



## CHILL OUT ON NATIONAL RELAXATION DAY



*The Ranch at Bandy Canyon*

It's time to slow down, unwind and relax because August 15th is National Relaxation Day! Everyone could use a day that encourages them to take a break from the often hectic, fast-paced lifestyle we all live. Whether you prefer to sit quietly and read all day, or enjoy a nice meal at one of your favorite restaurants, there are plenty of ways to celebrate National Relaxation Day around the San Diego area.

If your idea of a day of relaxation includes breathtaking views of mountains, take a day trip to [The Ranch at Bandy Canyon](#) in the heart of the San Pasqual Valley. This oasis spans over 144 acres and includes cozy cabins, sweeping mountain views and an

equestrian center. Book a relaxing stay-cation in one of the 16 cottages and enjoy amenities such as the pool, jetted jacuzzi or horseback riding trail ride. Or you can spend the evening relaxing by a fireplace on the back patio of the main lodge.

[The Encinitas Fish Shop](#) or [Pacific Beach Fish Shop](#) is another great way to celebrate National Relaxation Day. Dine indoors or grab a table on the family and dog-friendly patio. With a selection of the freshest seafood around, you pick your choice of daily fresh fish and pair it with any one of the eight available seasonings. Under more fish dishes on their menu, they also have other selections such as **Fish Shop Chowder**, **Shrimp Ceviche** or **Fish n' Chips**. You can enjoy one of the many local microbrews offered, chose from their wine selection or bring in your own bottle for a \$5 corkage fee at the Encinitas location and no corkage fee at the PB location.

Nothing says relaxing more than enjoying a picnic in the park, and Carlsbad's [Park 101](#) can give you that experience. Located in the heart of Carlsbad Village, this new dining concept offers both community tables and lounge areas surrounding fire pits. The lower level is covered with AstroTurf, perfect for letting little ones and pets crawl around. Grab a seat on the Tamarack Deck and share the **Meat & Cheese Board** while sipping on a glass of wine or specialty cocktail. There is no need to worry because with grab-and-go options, smoked meats and small bites, you are sure to find something for everyone in your group.