



2024 PSYCHIATRY
CONFERENCE

TRAVEL
GUIDE

2024

*Join us in
Santa Barbara!*

May 20-23, 2024

HILTON SANTA BARBARA BEACHFRONT RESORT

MAKE THE MOST OF *Attending*
OASIS 2024 CONFERENCE



Dear Colleague,

When you come to the 2024 MasterPsych Psychiatry Conference, you're not only attending the world's most powerfully practical psychiatric conference, but you're also coming to one of the most beautiful places in the US – the Hilton Santa Barbara Beachfront Resort.

The life of a physician is too busy. So, it's good to take advantage of an opportunity to learn and to relax and explore.

So, whether you come by yourself – we have plenty of fun communal activities planned –with your significant other, or with the whole family, you'll have a great time.

To help you get the most of your conference, we've put together this travel guide. If your schedule is tight, there's plenty to do during the afternoons and evenings of the conference. If you have the opportunity to stay longer, there are plenty of one-, two-, and three-day trips to take advantage of.

Yours in living the good life,

Jack Krasuski



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SHORT TRIPS FROM *Santa Barbara*

If, however, you're itching to explore there are several good ways to spend an afternoon or evening at local attractions. Here are a few to consider, as well as plenty of listing for food and drinks in the village.



SHORT TRIPS FROM *Santa Barbara*

Come to the conference but make sure you allow yourself, time to enjoy some of the amazingly beautiful and fun attractions and sights. These suggestions are all in the geographic area of Santa Barbara, just a short trip away!

1 Ventura



Village Arcade & Carousel



Channel Island Kayak Center

2 Dumes Point in Malibu



Dumes Point

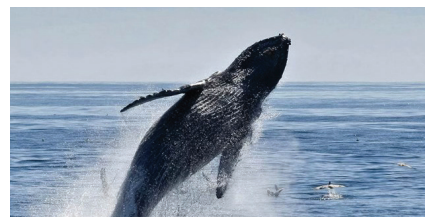


Pepperdine University

3 Channel Islands



Daily Ferries



Whale Watching

4 Route 154



San Gabriel



Sierra Madre



Santa Ynez

5 Touring/Hiking Los Padres



Mountain Meadow

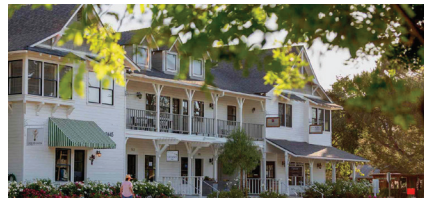


Country Road to Los Padres

6 Los Olivos



Wine Tasting



Shops



Restaurants

7 Solvang

Danish-style Architecture



Shops and Wineries Galore

8 Fess Parker Winery

List of Nearby Wineries to Tour

9 San Luis Obispo

Hearst Castle



California Highway 1 - Discovery Route

THINGS TO DO IN *Santa Barbara*

Recreation and Education



Take a ride on the Water Taxi. Spend some time with marine life at the Sea Center. See what your future holds at Madame Rosinkas. Visit the Stearns Wharf Bait & Tackle and cast your line to fish at the edge of the wharf.

Restaurants



Come for the best food and the best views in all of Santa Barbara. You will find char-burgers and fish and chips at Char West; casual dining at Longboards Grill; fresh fish, steaks, prime rib, cocktails, and fine wines at the Harbor Restaurant; casual dining and the catch of the day at Moby Dicks Restaurant; and local crustaceans, shrimp, and other seafood specialties at the Santa Barbara Shellfish Company. They all have the best views of Santa Barbara.

Specialty Shops



There are many specialty shops at Stearns Wharf. You will find delicious candy at Mother Stearns Candy Shop, Ice Cream at the Great Pacific Ice Cream Company, Santa Barbara resort wear and souvenirs at Old Wharf Trading, unique shells and minerals at Nature's Own Gift Shop, and Wine tasting at Conway Family Wines.



Santa Barbara Art Glass Studio

Group glass blowing lessons - walking distance from the hotel. Offers glass blowing demonstrations to gain an appreciation for the ancient art of glassblowing when you watch artisans at work creating one-of-a-kind art pieces.

706 E. Mason St., Santa Barbara, CA 93101
(805) 965-1541 | sbartglass.com



East Beach Batting Cages

East Beach Batting Cages is Santa Barbara's premier baseball and softball training spot. From the family looking for a Sunday afternoon activity to the hardcore baseball player, we want to provide a great hitting experience with the highest level of customer care.

