



Lake Tahoe Nordic Skiing Itinerary

4 Days/4 Nights

Following is a tentative schedule for your Nordic skiing tour in Lake Tahoe, CA. It may change depending on trail conditions, weather, group needs or other unforeseen circumstances. We believe the ability to change the agenda allows us to offer you Lake Tahoe's best during the winter season.

Arrival Day

The complimentary airport shuttle pickup is scheduled for 4:00 PM at Reno Tahoe International Airport, curbside outside the Delta ticket counter. Orientation followed by dinner will be at 5:30 PM at the Cedar House Sport Hotel, your home for the next 4 nights.

Your trip begins with a Welcome Dinner where you will meet your trainer, Julie Young, a member of the 2012 Rossignol Nordic Ski Team, your associate Tahoe Trips & Trails guide(s) and get to know your fellow skiers. Your guides will describe what is on the schedule for the next 4 days followed by a fantastic meal prepared by Chef Jacob Burton and the kitchen staff at the Cedar House Sport Hotel's restaurant, Stella.

Day 1

Welcome to Lake Tahoe and your first day of skiing! Lake Tahoe's elevation is 6,200 feet so we recommend you give your body time to acclimatize. You can acclimatize best by drinking lots of water, allowing plenty of time for rest, and not pushing yourself too hard.

Each morning your Tahoe Trips & Trails guide(s) will lead you through a 45 minute long movement preparation to warm your muscles and increase flexibility for the days of skiing ahead of you. This morning's active warm-up will focus on lengthening and strengthening muscles while improving your balance. Stimulating the muscles before you hit the snow allows your body to be ready for specific athletic demands and helps prevent injury.

Today we will explore the world of classic Nordic skiing. The day starts with a demo from your Tahoe Trips & Trails guide(s) and an explanation of the striding equipment. Instruction quickly turns to technique and examples of an athletic stance and proper body position are shown to the group. After some dry-land practice, you will take to the snow to complete a series of progressive drills to establish a strong Nordic skiing foundation.

After a relaxing afternoon, everyone will put on their chef's aprons and try their hand in creating the perfect pizza in Stella's professional kitchen. The wood burning oven is a special treat when making a pie.

Day 2

Your second day will start with an active warm up focusing on dynamic core stability. A strong core will allow you to hold proper posture while skiing resulting in more efficient movements. This session will focus on the entire pillar – hips, torso/core and shoulders – to help you ski with better balance, coordination and agility.

Today we will build on what was taught yesterday and apply our skills to learn a different sector of Nordic skiing – skate skiing. Skate skiing, also known as skating, uses the same athletic position and poling instituted in yesterday's striding lesson but adds a lateral movement to the dynamic. Much like the day before, the session will start with demos and an explanation of the equipment. After some dry-land practice, the group will tackle the snow with a series of drills to get the feel for the new movement. The practice-what-you-have-learned portion is a wonderful time for the group to focus on different aspects of the technique at their own pace.

After some free time at the inn, everyone will gather in Stella for an early dinner. Following dinner is an optional full moon snowshoe tour at beautiful Donner Lake. The group will walk along the water's edge taking in the amazing views of Donner Summit and the surrounding area. After the snowshoe, everyone is welcome to dessert and hot toddies in the lobby.

Day 3

This morning we will focus on Nordic specific leg movements for the warm up. Nordic skiing requires constant movement not an isolated, static position. The exercises, such as weighted squats, will institute good movement patterns for your skiing.

On your third day of skiing, your Tahoe Trips & Trails guide(s) will give you the opportunity to practice, implement and perfect the technique you have learned over the past two days. Today you will tour on classic, Nordic cross-country skis. Your guides will lead down a wonderful trail at a local's favorite cross country center. The tour route twists and turns its way out to a scenic spot for a rewarding gourmet lunch.

On your last night in Tahoe, the group will gather for a Farewell Dinner at Stella and enjoy the wonderful works of Chef Jacob Burton. Your guide(s) will wrap up what was covered over the last 3 days and send everyone home with feedback on their skiing.

Day 4

On your last day in Tahoe, the group will enjoy a morning snowshoe in a fantastic location. The group will then head out and travel among tall pine trees along a winter stream, enjoying the snowy scenery and solitude. Your Tahoe Trips & Trails guide(s) will enhance the outing with information on the flora and fauna of the area, as well as historical facts and famous tall tales about the Tahoe basin.

Eventually, we emerge from the trees and into a series of beautiful meadows beside one of the area's largest reservoirs. In the winter, the water is pristine and it feels as though you are the only trekker for miles. After enjoying some time by the water, the group will head back to trailhead to enjoy lunch before heading to the airport.

Complimentary drop off at the Reno/Tahoe International airport is scheduled for 2:00 PM.