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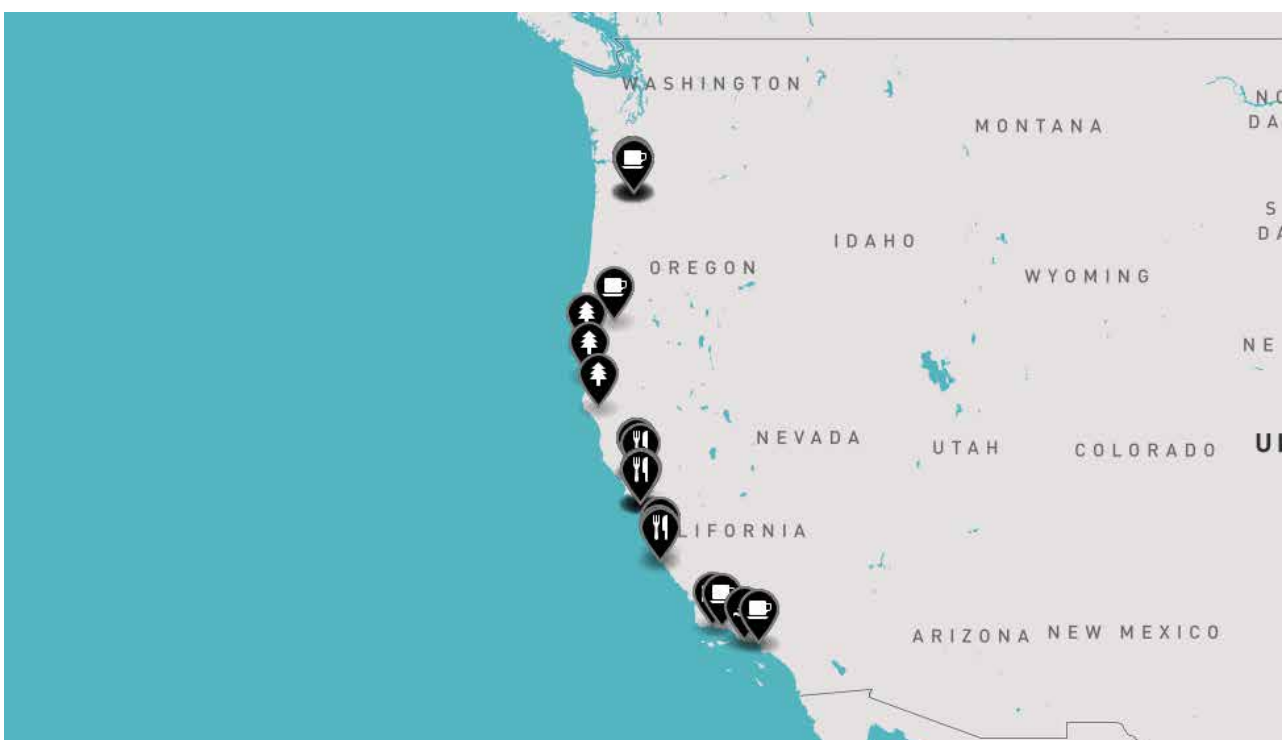
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24 HOURS IN

US West Coast Hot Spots

BY TATJANA PRONATH & MATZE KERN

Adventurers | Music lovers | Visionaries



OUR PERFECT 24 HOURS IN US WEST COAST HOT SPOTS

This is not your typical 24-hour guide, because we're taking you on a journey from Portland to L.A., and it will take you at least 14 days to experience and appreciate all the amazing places that will cross your path – you could easily fill 24 hours in every town or city mentioned here. All the tips were recommended to us by locals.

So here we are, on the road, out in the open, free, wild and eager to make the most of the next two weeks – let's go!

The city of Portland is in the special position of being on the rise, without most people having realised that yet. Everything is very cool and hip, but the city's inhabitants are still down-to-earth and super friendly. We are just blown away by the people's authentic warmth. Portland, please keep your amazing attitude!

Due to our being jet-lagged we are wide awake every morning around 6 AM, but that only means we have more of the day. We head to **Locale** for our first cup of coffee to go, then we slowly stroll down the street until we reach **Sweedeedee** where we're having a sumptuous and colourful breakfast. No matter what you go for, be it the heart attack version with bacon and maple syrup or the fitness booster with granola and orange juice, it is all delicious! Another sweet breakfast spot is the **Roman Candle**, where you have to go for the avocado toast, and afterwards a second coffee at **Dapper & Wise**, a coffee place which is definitely inspired by Scandinavian design and friendliness.