226 S. Milpas St., Santa Barbara, CA 93103
(805) 962-6666 | eastbeachbattingcages.com



Stearns Wharf

Santa Barbara's number one attraction, Stearns Wharf has fun recreation, great restaurants, special shops, and amazing creatures at the Sea Center.

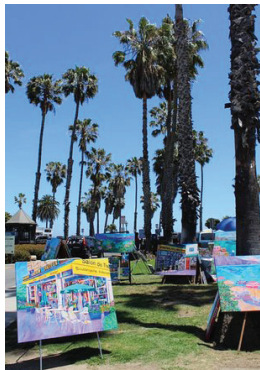
217 Stearns Wharf, Santa Barbara, CA 93101
stearnswharf.org



Salt Caves

Our two Himalayan Salt Caves create a surreal environment to relax, recharge, and rejuvenate both body and mind. The cave walls and ceilings are made of 45 tons of backlit Jurassic-Age salt blocks and crystals, while the floor is covered with crushed salt. This ancient sea salt is laden with minerals including magnesium, calcium, sodium, and potassium, all of which play a key role in our body's health, function, and cellular communication.

740 State St., Santa Barbara, CA 93101
(805) 963-7258 | saltcavesb.com



SB Arts and Crafts Show

The Santa Barbara Arts and Crafts Show is a piece of living history highlighting the creative talents of local artisans. The show is located on Cabrillo Boulevard from Stearns Wharf to Calle Cesar Chavez. The show takes place every Sunday year-round and on Saturdays of major holiday weekends. Official show hours are from 10am until 6pm.

sbparksandrec.santabarbaraca.gov/activities/community-events/santa-barbara-arts-crafts-show



Historic State Street Plaza

Historic State Street Plaza in Downtown Santa Barbara is one of America's most pedestrian-friendly downtowns, in large part due to the amazing diversity of shopping choices. Our shop-lined streets are a favorite with visitors and locals alike. From Santa Barbara-style specialty shops to national brands, and from regional gallery favorites to indie boutiques, Downtown Santa Barbara offers an authentic shopping experience, whether you are seriously shopping, strolling, or just taking in the scene.

downtownsb.org/discover/shop-and-stroll



SB Harbor

If you're looking for something fun to do in Santa Barbara, come on down to the Santa Barbara Harbor. There are dozens of activities, events, and things to do for everyone in the family, including boat rides and rentals, whale watching, kayaking, the Santa Barbara Maritime Museum, and so much more. There are also several great bars, restaurants, and shops for kids and grown-ups alike. So what are you waiting for? Get down here!

132-A Harbor Way, Santa Barbara CA 93109
visitsantabarbaraharbor.com



Old Mission Santa Barbara

Travel back in time to Santa Barbara's earliest days at the historic Old Mission Santa Barbara. With its grand double bell towers, lush gardens and the majestic San Ynez mountains as a backdrop, the Mission is one of the city's most picturesque landmarks. Known as "Queen of the Missions" for its exceptional beauty, the Santa Barbara Mission was founded by the Spanish Franciscans in 1786. More than 200 years later, it's still an active parish church and a vital and enduring element of Santa Barbara's cultural landscape. History comes alive as you explore the grounds, church and on-site museum, where you'll see fascinating 17th-century art, artifacts, tools and re-creations of the Mission's living quarters and kitchen, complete with an original adobe wall. Outdoors, you can admire the building's graceful architecture, explore the colorful gardens and take in expansive views of the city and the Pacific Ocean.

The Mission is open daily for self-guided tours from 9:30am to 5:00pm. Admission is \$15 for adults, \$13 for seniors and \$10 for children (Children 4 and under are FREE), and includes access to the museum, church, Sacred Garden and cemetery. Private tours are available by reservation for large groups.

2201 Laguna St., Santa Barbara, CA 93109
 (805) 682-4149 | santabarbaramission.org

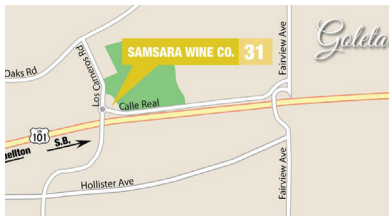


URBAN WINE Trail

Over 20 wineries now make up the renowned Santa Barbara Urban Wine Trail.

We've included descriptions of many of the numbered wineries on the Trail and you can find more locations at urbanwinetrailsb.com.

Explore the full map online to quickly find your way to your next experience.





