

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 Activity Room on 4th 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**

FORAGED & FREE 🍷: Discover the art of zero-proof mixology in a private lounge overlooking the Sierra Nevada Mountains, where you'll craft two botanical cocktails with locally foraged ingredients, create a custom syrup to take home, and receive recipe cards to continue your practice. **Cost: \$85 (2 Hours) For ages 21+ Meet at: Guests Only space on the 11th floor**

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**

MOVEMENT & MOBILITY: Unwind, recharge, and improve mobility in this class that combines gentle movement with self-myofascial release techniques. **(45 minutes) Meet at: Tahoe Adventure Activity Room on 4th Floor**

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

MT. ROSE WATERFALL GUIDED HIKE: This rewarding trail offers a refreshing waterfall, a scenic meadow, leading to the summit of the mountain where you will be greeted by 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 Activity Room on 4th 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 (1 Hour) Meet at: Tahoe Adventure Activity Room on 4th floor**

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

TASTE OF THE SIERRA'S 🍷: Enjoy a sophisticated mixology experience in a private lounge overlooking the Sierra Nevada Mountains, where you'll craft two unique cocktails with locally found herbs, receive recipes and wellness insights, and take home a custom-made syrup. **Cost: \$85 (2 Hours) For ages 21+ Meet at: Guests Only space on the 11th floor**

TRUMPET MEDITATION: Use the calming resonance of a trumpet to guide your stillness, breath, and awareness. This class will help you relax, open, and find a more grounded state. **(1 Hour) Meet at: Tahoe Adventure Activity Room on 4th floor**

YIN + SOUND BATH 🧘: Unwind and reset with a deeply nourishing class that combines a meditative Yin Yoga practice with the healing vibrations of singing bowls, gongs, and chimes. Release tension and improve flexibility. **Cost: \$35 (1 Hour) Meet at: Tahoe Adventure Activity Room on 4th Floor**

YOGA FLOW: Drop in to the present moment through balancing body, mind, and breath in our beginner-friendly yoga class. **(1 hour) Meet at: Adventure Desk**

YOGA OF DANCE: Explore connection through movement and music in this joyful, all-levels class. Blend self-expression, spatial awareness, and partner exploration into a moving meditation. **(1 hour) Meet at: Tahoe Adventure Activity Room on 4th Floor**

YIN YANG YOGA: Inspired by Tai Chi, this class explores the balance of strength and ease. Through slow, mindful postures, you'll deepen your body awareness and discover how thoughtful movement enhances relaxation and flow. **(1 hour) Meet at: Adventure Desk**



ACTIVITY GUIDE Oct 12-Oct 18 *Fall 2025*



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



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

GUIDED WELLNESS EXPERIENCES

Yoga, Meditation & Sound

Discover a collection of unforgettable classes where Tahoe's natural beauty meets mindful movement. Center yourself in *Moving Meditation*, be transported by the healing resonance of *Yin + Sound Bath* and unlock balance in *Yin Yang Yoga*. Find creative expression through *Yoga of Dance* and a new stillness in *Trumpet Meditation*. Each offering is crafted to bring you to a deeper sense of stillness, balance, and an enriched state of well-being. Whether seeking relaxation, creativity, or connection, these experiences invite you to embrace wellness in its most inspiring form.



Sign-up online using the QR code inside your Activity Guide or visit the Adventure Desk.

TIME	SUNDAY October 12	MONDAY October 13	TUESDAY October 14	WEDNESDAY October 15	THURSDAY October 16	FRIDAY October 17	SATURDAY October 18
7:00 a.m.							
8:00 a.m.	Yoga Flow	Yoga Flow-Ash		Yoga Flow	Yoga Flow	Yoga Flow	Yoga Flow
9:00 a.m.	Monkey Rock Hike	Monkey Rock Hike	Mt. Rose Waterfall Hike	Chickadee Ridge Hike	Mt. Rose Waterfall Hike	Monkey Rock Hike	Chickadee Ridge Hike
10:00 a.m.	Stretch & Relax	Stretch & Relax Archery (Age 8+)		Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax
11:00 a.m.	Archery (Age 8+)		Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)
12:00 p.m.	Moving Meditation	Moving Meditation		Moving Meditation	Moving Meditation	Moving Meditation Paint and Sip	Moving Meditation Paint and Sip
1:00 p.m.	Hatchet Throwing (Age 12+)		Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)
2:00 p.m.	Archery (Age 8+)		Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+) Wall 2-5
3:00 p.m.	Hatchet Throwing (Age 12+)			Burns and Brews (age 12+)	Trumpet Meditation	Movement & Mobility	Yin Yang Yoga
4:00 p.m.	Archery (Age 8+) McKenzie Monkey Rock Hike	Archery (Age 8+) Lollipop Hike	Monkey Rock Hike		Archery (Age 8+)	Archery (Age 8+) Lollipop Hike	Archery (Age 8+) Monkey Rock Hike
5:00 p.m.					Yin Yang Yoga	Reiki & Restore	Trumpet Meditation
6:00 p.m.							
7:00 p.m.	 SCAN TO LEARN MORE OR RESERVE YOUR NEXT ADVENTURE OR VISIT THE ACTIVITES DESK IN MAIN LOBBY				Yoga of Dance	Yin + Sound Bath	Yoga of Dance
8:00 p.m.							

TAHOE ADVENTURES ROOM LOCATED ON 4TH 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.



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

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

ACTIVITY INFORMATION:

- Activities with a bear paw (🐾) indicate additional fees.
- All activities must be booked in advance.
- For activity meeting place, see activity description. If no location is mentioned, please meet at the Adventure Desk.
- All hikes require appropriate shoes. Sunscreen and water bottle recommended.
- For additional questions, visit the Adventure Desk located in the main lobby or email: TahoeAdventures@hyatt.com