Portland is a great place to go shopping and so we head downtown. After grabbing ourselves some cold pressed juice at **Kure juice bar**, we make our way to the **Union Way** which is a very stylish little shopping alley with cool menswear and leather goods stores. **Tanner Goods** in Northeast Portland on Albina Street is a rad store for stylish men, too. Just across the street from Union Way is **Powell's Books**, the world's largest bookstore. This is true heaven for bookworms. We go in and lose ourselves, browsing through book after book, without realising a few hours have gone by. It's amazing! When we get out it's already dark and time for dinner. We drive straight to **Radar**, which is located in the Northeast and is a fantastic restaurant to round off a perfect day in Portland. We sit at the bar, watch the chefs prepare our main courses and enjoy some oysters as a starter (we've earned them).

The start of our US West Coast road trip could not have been better and after a few exciting days in Oregon's economic centre, we hop into the rental car and head South. California calling, baby! **Grants Pass** is the last sleepy little town in Oregon before we enter California. We stop for coffee at **Rogue Roaster** to help us keep our eyes open and on the road after a long day of driving. From Grants Pass to Crescent City, our first stop in the sunny state, it takes us about one hour of driving through lush forest, until we suddenly find ourselves at the coast. We take a short break at the viewpoint **Point St. George**, where we're amazed by the wild beauty of the Pacific Ocean at our feet. Listening to our road trip playlist, we proceed on the Route 101, the Redwood Highway, which meanders along the coast and darts between breathtakingly beautiful redwood trees. Once in a while we stop to marvel at these giants. So impressive!

For one night we stay at the cutest Airbnb, in the charming little coastal town of **Trinidad**, and are back on the road, more specifically on **The Avenue of the Giants**, the next morning.

Next stop: Calistoga, Napa Valley. The so-called wine country is definitely out of the ordinary and one of the wealthiest areas in the USA. It kind of reminds us of Tuscany in Italy. There are vineyards everywhere, like everywhere! For two days we stay with a friend who is establishing his own wine brand, the fabulous Lola wines, and who shows and explains this special valley in California to us. We have breakfast at **Café Sarafornia** and coffee at **Calistoga Roastery**, then go shopping at the **Men's Supply Store** (sounds weird, but this is an awesome store for guys and for whatever adventures they have in mind). The highlights of our Calistoga stay are a fancy dinner at **Johnny's Restaurant and Bar**, the visit to the **Inglennook wine estate** and the hike of the **Oat Hill Mine Trail**.

Chilling in the countryside and drinking wine all day long is fantastic, but by now we're hungry for big city lights again. Off to San Francisco!

As we're staying in the Mission district, we have a hearty breakfast at **Wise Sons** in the morning, enjoying one of their famous pastrami sandwiches. In case you feel like a bit of a healthier start to the day, head to **Yoga to the People** or to **The Battery**. The latter is actually a members club, but if you book a room there you can enjoy all the privileges members have. Or you can just pop in and join a yoga class at their beautiful gym.

A must-do in San Francisco (maybe a little touristy, but oh well) is taking a bike ride over the Golden Gate Bridge and going back to town by ferry, passing the island of Alcatraz. Rent your bikes at **City Rides Rentals** on Linden Street – they do an awesome job – and when you get back, you can reward yourself with a cool beer at the vibey bar **Brass Tacks** just across the street. When we can feel our stomachs rumbling we make our way to **Two Sisters Bar and Books**, which is the tiniest little bar and the best place to indulge in delicious red wine (order the Zinfandel!) and cheese. Saturday nights are well spent at **Amnesia**, a pretty random-looking bar from the outside, but don't let that put you off: they host great live bands which make up for the looks a hundred times over. Just across the street you will find **Loló** which is hands down the best Mexican place we have ever been to. We just love the atmosphere, the interior design and most of all the lovingly prepared food there!

Between San Francisco and Big Sur we spend two nights at the beautiful **Bernardus Lodge**, in the charming Carmel Valley.

Cruising along the coast through Big Sur leaves us awestruck in the face of the incredible nature scenery. This is something you have to see with your own eyes, or else you won't believe it actually exists. Take a break from driving and just enjoy the view at **Nepenthe**. It is a touristy place but has the best view and some pretty decent snacks, too.

