breakfast inn we'd visited before. It's as charming as ever, and often filled to capacity, so we were glad to know that the owners have recently opened a new place, near the U-C campus; it's handsomely done in the modern European style, and called the French Hotel.

One restaurant in Berkeley, the Fourth Street Grill, deserves special mention; it's a bright, unpretentious place, very popular locally, and with good reason.

There's a Creole flavor in some of the selections: a good gumbo z'herbes, and a mufaletta sandwich.

Jagged rocks end pounding surf make up the Big Sur coastline.

Photos by  
William Schoen

Here's where to contact the places mentioned:

The Century Plaza, 2025 Avenue of the Stars, Los Angeles, CA 90067, (800) 228-3000.

The Bath Street Inn, 1720 Bath St., Santa Barbara, CA 93101, (805) 682-9680.

Ventana, Big Sur, CA 93920, (408) 667-2331.

Beresford Hotel, 638 Sutter St., San Francisco, CA 94102, (415) 673-9900.

Grandma's, 2740 Telegraph Ave., Berkeley, CA 94705, (415) 549-2145.

The French Hotel, 1538 Shattuck Ave., Berkeley, CA 94709, (415) 549-9930.

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