

ACTIVITY INFORMATION

APRES IN THE PINES 🐾: Enjoy a short walk through the pines and craft your own custom Hot Toddy with warming spices, local honey, and whiskey. Enjoy warm beverages and settle in on cozy blankets as you soak up the crisp air and alpine ambiance. **Ages 21+ Cost: \$30 (1.5 Hours) Reservations required 1 hour in advance. Meet at Adventure Desk**

ARCHERY: Whether you're a beginner or a seasoned archer, you'll have the opportunity to improve your skills and enjoy the peace and tranquility of the great outdoors. **(1 Hour) Meet at: Adventure Desk. Ages 8+**

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 45- 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**

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: Adventure Desk.**

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**

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 Hours - 5 miles) Meet at: Adventure Desk For guests age 12+**

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**

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**

TRUMPET MEDITATION: 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 indoor yoga class. **(45 minutes) Tahoe Adventures Activity Room on 4th floor**



ACTIVITY GUIDE

Fall 2026



WELCOME TO YOUR ALPINE PARADISE!

We're thrilled to have you here to experience the beauty and adventure of Lake Tahoe. From scenic hikes and waterfront adventures to yoga and meditation, there's something for everyone to enjoy. Thank you for visiting us, and we hope you'll join us for an unforgettable Adventure.

- *The Tahoe Adventures Team*



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. Enjoy warm beverages and settle in on cozy blankets as you soak up the crisp air and alpine ambiance.

Mount Rose Waterfall Hike

This rewarding five-mile 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.



Please visit the Adventures Desk on the Lobby Level to book a Tahoe Adventure