33. Potek Winery

Potek Winery is built on generations of hard work and a passion for perfecting our craft. Potek wines are made with grapes sourced from the most interesting and pioneering vineyards in Santa Barbara County.

406 E. Haley St., #1, Santa Barbara, CA 93101
(805) 770-5105 | potek.com

Kid Friendly, Dog Friendly, Midtown



36. Barbieri and Kempe Wines

Barbieri & Kempe Wines are a small boutique winery specializing in hand crafted wines from Santa Barbara County, as well as Paso Robles. In our tasting room we offer cheese and charcuterie in addition to our wines. Our aim is to give our customers a comfortable, fun atmosphere with loads of personal attention. Cheers!

1114 State St., #26, Santa Barbara, CA 93101
(805) 560-9562 | barbieriwines.com

Kid Friendly, Dog Friendly, Downtown



5. Carr Vineyards & Winery

Established in 1999, Carr Winery specializes in limited production wines including Cabernet Franc, Grenache, Pinot Noir, and Syrah from Santa Barbara County vineyards. Enjoy the ambiance of a working winery while you sip. Open daily for wine tasting and wines by the glass.

414 N Salsipuedes St., Santa Barbara, CA 93103
(805) 965-7985 | carrwinery.com

Kid Friendly with some limitations (5:00pm-close 21 and older only), Dog Friendly, Midtown



2. Jaffurs Wine Cellars

Jaffurs has been producing highly acclaimed Rhône and Burgundy varietal wines since 1994. Come tour and visit the downtown winemaking facility and tasting room. Experience their Syrah, Grenache, Petite Sirah, Mourvèdre, Viognier, Pinot Noir, Roussanne, and Chardonnay in a dynamic winemaking facility.

819 E Montecito St., Santa Barbara, CA 93103
(805) 962-7003 | jaffurswine.com

Kid Friendly, Dog Friendly, Midtown



37. Valley to the Sea Winery

Valley to the Sea Winery makes wine from premium vineyards in Santa Ynez Valley. Guide your senses on a sensory experiment using the aroma wheel. Travel on a gastronomic adventure with special food & wine pairings.

38 W Victoria St., #105, Santa Barbara, CA 93101
(805) 770-3370 | valleytotheseawinery.com

Kid Friendly, SERVICE DOGS ONLY, Downtown



11. Au Bon Climat

Au Bon Climat features both current releases and library wines of Au Bon Climat, Clendenen Family Vineyards, and Jim Clendenen's other creative wine endeavors. Knowledgeable and helpful staff will guide you through your tasting and can help you find the perfect wine.

813 Anacapa St., 5B, Santa Barbara, CA 93101
(805) 963-7999 | aubonclimat.com

Kid Friendly, Dog Friendly, Presidio Neighborhood



13. Grassini Family Vineyards

Small production wines come exclusively from a family-owned estate vineyard in the Happy Canyon AVA of Santa Ynez and range from refreshing Sauvignon Blanc to bold Cabernet Sauvignon.

24 El Paseo, Santa Barbara, CA 93101
(805) 897-3366 | grassinifamilyvineyards.com
Kid Friendly, Dog Friendly, Presidio Neighborhood



21. Happy Canyon Vineyard

Join Happy Canyon Vineyard in a polo-inspired tasting room located in El Paseo. Learn about classic Bordeaux varietal wines from PIOCHO and Family Estate Selections. Their boutique wines are 100% estate grown in the Happy Canyon AVA, family owned and operated.

30 El Paseo, Santa Barbara, CA 93101
(805) 232-3549 | happycanyonvineyard.com
Kid Friendly, Dog Friendly, Presidio Neighborhood



30. Frequency Wine Company

Frequency Wines was born in the belief that positive energy can be created, bottled, and shared throughout the world to be sown and harvested for a vast influence. Family owned and operated since 2010.

404 Anacapa St., Santa Barbara, CA 93101
(805) 770-3069 | frequencywines.com
Kid Friendly, Dog Friendly, Presidio Neighborhood



8. Silver Wines

Selecting fruit from Santa Barbara County vineyards since 1997. One-time, multiple personality blends have become a specialty as well. Their wines have an old world feel and are usually aged longer before being released.

