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**<http://www.self.com/health/2011/03/blissful-cities-slideshow#slide=11>**

## Most Blissful Cities to Visit

**From sun to food to cycling, check out these joy-filled locations that specialize in your favorite hobbies.**

Happiness is a state of mind, but you can also find it in a destination—and it sure helps if the weather is balmy, the cuisine delicious and the citizens upbeat. To find the most blissful locales to visit in the United States, SELF and [BestPlaces.net](http://BestPlaces.net) analyzed the 100 largest metropolitan areas across the nation, tabulating factors such as annual days of sunshine and number of farmers' markets and food co-ops, and determining how active and content the residents are. Check out these joy-filled yet sometimes overlooked locations. (You can thank us with a postcard!)

*Westend61 Photography/Veer*



Santa Rosa-Petaluma, California: Freshest fare

**GOURMANDS WILL DELIGHT, AS THIS PACIFIC COAST HOTSPOT SPECIALIZES IN FARM-TO-TABLE DINING AND VINEYARDS APLENTY. SAMPLE THE AREA'S FINEST CUISINE AT THE WEDNESDAY NIGHT MARKET (MAY THROUGH AUGUST), THEN SIP LA CRÈME DE LA CRÈME OF LOCAL WINES AT CELLARS OF SONOMA IN OLD RAILROAD SQUARE. GET A TASTE FOR THE LANDSCAPE BY RIDING THE RUSSIAN RIVER ATOP AN INNER TUBE OR BY FLOATING ABOVE IT ALL ON ONE OF MANY POPULAR HOT AIR BALLOON TOURS.**