The last night before we enter Los Angeles, the last stop on our trip, we stay at **El Capitan Canyon** near Santa Barbara. Here you can book pretty-looking tents and rustic cabins, which are actually a perfect place to stay for a couple of nights with a bunch of friends and have a barbecue every evening at your private fireplace. We'll be doing this next time for sure!

We're reaching the last leg of this incredible journey and we're celebrating the beginning of the end with a delicious, homemade muffin and a vitalising juice at the **Daily Grind** in Santa Barbara. Before we enter the city, Matze jumps into the water with his board at the **County Line Beach**, a popular surf spot in Malibu. The Californian coast is all about surfing anyways, it's a lifestyle here. Especially Malibu is known for its lineup of one fine spot after the other. Nearby you'll find the beautiful slightly more hidden **Kai Secret Beach**.

Our last days in L.A. are – like almost every other day on our journey – dedicated to food and drink. Look out for the upcoming L.A travel guide by the band The Great Escape, coming in January. These guys will awaken your wanderlust for this exciting city, most assuredly.

We wrap up our trip sitting at **Toms** or **Intelligentsia** in Venice. It's almost time to go home now, but we can safely say: this has been a lifetime experience filled with countless moments of joy.

There is so much the US West Coast has to offer, go and check it out for yourself!

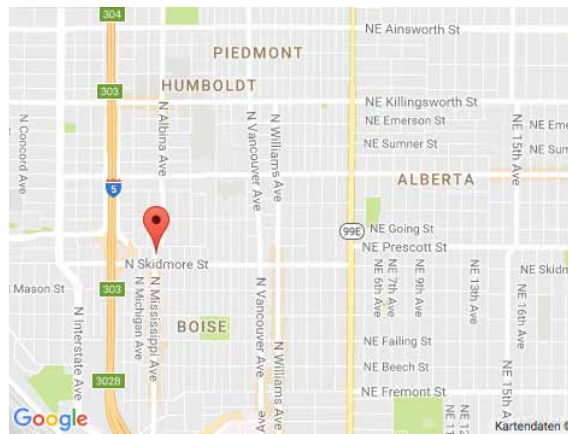
*Enjoy exploring,
Tatjana & Matze*

LOCALE

CAFÉ

4330 N Mississippi Ave, Portland, Oregon, USA
www.localepdx.com

A small and welcoming café where the friendly staff serve great avocado toast and almond milk cappuccino.

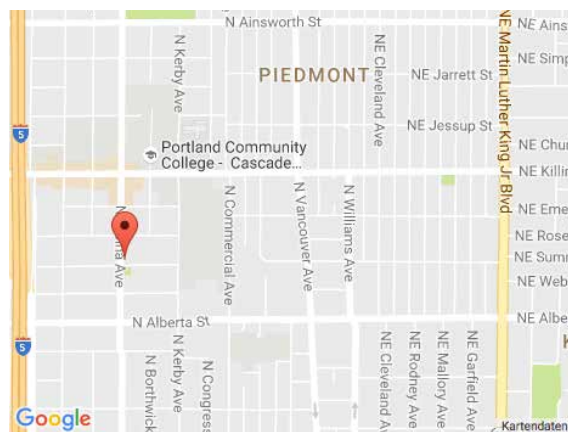


SWEDEEDEE

CAFÉ

5202 N Albina Ave, Portland, Oregon, USA
www.sweeedeedee.com

A wonderful breakfast place where it's worth waiting a little while for a table. Everything that comes out of the kitchen looks delicious, especially the 'bakers breakfast'!



ROMAN CANDLE

CAFÉ

3377 SE Division St, Portland, Oregon, USA
www.romancandlebaking.com

Sit down at the massive community table where you can chat with others, read a book and have a coffee or just watch the guys putter around in the open kitchen and bakery.



DAPPER & WISE

CAFÉ

3158 SE Division St, Portland, Oregon, USA
www.dapperandwise.com

Definitely stop by this coffee place, even if it's only to meet the awesome people working here. The café's design is a very stylish mix of Scandinavian coolness and Portlandian originality.



KURE JUICE BAR

CAFÉ

408 SW 12th Ave, Portland, Oregon, USA

www.kurejuicebar.com

Need a vitamin boost? Get yourself a delicious pressed juice and other healthy stuff at the Kure juice bar.