31 El Paseo, Santa Barbara, CA 93101
(805) 770-8121 | silverwines.com
Kids allowed with some limitations (Limited space, glass tables), Dog Friendly, Presidio Neighborhood



23. Jamie Slone Wines

Start your wine tasting experience with Jamie Slone Wines. Our mission is to provide an outstanding Santa Barbara wine experience. In our cozy tasting room or on our multiple patios, discover our passion for delicious wine, entertaining and family. We offer casual tastings as well as in-depth wine experiences. Also enjoy perfectly paired chocolates & delicious cheese plates. We are fully open 7 days a week with 42 seats outside!

23 E. De La Guerra St. Santa Barbara, CA 93101
(805) 560-6555 | jamieslonewines.com
Kid Friendly, Dog Friendly, Presidio Neighborhood



6. Kunin Wines

The Kunin Wines Tasting Room is a must visit in Santa Barbara. Since 1998 Kunin Wines has been passionately producing some of the finest Rhone and Loire Valley inspired wines in Santa Barbara County. Visit our cozy Presidio tasting room to experience our critically acclaimed small production wines along with cheese and charcuterie pairings.

831 Santa Barbara St., Santa Barbara, CA 93101
(805) 963-9633 | kuninwines.com
Kid Friendly, Dog Friendly, Presidio Neighborhood



38. Longoria on State

After 40 years of pioneer winemaking, Longoria Wines comes to the city of Santa Barbara for the first time with "Longoria on State". Our gorgeous new tasting room features plenty of indoor seating as well as a sunny back patio. Stop in today to try our wide array of delicious wines!

732 State St., Santa Barbara, CA 93101
(805) 736-9700 | longoriawine.com

Kid Friendly, Dog Friendly, Presidio Neighborhood

7. Margerum Wine Company

Margerum offers daily wine flights and glasses in our beautiful tasting room or outside patio. Gourmet and savory eats from our kitchen complete this quintessential Santa Barbara experience.

19 E Mason St., Santa Barbara, CA 93101
(805) 845-8435 | margerumwines.com

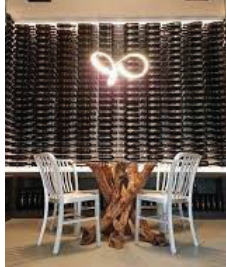
Kid Friendly with some limitations (Please keep children close), SERVICE DOGS ONLY, Funk Zone

29. Melville Winery

Melville Winery is dedicated to producing 100% estate grown, cold climate varietals. We specialize in Chardonnay, Pinot Noir, and Syrah. Visit the Funk Zone location just two blocks from the beach to enjoy a wine tasting flight, or just relax with a glass or bottle and some of our delicious food items to pair.

120 State St., Ste C, Santa Barbara, CA 93101
(805) 770-7952 | melvillewinery.com

Kids allowed with some limitations. Dog Friendly, Funk Zone



14. Pali Wine Company

Pali Wine Co. is a family-run winery that highlights the diversity and nuanced qualities of California's Central Coast wine-growing area. Our deep love for the region propels our three unique brands with three distinct winemaking focuses—Pali Wine Co., Tower 15 Winery and Neighborhood Winery.

205 Anacapa St., Santa Barbara, CA 93101
(805) 869-2619 | paliwineco.com

Kid Friendly, Dog Friendly, Funk Zone

28. Paradise Springs Winery

The tasting room is located in the heart of downtown Santa Barbara's The Funk Zone and is open daily for tastings of both California and Virginia selections. As the first bicoastal winery brand, we strive to produce the best wines from coast to coast. Live Music on Saturdays. Outdoor patio seating available. Mini golf green on site.

210 State St., Santa Barbara, CA 93101
(805) 690-3650 | paradisespringswinery.com

Kid Friendly, Dog Friendly, Funk Zone

34. J Wilkes

J.Wilkes offers an extraordinary range of meticulously-crafted wines defined by ocean influence and worthy of exploration. To experience J.Wilkes wine is to discover the powerful influence the Pacific has on the coastal vineyards of California's renowned AVAs.

35 State St., Suite B, Santa Barbara, CA 93101
(805) 456-6376 | jwilkes.com

Kid Friendly, Dog Friendly, Funk Zone



31. Samsara Wine Co.

SAMsARA produces limited releases of Pinot Noir, Syrah, Grenache and Chardonnay from carefully selected micro-sites within Sta. Rita Hill's most distinctive vineyards. Their wines showcase the distinctive natural elements at play on each vineyard, harnessed through a low intervention winemaking style.

