

girls getaway

DAY 1 | MUSIC AND MARTINIS

After settling in at The Cedar House Sport Hotel, head into Historic Downtown Truckee where there is a great line up of restaurants and bars all within a few steps of each other on main street. Moody's Bistro Bar & Beats will make you feel like you've just walked into a swanky NYC jazz club, but with North Tahoe's laid-back vibe and the creative menu, innovative cocktails and thoughtful wine list, you'll have plenty to rave about to friends back home. Insider's Tip: For dessert, venture one block north to the CoffeeBar on Jibboom Street for the best coffee art and gelato in town or satiate a sweet tooth with cupcakes at Cake Tahoe right around the corner from Moody's.

DETAILS: Downtown Truckee. It is advised to take a taxi there, which we can setup for you, reservations are also necessary which we can make for you. To get to Coffeebar for dessert, walk out of Moody's to the right and turn left onto Jibboom St. The Coffeebar is located at the end of the street on the right. It is open until 10pm. Cake Tahoe is around the corner from Moody's turn left out of Moody's walk around the corner at the cupcake store is on the left.

DAY 2 | PEDICURES & PADDLEBOARDS

East Shore- After a delicious breakfast, lather on the sunscreen and choose a destination –Lake Tahoe's east or north shore. East Shore- The east shore of Lake Tahoe is magical. Granite boulders emerge from Big Blue and the views across the lake or straight to the lake's bottom are absolutely incredible. Head to one of the West Coast's finest spas, the Hyatt Regency's Stillwater Spa in Incline Village. Enjoy pedis, massages and mimosas while taking in amazing views of Lake Tahoe. Before heading out for your next adventure, enjoy a lakeside lunch at the resort's beachside grill. Now that you are looking good and feeling great, grab your beach towels and head to a locals' favorite, Chimney Beach, for lounging in the sun or Sand Harbor for Standup Paddle boarding 101. Enjoy a girls' night out at the Crystal Bay Club or Cal Neva where there is live music or a DJ or talk about the next girls getaways over one of the 40 beers on tap at Mellow Fellow Pub in Crystal Bay.

DETAILS: Stillwater Spa is located inside the Hyatt Hotel in Incline Village. Turn right out of our driveway, then right at the light follow the road to Lake Tahoe, once you hit the lake turn left onto 28, follow 28 until you see Lakeshore Blvd. on your right turn onto Lakeshore Blvd. this is the scenic route along the water. The hotel and spa will be on your left. You will need reservations at the Spa which we will be happy to setup for you. You can order lunch in the spa or head over to the hotel's restaurant the Lone Eagle Grille which is right on the beach or choose the more relaxed Lake side Beach bar and Grill. Either stay on this beautiful beach and rent paddleboards at the adjoining Action Watersports, or continue on to Sand Harbor. Turn back onto 28 south and follow the road until you reach Sand Harbor, the paddleboard rentals are located at the boat launch beach. It is necessary to make a reservation for the rentals during the busy summer months. They can be made online. Paddle to the left of Sand Harbor towards beautiful hidden coves and beaches. If Sand harbor is too busy and the parking lot is full, yes that happens, continue on 28 until continue onto Chimney Beach. You will pass the gate to the Thunderbird Lodge, the next possible right turn will be to the parking lot for Chimney Beach. It is a small parking lot to the right of the street, with a gate and a bathroom. If this parking lot is full, you can park along the road as long as your 4 tires are past the white line. From there go into the parking lot and follow the signs to the beach. Chimney beach is a secluded beach only accessible by foot, there are no bathrooms or food options available at the beach.

North Shore- There's a wonderful small surf shop just 15 minutes from The Cedar House. Turn left at the bottom of Highway 267 and rent standup paddleboards at Adrift Tahoe. If it's your first time out, enjoy the free introductory lesson with your rental and in less than fifteen minutes you'll feel like a pro. SUP to Moon dunes, a great place for a dip before paddling back to Kings Beach. After soaking in the rays, head back up 267 for signature spa treatments at the Ritz Carlton Highlands. You'll be prepared for a completely relaxing evening. Stop by the Truckee River Winery (open 'til 9 p.m.) for wine and bocce.

DETAILS: Follow the driving instructions as described above to Kings Beach. Once you hit the lake turn left, Adrift is located right next to Jason's bar and grill on the lakeside of the road. After testing out the board and paddling around head to the right towards Moon dunes for a little tour, which is a wide sandy beach perfect for a stop to lay in the sun and a swim. The distance to Moon dunes is just far enough for your first little SUP tour. You will pass a couple of boat docks and then some condos, Moon dunes has a big sand dune at the back end of it and there is a big log on the beach. To get to the Ritz Carlton head back on 267 towards Truckee, take Highlands View Rd to the left of 267, there will be a big sign for the Ritz Carlton, follow this road all the way up to the hotel. Valet park your car, you can get your ticket validated at the spa. The Spa is pretty busy, we will need to make reservations for you ahead of time. The Spa is the newest in the area and features a salt water Jacuzzi and saltwater outdoor pool. The facility can only be used in conjunction with a minimum treatment of \$100.00.

After your relaxing spa time head back to 267 and back to the hotel, freshen up and walk down to the Truckee Winery. The Winery is just a short 10 minute walk from the hotel, take the paved path across the street from the hotel to the right until you hit the winery. They offer great wines, a bocce court, horseshoe pit and a small menu with appetizers, sandwiches, cheese platters, etc... The walk back to the hotel might get dark, there aren't many streetlights, so either bring some flashlights or take a taxi back to the hotel.

DAY 3 | YOGA HIKE AND RETAIL THERAPY

After a light breakfast, meet with The Cedar House Sport Hotel's in-house Yoga specialist who will lead you on a rejuvenating hike that incorporates yoga stretches and mindful breathing. Enjoy lunch on the patio at Jax on the Tracks in downtown Truckee and score unique finds from Truckee's unique boutiques. Insider's Tip: Don't miss popping into Carmel Gallery, Riverside Studios, Bespoke, and Cabona's, the oldest business in historic Truckee!

DETAILS: We will be happy to setup the yoga hike with Ashley, which usually takes you to the Martis Creek Wildlife trail. This trail circles a big open meadow with a creek running through it. You can either catch a ride with Ashley or follow her in your car to the trailhead. After your hike come back to the hotel freshen up, checkout and head left out of our driveway towards downtown Truckee. Jax on the Tracks is on the left hand side before the railroad tracks, turn left on West River St, for their parking lot. After lunch you can just keep your car parked at Jax and walk into the historic part of downtown Truckee, the western town looking part and explore all the little stores and boutiques.