UNION WAY

SHOP

1022 W Burnside St, Portland, Oregon, USA

This small shopping alley only has a few stores, which are all fantastic though, especially for menswear and leather goods.



TANNER GOODS

SHOP

4719 N Albina Ave, Portland, Oregon, USA

www.tannergoods.com

This store has everything the fashionable man longs for. Good quality, hip styles. Moreover, they sell the super cool brand Pendleton which we love!



POWELL'S CITY OF BOOKS

SHOP

1005 W Burnside St, Portland, Oregon, USA

www.powells.com

They literally carry every genre of literature imaginable. One can spend hours in here, just browsing through the book shelves. It's magical!

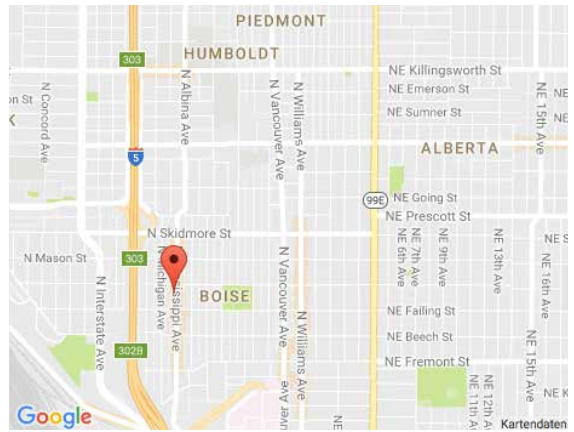


RADAR

RESTAURANT

3951 N Mississippi Ave, Portland, Oregon, USA
www.radarpdx.com

Ask for a seat at the bar so you can watch the chefs prepare all the fantastic delicacies on the menu. Not only the food but also the service is excellent!

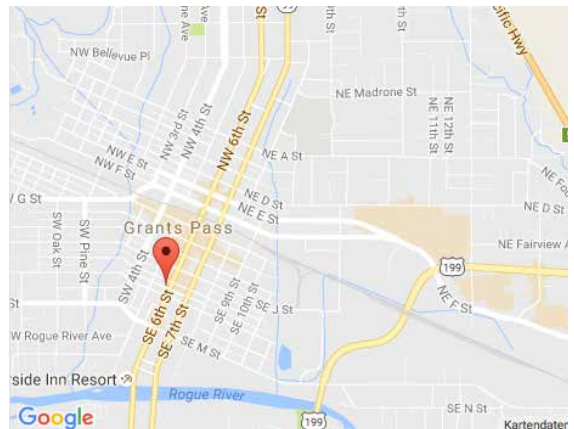


ROGUE ROASTER

CAFÉ

610 SW 6th St, Grants Pass, Oregon, USA
www.rogueroasters.com

Before you continue on your journey, grab an organic micro-roasted coffee at this charming place.



POINT ST. GEORGE

ESCAPE

Point St George, Crescent City, California, USA

This is what you were waiting for: endless vistas of nothing but the Pacific Ocean and the Lost Coast of California. Feel the sun on your face, the wind in your hair and the joy of being alive!



TRINIDAD

ESCAPE

Trinidad, California, USA

Trinidad is a cute, little coastal town and perfect for discovering the surrounding incredibly beautiful redwood forests.



THE AVENUE OF THE GIANTS

ESCAPE

Avenue of the Giants, Myers Flat, California, USA

Try to avoid the highway and drive along the Avenue of the Giants. One feels curiously at peace, surrounded by the ancient, gargantuan redwoods.



CAFÉ SARAFORNIA

RESTAURANT

1413 Lincoln Ave, Calistoga, California, USA

www.cafesarafornia.com

Sit outside and watch the joyous hustle and bustle of this townlet while enjoying a nice, filling breakfast.



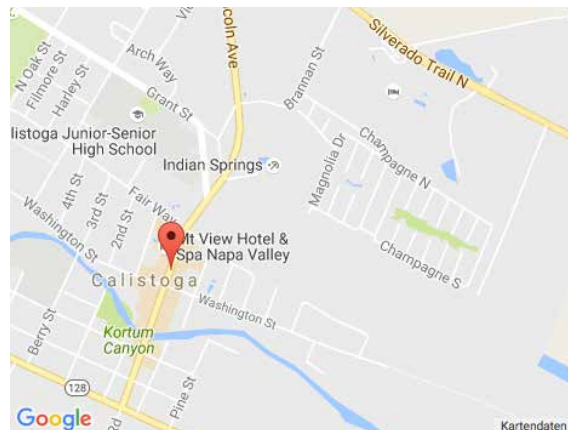
CALISTOGA ROASTERY

CAFÉ

1426 Lincoln Ave, Calistoga, California, USA

www.calistogaroastery.com

Before you carry on exploring Napa Valley and its thousand vineyards, have some coffee across the street from Café Sarafornia.



