


TIME	MONDAY September 8	TUESDAY September 9	WEDNESDAY September 10	THURSDAY September 11	FRIDAY September 12	SATURDAY September 13	SUNDAY September 14
7:00 a.m.							
8:00 a.m.	Yoga Flow Chickadee Ridge Hike	Yoga Flow Flume Hike	Yoga Flow Chickadee Ridge Hike	Yoga Flow Flume Hike	Yoga Flow Monkey Rock Hike	Yoga Flow Chickadee Ridge Hike	Yoga Flow Monkey Rock Hike
9:00 a.m.							
10:00 a.m.	Stretch & Relax	Stretch & Relax	Stretch & Relax	Movement & Mobility	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+)	Archery (Age 8+)
12:00 p.m.	Hatchet Throwing (Age 12+) Moving Meditation	Moving Meditation	Moving Meditation	Hatchet Throwing (Age 12+) Moving Meditation	Trumpet Meditation	Hatchet Throwing (Age 12+) Paint and Sip (Age 21+)🐾 Moving Meditation	Moving Meditation
1:00 p.m.		Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)				
2:00 p.m.	Archery (Age 8+)			Archery (Age 8+)	Hatchet Throwing (Age 12+)	Archery (Age 8+)	Archery (Age 8+)
3:00 p.m.	Hatchet Throwing (Age 12+) Burns and Brews (age 12+) 🐾	Archery (Age 8+)	Archery (Age 8+) Burns and Brews (age 12+) 🐾	Hatchet Throwing (Age 12+) Trumpet Meditation	Climbing Wall 3-5pm Moving Meditation	Climbing Wall 3-5pm Burns and Brews (age 12+) 🐾 Yin Yang Yoga	Climbing Wall 3-5pm Hatchet Throwing (Age 12+)
4:00 p.m.	Archery (Age 8+)				Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)
5:00 p.m.	Lollipop Hike	Monkey Rock Hike	Lollipop Hike	Monkey Rock Hike Yin Yang Yoga	Reiki & Restore 🐾 Taste of the Sierra's (Age 21) 🐾	Monkey Rock Hike Foraged and Free (Age 21) 🐾 Trumpet Meditation	Monkey Rock Hike
6:00 p.m.							
7:00 p.m.	<div></div> <div>SCAN TO LEARN MORE OR RESERVE YOUR NEXT ADVENTURE</div> <div>OR VISIT THE ACTIVITES DESK IN MAIN LOBBY</div>			Yoga of Dance	Yin + Sound Bath 🐾	Yoga of Dance	
8:00 p.m.							

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.



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](http://bigbluebikerentals.com)

INCLINE VILLAGE  
RECREATION CENTER

Featuring a 25-yard indoor pool, gymnasium, fitness classes and more!

[InclineRecreation.com](http://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 concierge office.
- All hikes require appropriate shoes. Sunscreen and water bottle recommended.
- For additional questions, visit the Adventures Concierge Desk located in the main lobby or email: [TahoeAdventures@hyatt.com](mailto:TahoeAdventures@hyatt.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 hike 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**

**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 11<sup>th</sup> 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 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**

**MOVING MEDITATION:** Our Moving Meditation class invites you to experience the serene beauty of the Tahoe Forest as your sacred space. We'll gently move through towering trees and alongside a peaceful creek, guiding you to deeply connect with Mother Earth, Lake Tahoe, and your own mindful presence. Quiet your mind, nourish your soul, and feel centered. Open to all. **(45 minutes) Meet at: Tahoe 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**

**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**

**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 11<sup>th</sup> floor**

**TRUMPET MEDITATIONS:** 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. **Cost: \$30 (1 Hour) Meet at: Tahoe Adventure Activity Room on 4<sup>th</sup> floor**

**YIN + SOUNDBATH 🍷:** Unwind and reset with this deeply nourishing class weaving Yin Yoga throughout a Sound Bath. You will be immersed in the soothing and healing vibrations of Crystal and Tibetan Singing Bowls, gongs, and chimes while being expertly guided in a slow, meditative practice of targeting deep connective tissues, holding poses for longer durations to release tension and improve flexibility. **Cost: \$35 (1 Hours) Meet at: Tahoe Adventure Activity Room**

**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**

**YOGA OF DANCE:** Explore connection through movement in this joyful, music-guided experience. In this all-levels class, we'll attune to our bodies, our environment, and one another while moving with awareness and intention. Participants will help shape the musical landscape as we blend self-expression, spatial connection, and partner exploration into a moving meditation. **(1 hour) Meet at: Tahoe Adventure Activity Room**

**YIN YANG YOGA:** Inspired by the flowing energy of Tai Chi, this all-levels practice explores the balance of strength and ease. Through slow, mindful postures and attention to skeletal-muscular alignment, we'll deepen awareness of how our body moves and opens. Discover how thoughtful movement enhances creativity, flow, and relaxation from the inside out. **(1 hour) Meet at: Tahoe Adventure Activity Room**



## ACTIVITY GUIDE September 8-14 *Summer 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*

### STAND-UP PADDLE BOARD & KAYAKS

*Experience Lake Tahoe, Your Way*

Take in Lake Tahoe's breathtaking beauty from the water with exclusive kayak and paddleboard access for Hyatt Regency Lake Tahoe guests. Glide across crystal-clear waters framed by the surrounding Sierra Nevada mountains. One hour of daily use is included with your stay. Advanced reservations are required—please visit the Adventure Concierge Desk to reserve.

*Available: 9:00a.m.-5:00p.m. | Weather Permitting*



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