


TIME	MONDAY July 28	TUESDAY July 29	WEDNESDAY July 30	THURSDAY July 31	FRIDAY August 1	SATURDAY August 2	SUNDAY August 3
7:00 a.m.	Garden Meditation	Garden Meditation	Garden Meditation	Garden Meditation	Garden Meditation	Garden Meditation	Garden Meditation
8:00 a.m.	Yoga Flow Monkey Rock Hike	Yoga Flow Flume Hike	Yoga Flow Chickadee Ridge Hike	Yoga Flow Flume Hike	Yoga Flow Chickadee Ridge Hike	Yoga Flow Monkey Rock Hike	Yoga Flow Chickadee Ridge Hike
9:00 a.m.	Tahoe Explorers: Tahoe Science Center 🐾	Tahoe Explorers: Tahoe Science Center 🐾	Tahoe Explorers: Tahoe Science Center 🐾	Tahoe Explorers: Tahoe Science Center 🐾	Tahoe Explorers: Tahoe Science Center 🐾	Tahoe Explorers: Tahoe Science Center 🐾	Tahoe Explorers: Tahoe Science Center 🐾
10:00 a.m.	Stretch & Relax	Movement & Mobility	Stretch & Relax	Movement & Mobility	Movement & Mobility	Movement & Mobility	Stretch & Relax
11:00 a.m.	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)
12:00 p.m.	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+) Paint and Sip (Age 21+) 🐾	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)
1:00 p.m.						Mountainside Margarita's 🐾 (Age 21+)	
2:00 p.m.	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)
3:00 p.m.	Hatchet Throwing (Age 12+) Burns & Brews 🐾	Hatchet Throwing (Age 12+) Burns & Brews 🐾	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+) Burns & Brews 🐾	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)
4:00 p.m.	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)
5:00 p.m.							
6:00 p.m.	Lollipop Hike	Mountainside Margarita's 🐾 (Age 21+)	Monkey Rock Hike	Monkey Rock Hike Mountainside Margarita's 🐾 (Age 21+)	Monkey Rock Meditation Mountainside Margarita's 🐾 (Age 21+)	Paint and Sip (Age 21+) 🐾 Lollipop Hike	Monkey Rock Hike
7:00 p.m.						<div></div> <div>SCAN TO LEARN MORE OR RESERVE YOUR NEXT ADVENTURE</div> <div>OR VISIT OUR ACTIVITES CONCIERGE IN MAIN LOBBY</div>	
8:00 p.m.		Sound Bath 🐾		Reiki & Restore 🐾			

TAHOE ADVENTURES ROOM LOCATED ON 4<sup>TH</sup> FLOOR

ARCADE & GAME ROOM OPEN 10:00 A.M. - 9:00 P.M.



LAKE TAHOE LUXURY  
BOAT RENTALS

Resort guests can enjoy our partnership with Lake Tahoe Luxury Boat Rentals this summer! Rentals and charters are exclusively for our overnight guests. Guest reservation confirmation number is required at booking.



IRON & WOOD  
INDOOR GOLF LINKS

Just steps from our resort, Iron & Wood offers a premier golfing experience. Practice your swing or enjoy friendly competition—rain or shine. Hyatt guests receive exclusive savings with code LTHYATTGOLF at booking.



INCLINE VILLAGE  
RECREATION CENTER

Featuring a 25-yard indoor pool, gymnasium, fitness classes and more!  
  
InclineRecreation.com | 775.832.1310  
**Adults:** \$20 | **Seniors** 60+: \$17 | **Youth:** \$10  
Kids 5 & under are free  
  
Mon-Fri 6:00a - 8:00p,  
Sat 7:00am - 7:00pm, Sun 7:00am - 5:00pm

BOWL INCLINE

Enjoy classic lanes, arcade games, and a lively atmosphere just minutes from our resort. A fun-for-all-ages outing that's always in season.  
  
bowlincline.com | 775.831.1900  
  
Tues-Thurs 11:00a.m. - 10:00p.m.  
Fri-Sat 11:00a.m. - 11:00p.m.  
Sun 11:00a.m. - 9:00p.m.

BIG BLUE  
BIKE RENTALS

Located just behind the lobby, Big Blue Bikes offers a variety of rentals perfect for cruising around Lake Tahoe. Whether you're heading to the beach or exploring town, it's a scenic and effortless way to get around.  
  
