

ironing boards that pop up out of what look like cutlery drawers, and any kind of rotating-singing-dancing pantry setup you can imagine. The showroom, south of Market near the Design Center, sells only to the trade, but browsing is encouraged—and educational. Retail consumers must shop through a contractor. 151 VERMONT ST., STE. 9, S.F., (415) 241-9176, WWW.HAFELEONLINE.COM.

[S.F. and San Jose] • Specialty knob shop **Bauerware** is a cabinetmaker's dream—but agony for the indecisive. The Castro favorite that recently opened in San Jose's Willow Glen dazzles first-timers with its ceiling-to-floor displays of handles, pulls, and knobs, ranging from the ultra-modern to the decidedly eclectic. Conceived by San Francisco interior designer Lou Ann Bauer, the shops offer thousands of choices—knobs shaped like cue balls, mah-jongg pieces, and even Hanukkah dreidels.






One compulsively honest salesclerk admits he's never actually sold a dreidel and reveals that customers are a lot more boring than any of us would expect: The store's best-seller is actually the plain ol' round silver knob. 3886 17TH ST., S.F., (415) 864-3886; 1018 LINCOLN AVE., SAN JOSE, (408) 288-5184; WWW.BAUERWARE.COM.

[San Mateo] • Guarded by a life-sized stuffed bear in a green apron, **Wisnom Hardware** in downtown San Mateo is hard to miss. Inside the service-oriented hardware heaven are little home luxuries like sterling silver baby cups, turkey fryers, and panini grills. This isn't Home Depot: You can't get lost, there's no lumber aisle, and the prices sure aren't discount. But the staff knows how to take care of its customers. Besides, it's not every shop that will gift wrap and deliver (\$15 minimum order) a shiny hammer straight to your workshop. (Delivery in San Mateo only.) 545 FIRST AVE., SAN MATEO, (650) 348-1082.

INSIDERS' guide to the OUTSIDE

Tree-hugging is optional, but no matter your personal style—social or solitary, timid or thrill-seeking—one of these four outdoor adventures will suit your nature-loving side.

IF YOU'D LIKE TO...	Test your thrill-o-meter with an anti-gravity experience	See the prettiest trail in the Sierra	Hone your skipper and crew skills, or possibly find a mate	Get a hit of nature in an urban oasis
THEN TRY...	Aquagliding over San Francisco Bay.	Hiking, biking, or riding on the newly completed 150-mile Tahoe Rim Trail .	A class or an outing with OCSC Sailing School at the Berkeley Marina.	A walk among the redwoods in Oakland's Joaquin Miller Park .
WHAT'S THAT?	A couple of seats slung under a hang glider, with a motor and two pontoons below. Pilot Bodhi	A loop trail built over 18 years that winds through wildflower-dusted meadows and along the tops of the Sierra; impossibly blue Lake Tahoe lies below. The trail is open to hikers, cyclists, and equestrians.	Training in basic keelboat, race sailing, and night sailing led by US Sailing-certified instructors or a \$35 evening group outing to the windiest spots on the Bay. Boat rentals are available, and some night sails offer crewing followed by a mixer.	
	 Kroil builds up enough speed to lift off for an exhilarating 1,500-foot, half-hour loop over Angel Island and out to the Golden Gate Bridge.			The silent, cool majesty of poet and self-proclaimed medicine man Joaquin Miller's forest retreat. Miller planted mostly cypress, pine, and eucalyptus, but redwoods filled in the gaps to form a lush urban cathedral.
DETAILS	CALL (510) 528-2300 FOR A RESERVATION; WWW.SFHANGGLIDING.COM. COST: \$275 (\$325 ON WEEKENDS).	CALL (775) 588-0686 OR VISIT WWW.TAHOERIMTRAIL.ORG FOR INFORMATION. OPEN FROM SNOWMELT IN MID-JUNE TO LATE OCTOBER.	1 SPINNAKER WAY, BERKELEY, (510) 843-4200, WWW.OCSC-SAILING.COM. COST: PRIVATE LESSONS START AT \$65 PER HOUR.	3590 SANBORN DR., OAKLAND, (510) 482-7886.