TIME	MONDAY September 22	TUESDAY September 23	WEDNESDAY September 24	THURSDAY September 25	FRIDAY September 26	SATURDAY September 27	SUNDAY September 28
7:00 a.m.							
8:00 a.m.	Yoga Flow	Yoga Flow	Yoga Flow	Yoga Flow	Yoga Flow	Yoga Flow	Yoga Flow
9:00 a.m.	Monkey Rock Hike	Mt. Rose Waterfall Hike	Chickadee Ridge Hike	Mt. Rose Waterfall Hike	Monkey Rock Hike	Chickadee Ridge Hike	Monkey Rock Hike
10:00 a.m.	Stretch & Relax	Stretch & Relax	Movement & Mobility	Movement & Mobility	Stretch & Relax	Movement & Mobility	Stretch & Relax
11:00 a.m.	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+) Paint & Sip (Ages 21+)	Archery (Age 8+)
12:00 p.m.	Moving Meditation	Moving Meditation	Moving Meditation	Moving Meditation	Trumpet Meditation Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+) Moving Meditation	Hatchet Throwing (Age 12+) Moving Meditation
1:00 p.m.	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)	Hatchet Throwing (Age 12+)			
2:00 p.m.	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+)	Archery (Age 8+) Paint & Sip (Ages 21+)	Archery (Age 8+)	Archery (Age 8+)
3:00 p.m.	Burns and Brews (age 12+)		Burns and Brews (age 12+)	Trumpet Meditation	Climbing Wall 3-5pm Moving Meditation	Climbing Wall 3-5pm Yin Yang Yoga	Hatchet Throwing (Age 12+)
4:00 p.m.	Archery (Age 8+) Lollipop Hike	Archery (Age 8+) Monkey Rock Hike		Archery (Age 8+) Foraged and Free (Age 21) 📽	Archery (Age 8+) Lollipop Hike	Archery (Age 8+) Monkey Rock Hike Mountainside Margarita (21+) *	Monkey Rock Hike
5:00 p.m.			Mountainside Margarita (21+)	Yin Yang Yoga	Reiki & Restore 📽 Taste of the Sierra's (Age 21) 🎕	Trumpet Meditation	
6:00 p.m.							
7:00 p.m.	SCAN TO LEARN MORE			Yoga of Dance	Yin + Sound Bath 🖐	Yoga of Dance	
8:00 p.m.	OR RESERVE YOUR NEXT ADVENTURE OR VISIT THE ACTIVITES DESK IN MAIN LOBBY						

TAHOE ADVENTURES ROOM LOCATED ON 4TH FLOOR

ARCADE & GAME ROOM OPEN 10:00 A.M. - 9:00 P.M.



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

INCLINE VILLAGE RECREATION CENTER

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

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

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 4th 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

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 11th 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 4th 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

MT. ROSE WATERFALL GUIDED HIKE: This rewarding trail offers a refreshing waterfall, a scenic meadow, leading to the summit of the mountain where you will be greeted by views of the Reno-Tahoe area. (3.5 Hours - 5 Miles) For ages 10+ Meet at: 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 4th 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 4th floor

STRETCH & RELAX: Revitalize your body with deep stretches, suitable for all ages and abilities.

(45 Minutes) Meet at: Tahoe Adventure Room on 4th 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 11th 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 4th 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 22-28 $Fall\ 2025$



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

GUIDED WELLNESS EXPERIENCES

Yoga, Meditation & Sound

Discover a collection of unforgettable classes where Tahoe's natural beauty meets mindful movement. Center yourself in *Moving Meditation*, be transported by the healing resonance of *Yin + Sound Bath and* unlock balance in *Yin Yang Yoga*. Find creative expression through *Yoga of Dance* and a new stillness in *Trumpet Meditations*. Each offering is crafted to bring you to a deeper sense of stillness, balance, and an enriched state of well-being. Whether seeking relaxation, creativity, or connection, these experiences invite you to embrace wellness in its most inspiring form.



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