Open daily | 8:30a.m. – 6:00p.m.  
  
bigbluebikerentals.com



# ACTIVITY DESCRIPTIONS

**ARCHERY:** Join us and learn to use a bow and arrow. A great practice of patience and breath work, archery allows you to sharpen your focus and define your aim and intention. Come have fun developing new skills and expanding your goals. **(1 Hour) For ages 8+ Meet at: Adventure Desk**

**BURNS & BREWS 🍷:** Create beautiful, unique wood art while sipping on a refreshing beer in this easy and relaxing wood burning class. **Cost: \$25 (1 hour) For ages 12+ Meet at: Tahoe Adventure Room on 4<sup>th</sup> Floor**

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

**GARDEN MEDITATION:** A beautiful opportunity to ground and center while cultivating gratitude and mindfulness through a guided meditation surrounded by Mother Nature. **(30 Minutes) Meet at: Adventure Desk**

**HATCHET THROWING:** Bring out your inner lumberjack! Come learn the art of throwing a hatchet. Breathing and focus lead us to achieving our goals, so come practice in a true mountain experience. **(1 Hour) For ages 12+ Meet at: Adventure Desk**

**LOLLIPOP LOOP TRAIL:** 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**

**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**

**MONKEY ROCK MEDITATION:** Join us for guided meditation amid panoramic Lake Tahoe views. After a short forest trek to Monkey Rock, let Mother Nature ground your practice. Breathe in the fresh Tahoe air! **(2 Hours) Meet at: Adventure Desk**

**MOUNTAINSIDE MARGARITA'S 🍹:** 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. **Cost: \$30 (2 Hours) For Ages 21+ Meet at: Adventure Desk**

**MOVEMENT & MOBILITY:** Unwind and recharge in the serene mountain setting. This class combines gentle yoga flows and self-myofascial release techniques to improve flexibility, reduce muscle tension, and enhance overall well-being. **(45 minutes) Meet at: Tahoe Adventure Room on 4<sup>th</sup> Floor**

**MT. ROSE WATERFALL HIKE:** This rewarding trail offers a refreshing waterfall, and a scenic meadow, leading to the summit of the mountain where you will be greeted by expansive views of the Reno-Tahoe area. **(3.5 Hours - 5 miles) For ages 10+ Meet at: Adventure 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. **Cost: \$25 (2 Hours) For Ages 21+ Meet at: Tahoe Adventure Room on 4<sup>th</sup> Floor**

**REIKI & RESTORE 🧘:** This Reiki-infused restorative yoga class blends gentle, supported poses with the healing energy of Reiki to promote deep relaxation. **Cost: \$30 (45 minutes) Meet at: Tahoe Adventure Room on 4<sup>th</sup> floor**

**SOUND BATH 🧘:** Relax and balance with soothing Tibetan and Crystal Singing Bowls in an evening session perfect for all ages. Ideal for unwinding and preparing for a restful night's sleep. **Cost: \$30 (1 Hour) Meet at: Tahoe Adventure Room on 4<sup>th</sup> floor**

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

**YOGA FLOW:** Enjoy a 45-minute yoga session in nature featuring a variety of styles from vinyasa, slow-flow and yin yoga. **(1 hour) Meet at: Tahoe Adventure Desk**

## KAYAK & STAND-UP PADDLE BOARD

Discover Lake Tahoe's beauty with our exclusive kayak and stand-up paddleboard services, reserved for our Hyatt Regency Lake Tahoe guests. Enjoy the stunning surroundings from 9:00 a.m. to 3:00 p.m. Weather dependent.

*1 hour included. Sign-up at the Adventure Concierge Desk. Advance reservations required.*



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## ACTIVITY GUIDE July 28-August 3 *Summer 2025*



### WELCOME TO YOUR ALPINE PARADISE!

As Lake Tahoe enters into Summer we're thrilled to have you here to experience it 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*



### TAHOE EXPLORERS PROGRAM

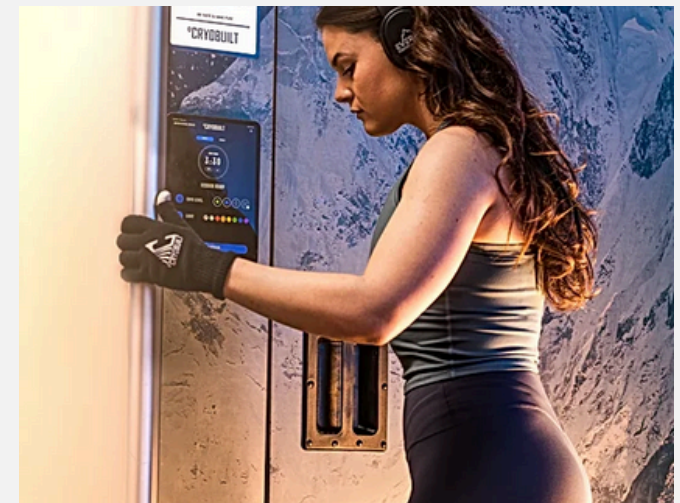
Exclusively for young guests ages 6–12, Tahoe Explorers offers engaging sessions designed to spark creativity, curiosity, and outdoor fun.

#### Morning Adventure: Tahoe Science Center

9:00 AM – 11:30 AM | \$35

Just steps from the resort, this hands-on science excursion introduces kids to Tahoe's ecosystem through fun, interactive exhibits.

*Advance reservations are required—scan the inside QR code to sign up. Space is limited.*



### EXPLORE OUR TOUCHLESS THERAPIES

Experience the ultimate in relaxation and recovery with our innovative touchless therapies. Rejuvenate with cryotherapy to reduce inflammation and boost recovery, floatation therapy for stress relief and well-being, and the Harmony BioAcoustic Mat for deep relaxation and improved mobility.

*Stillwater Spa is located on the lower lobby level*



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