6845 Calle Real, Ste E, Goleta, CA 93117
(805) 845-8001 | samsarawine.com

Kid Friendly, Dog Friendly, Goleta



1. Santa Barbara Winery

Founded in 1962, Santa Barbara Winery is the oldest winery in the county and has influenced the development of the Santa Ynez Valley as a world-class growing region. Come for a visit and taste a bit of history in every glass!

28 Anacapa St. Santa Barbara, CA 93101
(805) 963-3633 | sbwinery.com

Kid Friendly, Dog Friendly, Funk Zone

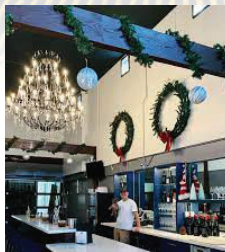


12. Deep Sea Tasting Room

Home of Deep Sea and Conway Wines, this tasting room offers breathtaking 360-degree views of the Pacific Ocean, Channel Islands, and Riviera. The outdoor tasting deck on Stearns Wharf makes for unique wine tasting experience. Local, sustainable, and family-owned.

217 G Stearns Wharf, Santa Barbara, CA 93101
(805) 618-1185 | conwayfamilywines.com

Kid Friendly, Dog Friendly, Funk Zone

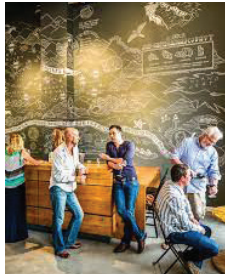


39. Skyenna Wine Lounge

Located ½ block from Santa Barbara's oceanfront, on one of the hippest blocks in the Funk Zone. Handcrafted wines are harvested from various vineyards throughout the Santa Barbara wine region. Enjoy a tasting in their spacious tasting room or outdoor patios.

12 Helena Ave, Santa Barbara, CA 93101
(805) 403-8085 | skyenna.com

Kids allowed with some limitations (All seating is at the bar), Dog Friendly, Funk Zone



17. The Valley Project

This modern tasting room features the wines of The Valley Project, an ongoing exploration of Santa Barbara County terroirs. Taste small-batch wines from each of the region's six AVAs, while checking out the epic hand-drawn chalk map of the county.

116 East Yanonali St., Santa Barbara, CA 93101
(805) 453-6768 | thevalleyprojectwines.com

Kid Friendly, Dog Friendly, Funk Zone



18. Fox Wine Co. & Blair Fox Cellars

Fox Wine Co. is a label created by Santa Barbara natives Blair and Sarah Fox. Acclaimed winemaker Blair Fox fashions small lot, limited quantity wines focusing on the diversity of Santa Barbara County. His eponymous label, Blair Fox Cellars, is also featured along with our Organic Cider and Rosé Kombucha on tap.

120 Santa Barbara St., Santa Barbara, CA 93101
(805) 699-6329 | foxwineco.com

Kid Friendly, Dog Friendly, Funk Zone

FOOD & *Drinks*



The Lark

The Lark, named for the sleek overnight Pullman train of the Southern Pacific Railroad that serviced Santa Barbara from 1910-1986, is situated in the heart of the Funk Zone, a vibrant arts and entertainment district near the Waterfront in downtown Santa Barbara. Menus are locally sourced and responsibly grown, using the highest quality seasonal ingredients based on the abundant bounty of the Central Coast. Beautifully plated meals featuring bold flavors designed to delight the senses while staying rooted in the climate, geography and inspiration of Santa Barbara, the American Riviera. Designed with an urban style that integrates vintage and repurposed materials for a sophisticated yet casual sensibility with a nod to the neighborhood's industrial past. Original lighting, handmade furniture and a 24-seat live-edge communal table stacked on vintage radiators create a space that is warm and inviting. The Lark's full bar features classic and modern craft cocktails using the finest in artisan spirits, mixers and seasonal fruits and vegetables.

131 Anacapa St., Santa Barbara California 93101
(805) 284-0370 | thelarksb.com



Santo Mezcal

Debuting the latest concept from restaurateur Carlos Luna and the talented team behind the Los Agaves Restaurants. Our Executive Chef Ricardo Garcia presents a modern contemporary Mexican cuisine, rooted in Mexican flavors and traditions that also celebrate local and seasonal ingredients from the Santa Barbara and surrounding regions.

With a focus on seafood, some signature dishes on the menu include Camarones Al Mezcal, Mexican shrimp served in a creamy mezcal sauce; Pulpo a Las Brasas, octopus marinated in a special adobo served with house-infused chile oil; Enchiladas Cabo Azul, stuffed with fresh crab, Tacos Toro, featuring Hungaro peppers stuffed with grilled shrimp and octopus in a chipotle sauce.

