

How to recover after BottleRock 2022

Jess Lander | May 28, 2022 Updated: May 30, 2022, 12:06 am

The producers of BottleRock Napa Valley knew what they were doing when they scheduled the festival over a holiday weekend. Returning to work the day after the wild festivities under Napa's hot sun would be brutal.

While most people plan to fire up their barbecues, Memorial Day offers Wine County festivalgoers a necessary recovery day. If you're staying in Napa Valley after the three-day festival wraps up on Monday, May 30, check out these revitalizing spas, pools, hot springs and healthy dining options. Plus, there's always more wine.

Hair of the dog

Catching all the musical acts and Culinary Stage craziness at BottleRock doesn't leave much free time for wine tasting at Napa Valley's renowned estates, but a flight of Cabernet could be just what your body needs to push through the long weekend's hangover. Given that it's a holiday, many wineries are probably already booked up, so make your reservations as soon as possible. (Tock is a great way to search for openings.)

As of this writing, Memorial Day reservations were available at Ashes & Diamonds (splurge for the family-style lunch pairing); Baldacci Family Vineyards, where tastings in its newly renovated salon cost \$75; and the serene Oasis by Hoopes Vineyard, where guests can visit an animal rescue farm featuring pygmy goats, pigs, chickens and donkeys, one of which is cleverly named Jack E. O'Asses.