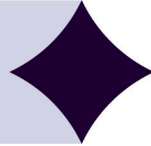


ACTIVITY DESCRIPTIONS



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.**

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) Meet at: Adventure Desk. Ages 8+**

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 4th 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 4th 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 4th 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: Adventures Desk. For guests ages 10+**

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 4th 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 4th 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 4th 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 4th 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 4th floor**

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



MONKEY ROCK GUIDED HIKE

This curated, moderate hike blends light cardio with panoramic East Shore vistas, offering a rewarding escape into Tahoe's natural beauty. At the summit, Monkey Rock provides an unforgettable vantage point over the lake's deep-blue waters and the surrounding mountains. To learn more, please visit the Adventures Desk on the lobby level.

FLUME TRAIL GUIDED HIKE

Stroll, Explore and Take In the Views

Step into spring with a guided journey along one of Tahoe's most scenic trails. Beginning just above the Mount Rose overlook, this relaxed hike leads through fragrant forest paths with gentle terrain and peekaboo views of Lake Tahoe. Enjoy the fresh mountain air, quiet stretches of pine, and picturesque lake views along a gently graded trail that stays comfortable and accessible for most guests. This outing offers an easygoing way to welcome the season and take in the beauty of Tahoe in bloom. This hike is approximately 2.5 miles and lasts about 2 hours. Meet at the Adventure Desk.



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