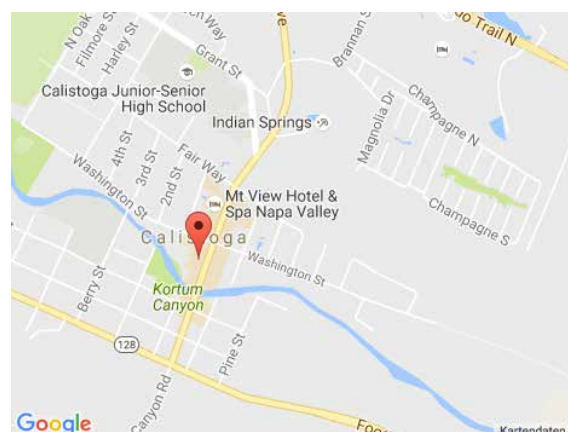
MEN'S SUPPLY STORE

SHOP

1343 Lincoln Ave, Calistoga, California, USA

www.amanssupply.com

At first sight this store may look a bit dark and stuffy, but take a closer look and you will find a great assortment of high-quality menswear and accessories. Guys, this is your chance to get the overall adventurer look (you can even buy a canoe)!

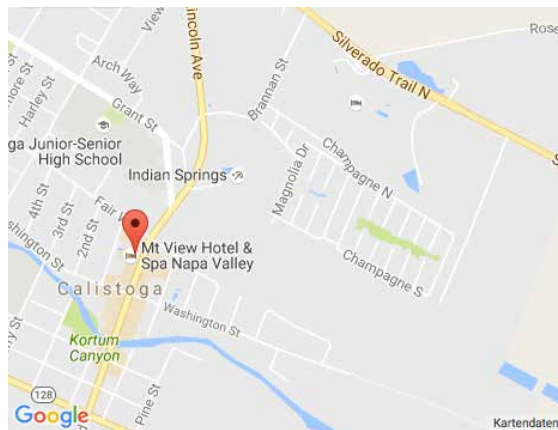


JOHNNY'S RESTAURANT AND BAR

RESTAURANT

1457 Lincoln Ave, Calistoga, California, USA
www.johnnyscalistoga.com

Sit by the bar and watch the skilled staff prepare delicious cheese, charcuterie and oysters. Fancy food in a laid-back atmosphere.

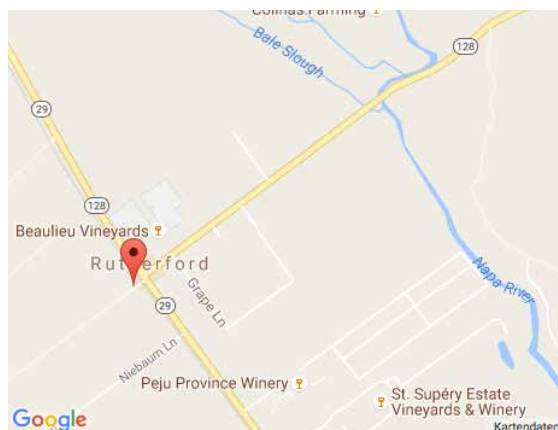


INGLENOOK

RESTAURANT

1991 St Helena Hwy, Rutherford, California, USA
www.inglenook.com

This wine estate is one of the most beautiful ones in the entire area. Get there early (they close at 5 PM), walk around the magnificent property and have a glass of wine!

