

Recommended Hotels - Heal with Horses Retreat - September 25-28, 2025

Buellton / Solvang, CA Area

Here is a curated list of hotels near the retreat site to suit a variety of preferences and budgets. All locations are within 10–15 minutes from each other.

1. [Quality Inn Buellton – Solvang](#)

★ **Rating:** 8.8/10 (Excellent)

💰 **Price:** ~\$104/night

Includes free buffet breakfast and parking. Great value and close to Solvang attractions.

2. [Sideways Inn](#)

★ **Rating:** 8.8/10 (Excellent)

💰 **Price:** ~\$150/night

Stylish inn with pool, hot tub, and an on-site bar. Fun vibe with great views.

3. [Pea Soup Andersen's Inn](#)

★ **Rating:** 9.2/10 (Wonderful)

💰 **Price:** ~\$135/night

Charming, historic inn next to the famous Pea Soup restaurant. Cozy and comfortable.

4. [Hotel Hygge](#)

★ **Rating:** 8.5/10 (Excellent)

💰 **Price:** ~\$78/night

Simple, Scandinavian-inspired boutique stay. Budget-friendly with contactless check-in.

5. [Hampton Inn & Suites Buellton/Santa Ynez Valley](#)

★ **Rating:** 9.0/10 (Wonderful)

💰 **Price:** ~\$177/night

Modern hotel with pool, gym, and complimentary breakfast. Highly rated comfort.

6. [Santa Ynez Valley Marriott](#)

★ **Rating:** 8.2/10 (Very Good)

💰 **Price:** ~\$197/night

Full-service hotel with spa, on-site restaurant, and elevated amenities.

7. [Flying Flags RV Resort & Campground](#)

★ **Rating:** 9.0/10 (Wonderful)

💰 **Price:** ~\$140/night

Unique glamping experience with cottages, safari tents, and RV sites. Great for nature lovers.

8. [Motel 6 Buellton – Solvang Area](#)

★ **Rating:** 7.8/10 (Good)

💰 **Price:** ~\$72/night

Clean and simple lodging for those seeking the most affordable option.

HEAL WITH HORSES RETREAT PACKING LIST

- Closed-toe Shoes/Boots that are comfortable
- Cowboy hat or hat with a brim
- T-shirts and a long-sleeved shirt
- Light Jacket and shawl or scarf
- Clothes for dinner (casual is fine)
- Sunscreen
- Bug spray
- Journal and pen
- Water bottle
- A special trinket or talisman that you cherish for the altar
- Anything else you would need for your time at the hotel

QUESTIONS: PLEASE TEXT OR CALL MELISSA AT 310.918.3898

RETREAT ITINERARY

***Schedule is subject to change**

Day 1 - Thursday, Sept 25

4pm - 5:30pm

Welcome Ceremony at the Ranch with the herd

6:30pm - 8:30pm

Dinner out as a Group at a local farm-to-table restaurant

Day 2 - Friday, Sept 26

7am - 8:30am

Breakfast on your own

9am - 12pm

Equine Coaching Circle with Melissa + the horses

12pm - 1:15pm

Box Lunch on the ranch from New Frontiers

1:30pm - 4:30pm

Somatic Healing Sessions with Heather + the Horses (scheduled)

5:30pm - 7pm

Dinner on your own

7:30pm - 8:30pm

Night Sky Star Bath on the Farm

Day 3 - Saturday, Sept 27

7am - 8:30am

Breakfast on your own

9am - 12pm

Equine Coaching Circle with Melissa + the horses

12pm - 1:15pm

Box Lunch on the ranch from New Frontiers

1:30pm - 4:30pm

Somatic Healing Sessions with Heather + the Horses (scheduled)

5:00pm - 7pm

Dinner on your own

7:30pm - 9pm

Vision Workshop with Heather + Melissa

Day 4 - September 28

9am - 11am

Sacred Closing Ceremony with the herd: Leave with a deeper understanding of yourself, a clear vision of what you truly desire, and a renewed sense of purpose to create a positive, empowered future.

11am - 11:30am

Photos, hugs and farewells.

Heal with Horses Retreat

Buellton & Solvang Dinner Guide

Farm-to-Table & Vegetarian-Friendly Restaurants for Retreat Guests

Peasants FEAST – Solvang

Website: peasantsfeast.com

- **Style:** Seasonal comfort food, farm-to-table
 - **Vegetarian-friendly?**  Yes
 - **Why go:** Michelin Bib Gourmand winner with playful, soulful twists on local ingredients like heirloom salads, house-made grilled cheese, and seasonal soups.
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Industrial Eats – Buellton

Website: industrialeats.com

- **Style:** Inventive small plates, wood-fired dishes
 - **Vegetarian-friendly?**  Yes
 - **Why go:** Warehouse-style eatery serving up rotating dishes with bold flavors and fresh produce. Great for shared plates and casual group meals.
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First & Oak – Solvang

Website: firstandoak.com

- **Style:** Upscale tasting menu, Michelin-recognized

- **Vegetarian-friendly?**  Yes
 - **Why go:** Fine dining with a dedicated vegetarian tasting menu. Elegant ambiance and beautiful wine pairings.
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Vega Vineyard & Farm – Buellton

Website: vegavineyardandfarm.com

- **Style:** True farm-to-table vineyard dining
 - **Vegetarian-friendly?**  Yes
 - **Why go:** Enjoy fresh food grown on-site in a picturesque vineyard setting. Great for wine and food lovers alike.
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The Gathering Table – Solvang

(No official site; check Yelp or OpenTable for reservations)

- **Style:** French-Asian fusion, seasonal
 - **Vegetarian-friendly?**  Yes
 - **Why go:** Creative chef-driven dishes in a cozy setting. Great veggie options like miso eggplant and mushroom risotto.
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The Bear & Star – Los Olivos (10 min drive)

(No official site; check Yelp or Google)

- **Style:** Farm-raised, wood-fired cuisine
- **Vegetarian-friendly?**  Limited

- **Why go:** Known for their commitment to local sourcing. Best for guests who enjoy high-quality meats; some veg sides available.

The Hitching Post II – Buellton

Website: hitchingpost2.com

- **Style:** Santa Maria-style BBQ
- **Vegetarian-friendly?** ⚠️ Very Limited
- **Why go:** A local institution featured in the film *Sideways*. Best for non-vegetarians seeking an authentic regional experience.

Bottlest Bistro & Bar – Buellton

(No official site; check Yelp or TripAdvisor)

- **Style:** Tapas + wine bar
- **Vegetarian-friendly?** ✅ Yes
- **Why go:** Relaxed atmosphere with shareable small plates and a wine dispensing wall. Great for groups and lighter fare.



Quick Vegetarian-Friendly Chart

Restaurant	Farm-to-T able	Vegetarian Friendly	Highlights
Peasants FEAST	✅	✅	Michelin Bib, soulful & casual
Industrial Eats	✅	✅	Creative small plates, hip vibe

First & Oak	✓	✓	Fine dining, veg tasting menu
Vega Vineyard & Farm	✓	✓	On-site farm, wine pairings
The Gathering Table	✓	✓	Cozy ambiance, seasonal menu
Bear & Star	✓	⚠ Some	Meaty focus, local sourcing
Hitching Post II	✗	⚠ Very Limited	BBQ icon, regional cuisine
Bottlest Bistro	✓	✓	Tapas, wine, casual dining

Let us know if you need help making a reservation during your stay!