119 State St., Santa Barbara, CA 93101
(805) 883-3593 | santomezcalsb.com



Bluewater Grill

Come in and get hooked on the best in fresh, sustainable seafood. Enjoy a waterfront patio, full bar, happy hour, extensive local wine selection, and the best harbor view in Santa Barbara. We're located at the base of State St., on Cabrillo between State & Helena St., across from Stearns Wharf - on the water, naturally.

15 E. Cabrillo Blvd., Santa Barbara, CA
(805) 845-5121 | bluewatergrill.com



Brophy Bros

Both the Santa Barbara and Ventura locations have a fun, lively atmosphere with beautiful views of the mountains and harbor. Choose your spot - sit at the full length bar facing the view and the clam bar, grab a window and lean in or sit at a table either inside or out. Everyone is welcome at Brophy Brothers!

119 Harbor Way, Santa Barbara, CA 93109
(805) 966-4418 | brophybros.com



Bouchon

With its warm and inviting ambience, Bouchon is the perfect place to dine at a leisurely pace and enjoy an authentic regional wine dining experience. Their "exclusively Santa Barbara County" wine list has earned Wine Spectator magazine's "Award of Excellence" for their focus on regional wines for 10 years running!

9 W. Victoria, Santa Barbara, CA 93101
(805) 730-1160
bouchonsantabarbara.com



Toma

Located on the waterfront on West Cabrillo Boulevard, Toma Restaurant & Bar has been serving a unique array of classic dishes with a contemporary twist for the past 5 years. With its charm rooted in its old-world, historic building and romantic, waterfront facade, Toma is the beautiful result of over 65 years spent in the culinary industry. Owners Tom and Vicki Dolan welcome you to experience a pinnacle of Santa Barbara hospitality.

324 W. Cabrillo Blvd., Santa Barbara, CA
(805) 962-0777 | tomarestaurant.com



Loquita

Loquita showcases authentic Spanish food including hot and cold tapas, wood-fired grilled seafood and meats, and seasonal paella. The Mediterranean climate and terroir of Santa Barbara County mirror that of Spain, making the translation of locally sourced produce, meats and seafood an ideal match. The wine list is comprised almost entirely of Spanish wines with exceptional local wines that pair well with the cuisine. Loquita's cocktail list showcases Spanish vermouths, farmers' market Sangria, hand-crafted cocktails and a rotating selection of Spain's king of cocktails, the Gin Tonic.

202 State St., Santa Barbara, CA 93101
(805) 880-3380 | loquitasb.com



Intermezzo by Wine Cask

Intermezzo was created as a local's hangout that visitors also enjoy. Comfortable yet vibrant, the space was designed for friends to meet up for a flavorful bite, a glass of Santa Barbara wine or a craft cocktail. The new menu features farm fresh salads, artisanal pizzas, gourmet burgers, seafood, steak, and chicken dishes. Dine al fresco in the historic courtyard, partake European-style on the front arcade or arrive before the dinner rush to grab a coveted seat at the copper bar. Warm and inviting service with a decidedly welcoming, Santa Barbara atmosphere - and no need for reservations, just drop in!

813 Anacapa St., Santa Barbara, CA 93101
(805) 966-9463 | intermezzosb.com



Black Sheep

A locally owned and operated, modern-classic California-French Pub serving elevated, eclectic, locally sourced cuisine paired with incredible wines and craft beer. Located in Old Town Santa Barbara on 18 East Cota St., the building boasts a rich history of French restaurants and saloons dating back over a century. Known for an incredible family style tasting menu's where multiple dishes are presented to your table for each course. Please reserve in advance for your party or event so they can plan your menu from a vegan degustation or whim of the chef.

18 E Cota St., Santa Barbara, CA 93101
(805) 965-1113 | blacksheepsb.com



Zaytoon

Welcome to a hidden oasis in the center of Santa Barbara. A place where you can experience fresh and tasty Lebanese cuisine. Experience the sounds of waterfall, the glow of little lights and the warmth of fire. Zaytoon, named after the Lebanese word for olive, is nestled in the heart of Santa Barbara in a lush fragrant garden. The outdoor patio incorporates both glowing fire pits and the sound of rushing water to create a unique and entertaining ambience. These elements serve as the perfect backdrop for the exciting flavors of Lebanese food.

209 E. Canon Perdido St., Santa Barbara
(805) 963-1293 | zaytoon.com