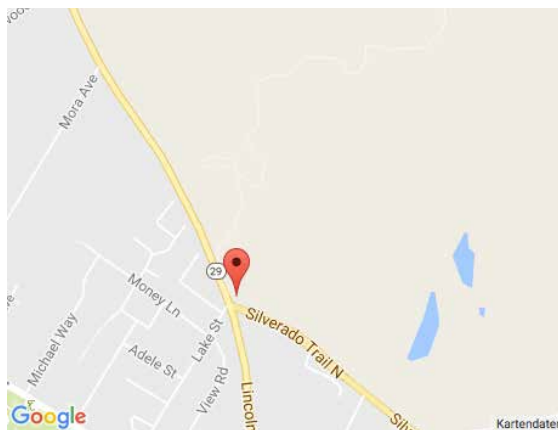


OAT HILL MINE TRAIL

ESCAPES

Oat Hill Mine Trailhead, Oat Hill Mine Road, Calistoga, California, USA

Up for a little hike? The Oat Hill Mine Trail is perfect – you can go for a quick workout or keep going forever. Your reward is a stunning view over Calistoga and the neighbouring areas.

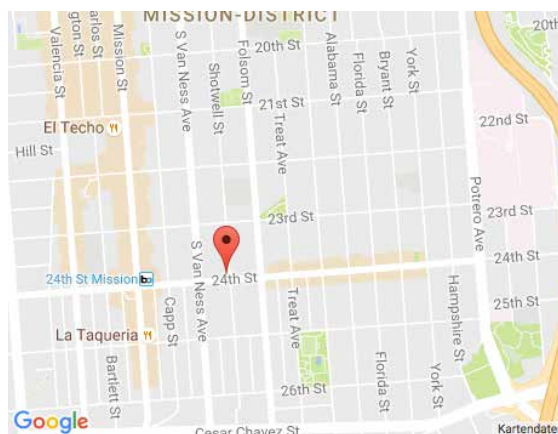


WISE SONS

CAFÉ

3150 24th Street, San Francisco, California, USA
www.wisesonsdeli.com

This place is all you could want when you wake up a little bit hungover. They are famous for their pastrami dishes but everything else is great as well!

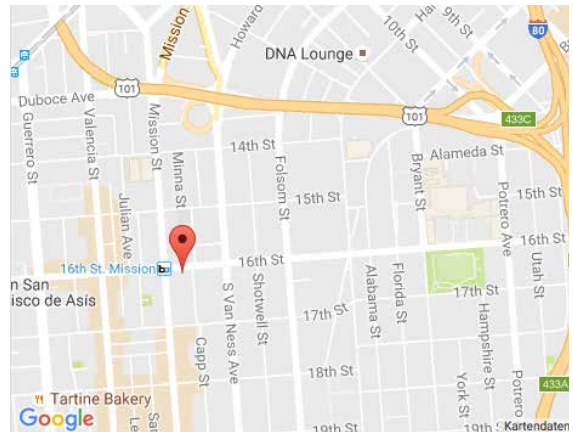


YOGA TO THE PEOPLE

FITNESS & HEALTH

2973 16th Street, San Francisco, California, USA
www.yogatothepeople.com

The studio is all the way up on the 5th floor with an amazing view over the San Francisco skyline. You can decide how much you pay for the lesson, mats are \$2. Even though it can happen to be a big group of people, the teachers do a great job of still leading a calm, effective and beautiful yoga lesson. The name says it all!

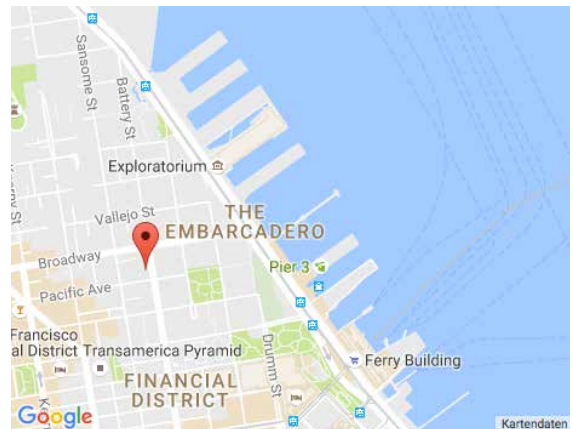


THE BATTERY

FITNESS & HEALTH

717 Battery Street, San Francisco, California, USA
www.thebatterysf.com

The fun of taking a yoga class here is that this member club keeps everything very exclusive, and so not many people know the classes are open to the public. So you probably won't have more than five people in your class. Besides that, the location of The Battery is cool as hell – it used to be an old candy factory. You can also check in into their wonderful hotel rooms and enjoy all privileges members have!



CITY RIDES RENTALS

ARTS & CULTURE

370 Linden St, San Francisco, California, USA
www.cityridebikerentals.com

Those guys are super friendly and will assist you well with choosing the best bike tour for you in San Francisco. Definitely go over the Golden Gate Bridge!



