# ACTIVITY INFORMATION

For more information regarding our activities and adventures, please visit the Adventures desk located in the Main Lobby.

**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 Hours) Meet at: Tahoe Adventures Activity Room on 4th Floor. Reservations required 1 hour in advance. Ages 12+ Cost: $25***

**CHICKADEE RIDGE SNOWSHOE:** Discover the magic of winter on a peaceful snowshoe adventure. Trek through pristine snow-covered meadows, encounter friendly wildlife, and savor breathtaking views of Lake Tahoe. This serene trail offers a perfect escape into nature's winter wonderland.
***(2 Hours - 2.5 Miles) Ages 12+ Meet at: Adventure 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***

**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***

**MOONLIGHT IN THE MEADOWS*:*** 🐾 Step into a serene winter wonderland, where fresh snow blankets the landscape and the crisp mountain air invigorates your senses. Your adventure begins with a guided snowshoe trek through a pristine forest, where snow-laden branches and the soft crunch beneath your feet set the scene. As you wind your way along the trail, the moon casts a gentle glow, revealing breathtaking views of Tahoe's stunning landscape and the majestic Sierra Nevada peaks. In the quiet of the night, gaze up at the Milky Way and explore the constellations that sparkle above you.
***(2 Hour) Ages 12+ Meet at: Adventure Desk Cost: $55***

**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***

**SOAP & BUBBLES 🐾:** Unleash your inner artist and create your own custom soaps! Learn the basics of soap making, experiment with colors, scents, and add-ins, and take home your own unique creations, all while sipping on a glass of bubbly. ***(1.5 Hours) Meet at: Tahoe Adventures Activity Room on 4th Floor. Reservations required 1 hour in advance. Cost: $25***

**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 yoga class***. (45 Minutes) Meet at: Tahoe Adventures Activity Room on 4th floor***



# ACTIVITY GUIDE
## *Fall 2026*

HYATT REGENCY®
LAKE TAHOE
RESORT, SPA & CASINO

## 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*