

# ACTIVITY DESCRIPTIONS



**AFTERNOON TEA 🍵:** “Indulge in a refined afternoon tea experience at Osteria Sierra from 1:30pm to 3:00pm every Friday, Saturday and Sunday. Relax and savor a curated selection of premium teas, perfectly complemented by a delightful assortment of home-baked scones, delicate pastries, and gourmet sandwiches crafted by our talented culinary team.” **\$45 per person includes an assortment of sweet treats and elegant sandwiches and bottomless tea. We offer a teatime beverage list as well as cost per drink selection offering wine and cocktails. Reservations not required but encouraged.**

**BREATHE & BE:** Surrender into deep relaxation with this restorative yoga class. We use props to fully support the body in passive poses, inviting a complete release of tension. The practice is anchored by calming breathwork to soothe the nervous system and quiet the mind. Allow yourself to just BE. **(45 Minutes) Meet at: Tahoe Adventures Activity Room on 4<sup>th</sup> Floor**

**BURNS & BREWS 🍷:** Create beautiful, unique wood art while sipping on a refreshing beer for the adults and ginger beer for the kids in this easy and relaxing wood burning class. **(1.5 Hour) Meet at: Tahoe Adventures Activity Room on 4<sup>th</sup> Floor. Reservations required 1 hour in advance. Ages 12+ Cost: \$25**

**CLIMBING WALL:** Meet at the climbing wall, behind Stillwater Pool. Choose weather-appropriate clothing that is comfortable but not too baggy. Wear closed toe shoes. **For guests 50 - 250 lbs**

**CHICKADEE RIDGE HIKE:** Enjoy stunning meadow vistas and friendly chickadee birds on this scenic hike! **(2 Hours - 2.5 Miles) Meet at: Adventures Desk**

**FLUME HIKE:** This guided adventure will begin just above the Mount Rose overlook of Lake Tahoe. Enjoy this hike in the woods with peekaboo views of the lake with little elevation gain. Picturesque views. **(2 hours - 2.5 Miles) Meet at: Adventure Desk**

**LIFT & RESONATE:** In this all-levels class, we'll deepen our awareness of how we can holistically lift our muscles, bones, and uplift our minds within each moment. **(1 Hour) Meet at: Tahoe Adventures Activity Room on the 4<sup>th</sup> floor**

**LOLLIPOP TRAIL HIKE:** Experience Tahoe's history on a moderate hike with remnants of the Flume trail and the Old Mt. Rose Highway. Less traveled, it offers beautiful lake vistas, perfect for families and well-behaved pups! **(2 Hours - 3 Miles) Meet at: Adventure Desk. For guests ages 10+**

**YOGA FLOW:** Drop in to the present moment through balancing body, mind, and breath in our beginner-friendly yoga class. **(45 minutes) Meet at: Tahoe Adventures Room on the 4<sup>th</sup> floor**

**MINDFUL FOREST WALK:** A slow, mindful walk through the serene Tahoe forest. Connect with nature, quiet your mind, and feel centered. **(1 Hour) Meet at: Adventure Desk**

**MONKEY ROCK GUIDED HIKE:** Expect a lot of “bang for your buck” in terms of epic views following a relatively short hike! Enjoy a little cardio, panoramic views of North Lake Tahoe and of course, Monkey Rock. **(2 Hours - 2.5 Miles) Meet at: Adventure Desk**

**MOUNTAIN SIDE MARGARITAS 🍹:** Explore Lake Tahoe's vistas on a guided hike, followed by a bespoke margarita crafted by our expert guide. Savor the blend of nature's beauty and mixology amidst the Sierra Nevada backdrop. **(1.5 Hours) Meet at: Adventure Desk. Cost: \$30**

**MOVEMENT OF MUSIC:** Music moves us in wonderful ways. In this all-levels class, we will utilize the compression-expansion principle of music mindfully to physically connect with the ways that music moves. **(1 Hour) Meet at: Tahoe Adventures Activity Room on the 4<sup>th</sup> floor**

**MT. ROSE WATERFALL HIKE:** Music moves us in wonderful ways. In this all-levels class, we will utilize the compression-expansion principle of music mindfully to physically connect with the ways that music moves. **(3 Hours - 5 Miles) Meet at: Adventures Desk**

**PAINT & SIP 🍷:** Unleash your creativity with a brush in one hand and a glass of wine in the other. Join us for a fun-filled guided painting session. **(1.5 Hours) Meet at: Tahoe Adventures Activity Room on 4<sup>th</sup> Floor. Reservations required 1 hour in advance. Ages 21+ Cost: \$25**

**ROLL & RELEASE:** Unwind, recharge, and improve mobility in this class that combines gentle movement with self-myofascial release techniques. **(45 Minutes) Meet at: Tahoe Adventures Activity Room on 4<sup>th</sup> Floor**

**SOUND BATH 🎵:** Immerse yourself in a world of sound and vibration. This deeply relaxing sound bath will guide you on a journey of tranquility and renewal. Experience the healing power of sound as you listen to a harmonious blend of instruments, including Tibetan and Crystal Singing Bowls, gongs, and chimes. **(1 Hour) Meet at: Tahoe Adventures Activity Room on 4<sup>th</sup> floor. Reservations required 1 hour in advance. Cost: \$30**

**STILLNESS OF SOUND:** Harness the calming power of sound as the trumpet becomes a guide for stillness, breath, and depth of movement. This all-levels class invites gentle awareness into the body, helping you relax into the present moment. Through the resonance of sound, we'll open both body and mind to a more grounded, expansive state. **(1 Hour) Meet at: Tahoe Adventures Activity Room on the 4<sup>th</sup> floor**

**STRETCH & RELAX:** Revitalize your body with deep stretches, suitable for all ages and abilities. **(45 Minutes) Meet at: Tahoe Adventures Activity Room on 4<sup>th</sup> floor**



## ACTIVITY GUIDE *Spring 2026*



### WELCOME TO YOUR ALPINE PARADISE!

We're thrilled to have you here to experience the beauty and adventure of Lake Tahoe with us. From hiking and hatchet throwing, to yoga and meditation, there's endless magic to discover. Please join us on one of our unforgettable Adventures. Thank you for visiting us!  
- *The Tahoe Adventures Team*



**SAUNA & SOUL - TUESDAY, MAY 26TH**  
7:00-9:00pm | \$50 | Stillwater Spa

Step into an evening designed for deep restoration and intentional living inspired by the prevailing astrological themes of the season. Guided journaling, sound healing, and access to sauna and steam create a layered journey of renewal for body and mind. Reservations required. Scan the QR code to secure your spot!



### ON-WATER ADVENTURES *Relax, Explore, and Paddle at Your Own Pace*

Our exclusive on-water adventures invite registered guests to paddle along the shoreline with one hour kayak and stand-up paddleboard rentals designed for all skill levels.

Early season rentals operate on a modified schedule featuring kayaks only, allowing guests to enjoy the lake as it awakens for the season. Full services, including stand-up paddleboards, will begin Memorial Weekend, marking the start of our complete summer on water experience.



*Please visit the Adventures Desk on the Lobby Level to book on-water adventures.*