BRASS TACKS

BAR

488a Hayes St, San Francisco, California, USA
www.brasstackssf.com

After you finished your bike ride, you deserve a drink at Brass Tacks, across the street. Very cool bar, nice staff and good drinks.



TWO SISTERS BAR AND BOOKS

BAR

579 Hayes Street, San Francisco, California, USA
www.2sistersbarandbooks.com

This superb little bar served us the best red wine (Zinfandel) we've ever had, which, along with a few delicious nibbles rounded off a long day in San Francisco perfectly. When the weather is bad you can kill a few hours in the afternoon with a book from under the bar and a hot drink (they open at 4 PM).



AMNESIA

BAR

853 Valencia Street, San Francisco, California, USA
www.amnesiathebar.com

An amazing live music venue – musicians performing on stage, cool beer on tap and an easy-going vibe.



LOLÓ

RESTAURANT

974 Valencia Street, San Francisco, California, USA
www.lolosf.com

Big shout out to this awesome Mexican restaurant and its exceptional food, interior and atmosphere!

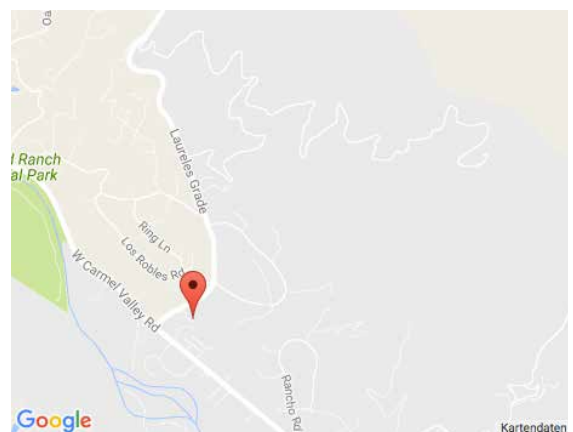


BERNARDUS LODGE

SLEEP

415 W Carmel Valley Rd, Carmel Valley, California, USA
www.bernarduslodge.com

Take a break at this beautiful hideout in the Carmel Valley. This hotel has excellent cuisine in its 'Lucia Restaurant', and the Bernardus Spa will pamper you to the core.



BIG SUR

ESCAPE

Big Sur, California, USA

Big Sur is an only lightly populated stretch of almost untouched land on the coast of California. The drive along the cliff is breathtaking – nature at its best!



NEPENTHE

RESTAURANT

48510 CA-1, Big Sur, California, USA

www.nepenthebigsur.com

Stop here for a quick bite, but most of all for the dazzling view from the terrace: the waves of the dark blue Pacific cascading against the emerald green coast.



EL CAPITAN CANYON

SLEEP

11560 Calle Real, Santa Barbara, California, USA

www.elcapitancanyon.com

Go 'glamping' (glamour + camping) and book yourself a spacious and well-equipped tent at El Capitan Canyon! They also offer more spacious rustic cabins with private fireplaces in front of each porch.



DAILY GRIND

CAFÉ

2001 De La Vina Street, Santa Barbara, California, USA

www.dailygrindsb.com

The Daily Grind is a true local's spot, offering the most delicious homemade muffins and freshly squeezed juices: Try the cranberry lemon muffin, it's quite simply heaven!



TOMS

CAFÉ

1344 Abbot Kinney Blvd, California, USA
www.toms.com

At Toms it's not just about having coffee in a charming backyard, it's also about giving back. With every purchase of one of their super cool accessories (shoes, sunglasses and more) you help people in need! The shop assistants are always happy to tell you all their concept and answer any questions.



INTELLIGENTSIA

CAFÉ

1331 Abbot Kinney Blvd, Kalifornien, USA
www.intelligentsiacoffee.com

Very stylish high-end coffee shop rocking a cool architecture and interior design. Especially the little alley in front is perfect for sitting down and having a chat over coffee.



COUNTY LINE BEACH

BEACH

County Line Beach, Pacific Coast Highway, Malibu, California, USA

When you're through with surfing, have a bite at Neptune's Net just across the street.



KAI SECRET BEACH

BEACH

Kai Secret Beach, South Beach Club Way, Malibu, California, USA

This beautiful beach is ideal for hanging out in the sun after a dip in the water. Enjoy the Californian way of life to the fullest!

