

# BookTrib.

## Delightful and Insightful Travel Guide to the World of California Wine

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## Exploring Wine Regions: California Central Coast by Michael C. Higgins

### What's it About?

*The history, the imagery, the grape-growing science and the personal profiles of some of the region's best winemakers combine to create a reading experience that is a true love letter to the world of fine wine.*

Whether you're a casual wine drinker with a thirst for learning more or on your way to becoming a full-fledged sommelier, **Michael C. Higgins** has produced the quintessential tome for traveling wine country along California's central coast.

*Exploring Wine Regions: The Central Coast of California* is the third in Higgins' acclaimed series featuring some of the state's lesser-known wine regions, and it's clear from the opening pages that the author not only understands his subject matter — and all of the complexities around producing it, buying it and recommending it — but also that these books are truly a labor of love. It's difficult to imagine the staggering amount of research involved in writing them.

## Understanding the Land, Climate & People

While it may be tempting to skip the introduction and flip to a specific region or winery within the book's more than 400 glossy pages, it's worth absorbing the rich information Higgins doles out in the foreword — most importantly, it explains *why* this book is different than any other wine guide you may have read. That's because Higgins shows you how to choose your favorite wine based on the grape's optimum terroir.

Terroir, as defined by Higgins, is the unique distinction of land, climate and people for vineyards. The "people" part isn't in Webster's definition of the word, but Higgins asserts that those who work the land provide a critical component in wine excellence. He introduces us to many of them, sharing their personal histories, tools of the trade, and the craftsmanship that goes into producing award-winning wines.

Certainly understanding terroir can be complicated, but Higgins breaks it down into easily digestible bites, and allows plenty of opportunity for "practice" by delving into the specifics of the terroir for each region, along with examples of the best grapes that grow within each appellation. This is the kind of knowledge that applies to all wine regions throughout the world and is guaranteed to impress your guests during your next dinner party.

## Additional Activities to Complement Your Wine

The book is of course, primarily about wine, but Higgins — born and raised in California — also provides a comprehensive list of "additional" activities to complement your wine touring experience. For instance, in Monterey County, you can veer off the wine trail to visit the Monterey Bay Aquarium, dine at one of the highlighted restaurants, or take a stroll through Cannery Row.

Each highlighted attraction is complemented by fascinating facts you can share while you enjoy a glass of Pinot Noir or Chardonnay, and stunning photography that truly brings the region to life. Higgins's talent and proficiency in writing and photography are on full display here, and the result is tantalizing.

The history, the imagery, the grape-growing science and the personal profiles of some of the region's best winemakers combine in *Exploring Wine Regions: The Central Coast of California* to create a reading experience that is a true love letter to the world of fine wine — and still so much more.

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### **About Michael C. Higgins:**

For more than 20 years, author, photographer, and wine expert Michael C. Higgins has been the publisher of *Flying Adventures* magazine, a lifestyle travel publication for food and wine lovers who own and travel on private airplanes. As a private pilot, travel enthusiast, and food and wine lover himself, Higgins continues to live the story he's been sharing for decades.

Higgins has participated in many unique wine experiences, indulged in the most exclusive culinary affairs, been pampered in highly luxurious destinations and jumped into the wildest of adventures. His goal is to inspire his readers to join him in exploring the wine regions of the world and experiencing the unimaginable. Higgins has a BA in Commercial Art, an MBA and a PhD in Business Administration. He is a California native and lives in Pasadena, California.