



ADVENTURES  
*in good company*



## LAKE TAHOE WELLNESS ON THE WATER

### Trip Summary

#### HIGHLIGHTS

- Unwinding alongside the vibrant aqua hues of Lake Tahoe
- Centering your body and mind through guided daily yoga and meditation
- Stand up paddle boarding, kayaking, and swimming in the most refreshing alpine lake in North America
- Exploring quaint towns and a lake-side hidden castle
- Savoring the fresh and healthy simplicity of California cuisine

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## TRIP AT A GLANCE

Location:	Lake Tahoe, California
Activities:	Multisport
Arrive:	Fly into the Reno/Tahoe International Airport by 2:30PM for a group shuttle at 3PM on arrival day
Depart:	Fly out of the Reno/Tahoe airport any time after 12PM on departure day

### Trip Overview

Exercise your mind and body and refresh your soul on the white sandy beaches and crystal-clear waters of Lake Tahoe. This mountain paradise will provide our group a healthy dose of nature, crisp alpine air (6,000 feet in elev.), healthy and nourishing meals, and countless outdoor activities. Our wellness-focused retreat includes stand-up paddle boarding (all levels welcome), kayaking, swimming, and hiking. Yoga and meditation sessions will also be offered daily at our peaceful home amongst the pines! Rejuvenate while learning about Lake Tahoe both past and present and what the future holds for the largest alpine lake in North America.

### Rating

This trip is suitable for any woman who enjoys yoga, paddling, and hiking. Yoga is an optional but substantial portion of the itinerary. Yoga sessions will meet a range of abilities from beginner to intermediate/advanced and we recommend participants practice yoga at least once per week in the 2 months leading up to the trip. Paddleboarding and kayaking will be appropriate for first timers. Hiking will be generally low mileage and elevation gain, but may involve navigating rocks, roots, and short steep sections of trail. A rating of 3 requires aerobic conditioning, such as walking vigorously up hills, jogging, paddling, yoga, or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. There are typically 4 to 7 hours of daily activity.

**Rating:** 1 2 **3** **4** 5

### What's Included

- 1-2 experienced AGC guides based on group size
- Four nights lodging at our private lodging
- All meals from dinner on Day 1 through breakfast on the Day 5 except for one dinner on your own
- Round-trip transportation to/from the Reno/Tahoe International airport to our lodging and transportation for all destinations listed on the itinerary
- Park entry fees

**Not included:** Travel to and from your place of origin, alcoholic beverages, guide gratuities, one dinner, and travel insurance

## OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

### DAY 1

Today is arrival day! Fly into the Reno/Tahoe International Airport for a 3PM pick-up by your AGC Guides. Wind your way through the majestic Ponderosa Pines on a 45-minute drive to the comfortable mountain home that will be our home for the long-weekend. Weather permitting, we'll kick off the trip with an outdoor 30-minute yoga class focused on stretching and resetting after a day of travel and dropping into this shared adventure. Yoga will be followed by appetizers and a delicious home-cooked meal. (D)

### DAY 2

There is nothing like an early morning on the lake with glassy water and calm skies. We'll start our first full day bright and early, with a 7AM arrival at Tahoe Watermans in Carnelian Bay. After coffee and breakfast, we'll have a paddleboarding clinic from a pro paddler, followed by a long paddle and time for free swimming if the crystalline cold water is calling your name! After a healthy lunch, we'll take to the land for a short hike before returning home. This evening you have the choice of a yoga class or downtime to explore local options near our lodging. (B,L,D)

### DAY 3

After a nutritious breakfast we will depart to kayak the stunning turquoise waters of Sand Harbor. Explore the idyllic shoreline and compelling coves of Lake Tahoe. Enjoy the unique experience of gazing down to depths of up to 65 feet through water so clear you might think you're in the Caribbean - until you look up to the beautiful mountain vistas that surround you of course! We'll picnic on a white sandy beach and then return home for some downtime. While away the afternoon with a 60-minute yoga and meditation session. Stretch those sore paddling muscles and practice being present in the beauty of a summer afternoon in the Sierras. This evening you'll be dropped off for exploration and dinner on your own in charming and historic downtown Truckee (B,L)

#### DAY 4

Rise with sun salutations to greet the day with another optional yoga and meditation session. After breakfast we will lace up our hiking boots and depart for a hike on the Rubicon Trail from D.L. Bliss State Park to Emerald Bay and a tour of the enigmatic Vikingsholm – Tahoe's hidden castle. This approachable 5 mile rolling trail overlooking Lake Tahoe offers the opportunity to dip into swimming holes along the way or take a lunchtime swim at the bay. An important part of wellness is cultivating joy, and we suggest an ice cream or popsicle at the visitor's center before heading home. As our trip winds down, we will celebrate our adventure with a group meal at a local restaurant in Tahoe City. (B,L,D)

#### DAY 5

You may choose to squeeze in one last group “ommmmm” in a short morning yoga stretch, or you may just pack your bags. Whichever you choose, we will have one last group breakfast before departing for the airport, arriving at 10AM. You can plan to fly home any time after 12PM. (B)

### ADDITIONAL TRIP INFORMATION

#### Getting There

If you are flying, fly in by 2:30PM for our 3PM pick up at baggage claim at the Reno/Tahoe airport. If you are driving straight to our lodging, meet there at 4:15PM. 93 Winding Creek Rd, Olympic Valley, CA 96146. If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exitto charges a one-time, non-refundable processing fees of \$50 per passenger.

#### Accommodations

We'll spend the entire trip at a comfortable and beautiful mountain home about 45 minutes from the Reno Tahoe International Airport. Full price spots on the trip are for a shared room with one other participant, with shared bathrooms, common areas and kitchens. There are 2 single supplements available, one with a shared bath for \$300, and one with a private bath for \$400.

## Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [www.travelexinsurance.com](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

## CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)