



## **Well + Away Launches *San Francisco VitalGuide*, First Edition in Healthy Guidebook Series**

**(Feb 8, 2016)** - Launching today and shipping early March, 2016, Well + Away's ***San Francisco VitalGuide*** is the inaugural edition from the first healthy travel guidebook series. Designed as a solution for savvy travelers looking to stay fit and feel their best on the road, the ***VitalGuide*** series is focused on practical 'where to' lists for dining, juice shops, fitness classes and running routes, among others. The guide also features exclusive content including an airport cheat sheet, healthy itineraries, 24 Hours in SF, active-luxe escapes and interviews with local healthy tastemakers such as Miyoko Schinner of Miyoko's Kitchen, Jill Fraser of Jill Milan and Charlie Gulick of Juice Shop.

Local favorite dining destinations ranging from quick and casual to luxe and linger-worthy, all eateries are vegan and gluten-free friendly. Fitness recommendations include a number of fitness modalities, difficulty levels and notes on best instructors. Tastemaker interviews offer glimpses into treasured local gems, and suggestions for active exploration are offered through walkable themed itineraries and luxe weekend retreat destinations. The San Francisco guide is available for pre-order on February 8 at [www.wellandaway.com](http://www.wellandaway.com), and ships early March.

### **Features**

- Best of dining destinations for breakfast, lunch, dinner and sweets
- Walkable itineraries themed into: art, meetings day, progressive dinner
- Tastemaker interviews with healthy bay area locals including Jill Fraser of Jill Milan, Miyoko of Miyoko's Kitchen, Charlie Gulick of Juice Shop and Melissa Boyd of SALT
- Weekend escapes for an active-luxe unplug
- Neighborhood Guide
- Running routes
- City maps

### **Stats**

70 pages total - 5" x 7"

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