

# ACTIVITY DESCRIPTIONS



**APRÈS IN THE PINES** 🌲: Enjoy a short walk through the pines and craft your own custom Hot Toddy with warming spices, local honey, and whiskey. Sip from insulated tumblers and settle in on cozy blankets as you soak up the crisp air and savor the mountain vibes. **(1.5 Hours)** **Meet at: Adventure Desk. Reservations required 1 hour in advance. Ages 21+ Cost: \$30**

**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 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**

**CHICKADEE RIDGE HIKE:** Enjoy stunning meadow vistas and friendly chickadee birds on this scenic hike! **(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**

**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**

**MOONLIGHT IN THE MEADOWS** 🌲: Step into a serene winter wonderland, where fresh snow blankets the landscape and crisp mountain air invigorates your senses. Enjoy a moonlit snowshoe trek through a pristine forest, taking in Tahoe's breathtaking scenery and the Sierra Nevada peaks before gazing up at the Milky Way and sparkling constellations. **(2 Hours)** **Meet at: Adventure Desk. Reservations required 2 hours in advance. Jackets, snow pants, waterproof shoes, beanies and gloves are required to embark on this adventure. Cost: \$55**

**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**

**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**

**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 2 hours 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**

**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. **(1.5 Hours)** **Meet at: Guests Only space on the 11<sup>th</sup> floor. Reservations required 2 hours in advance. Ages 21+ Cost: \$85**

**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 4<sup>th</sup> floor**



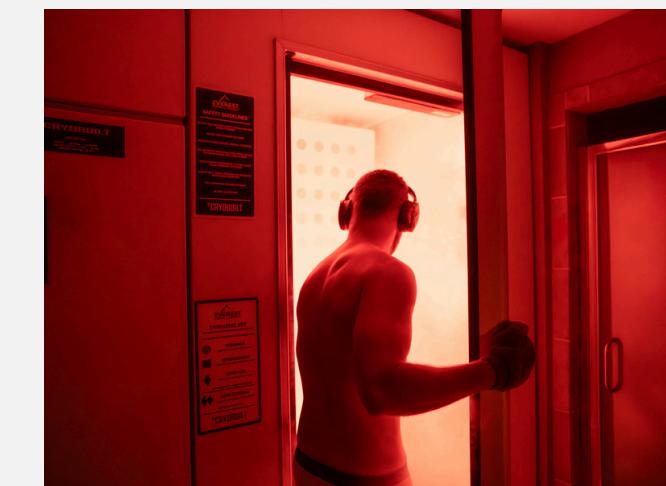
## ACTIVITY GUIDE Winter 2025



### 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

### APRÈS IN THE PINES

*Sip, Stroll & Savor the Pines*

Unwind in true Tahoe style with a short, scenic walk through the pines before crafting your own custom Hot Toddy. Choose from warming spices, local honey, and smooth whiskey to create the perfect blend, then sip from insulated tumblers as you settle onto cozy blankets beneath the towering trees. Surrounded by crisp mountain air and serene forest views, this relaxing experience is the ultimate way to savor après vibes in nature. This experience is exclusively for guests ages 21 and over.



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