

## *romance, tahoe style*

### **DAY 1 | HIKE AND DINE**

After checking into The Cedar House, enjoy a romantic drive along the Truckee River to Olympic Valley, home of the legendary Squaw Valley ski resort where waterfalls and mountain lakes await! Get your hearts pumping with an afternoon hike up Shirley Canyon. Return the way you hiked in or push it to the summit where you can have a drink while taking in the beauty of Tahoe from High Camp. Instead of walking down, take the Cable Car to the Village of Squaw Valley and indulge in a couple's massage at Trilogy Spa or walk to your car before having dinner at one of the many restaurants in the village at Squaw Valley.

DETAILS: Take a left out of our driveway, follow the road to the railroad tracks, turn left at the tracks onto West River Street. West River Street will dead end in highway 89, turn left onto highway 89, this will take you to Squaw Valley. You will see the turn off to Squaw, there is a Olympic sign plus fire at the light where you turn. Follow the road all the way to the end, then turn right at the cable car building, follow the road to the cul de sac. You will see cars parked at the trail head. The trail can be a bit confusing, but you can't go too wrong. Keep the large creek on your right on the way up the canyon. Look for blue paint marks on rocks to help you stay on the trail. Keep heading up and up and up, until you get to Shirley Lake, which is at the bottom of a ski lift. This portion of the trail is about 2.5 miles in length. If you choose to continue up to High Camp from Shirley Lake, it will add approximately 1.5 miles to your journey. Shirley Canyon is a lovely trail that includes a wonderful variety of environments. First you enjoy an easy hike with some interesting wet seeps in the forest floor, then you follow a creek that is cascading down the canyon, eventually moving back into the deep woods, and finally emerging onto some extensive granite rock scrambling - welcome to Shirley Lake. There are some steep pitches to negotiate. Hiking boots and lots of water are strongly recommended. If you choose to go up to highcamp, the cable car ride down is free.

Trilogy Spa is located in the Village at Squaw Valley, it is advised to make reservations for a massage, which we will be happy to setup. For dinner there are lots of restaurants to choose from in Squaw Valley, Plumpjack is the most romantic choice, it is necessary to have a reservation there in the summer, which we would be happy to setup for you.

### **DAY 2 | SUN AND SAIL**

After breakfast, grab your picnic supplies and hit the trails or beaches. Top Trail Picks - Hike to the pristine waterfalls on Mount Rose where 360 views of desert, mountains and lakes rewards your climb or stay closer to basecamp and walk the Mount Judah Loop on Donner Summit. Top Water Pick - Kayak Sand Harbor's crystal waters or simply enjoy each other's company on an intimate cove on Lake Tahoe's East Shore such as Hidden Beach. Head back to The Cedar House to refresh before a magnificent sunset sail with cocktails on Lake Tahoe or a memorable lakeside meal at Christy Hill voted "Most Romantic Restaurant" by the San Francisco Chronicle.

DETAILS: We can prepare a lunch for you for your day of activity. Just let us know the night before at the front desk and your lunch will be ready by breakfast time. If you are going out on the lake do that first as the water is flat in the morning, which is better for kayaking and paddling, in the afternoon there are usually waves. To go to Sand Harbor head out of the driveway to the right, turn onto 267 and then onto 28 once you reach the lake follow the road until you reach Sand Harbor, the kayak/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.

Mountain Rose Waterfall loop: This trail starts at the top of Mountain Rose at 8700 feet. Take 28 to 431 (mt. rose highway) The trail is part of the Tahoe Rim Trail. At the Trailhead there is ample parking, a couple of restrooms and some info signage. The trailhead is around the road side of the building, you will see a large sign and one trail going straight and the other uphill to the right. Take the Mt. Rose Summit trail to the right. You will get some nice views of Lake Tahoe right away. The trail will move away from the lake around the mountain. You will be able to hear the water from the waterfall as you get closer. The hike to the fall is about 2.5 miles. Once you are at the fall keep following the TRT which goes up to the left along the waterfall. Follow the TRT until you come to an intersection with a dirt road. Turn left onto the dirt road which will take you to another dirt road. Turn left again on the second dirt road. You will stay on this road almost all the way back to your car. You will pass frog pond and shortly after the pond the breathtaking views of Lake Tahoe start again. This spot is one of the only ones around the lake from where you can see Lake Tahoe, Emerald Bay and Fallen Leaf Lake at the same time. After a couple of miles watch for a small dirt trail on your left that will take you back to the parking lot. There is a sign for the TRT where you turn onto the dirt trail. This loop is about 6.5 miles roundtrip. You can modify this hike to your liking, you can just go to the waterfall and back or you can go past the waterfall and towards Mountain Rose Summit, which would be a challenging 10 mile day hike. This waterfall is the only one that has water flowing all through the summer. Because of all the water in that area, the wildflowers are amazing by the field the waterfall runs into and continuing up towards the summit. This trail is just as famous for its wildflowers as for the waterfall.

Or stay closer to town and hit the mountain Judah loop:

Access: The Mt. Judah loop trail is accessed off the Pacific Crest Trail south of old Hwy. 40. Take Donner Pass Rd all the way to Donner Lake, Donner Pass Rd will go along the lake to the end of the lake and will then turn into Hwy. 40, which will go uphill. At the top of the summit, you will pass the Sugar Bowl Academy, turn left after the Sugar Bowl Academy onto the gravel parking lot. From there a paved road goes downhill—follow the road to the parking lot for the PCT.

Description: The PCT south starts by climbing steeply up a granite headwall then flattens and follows the contours of the mountain, climbing moderately. Approximately one-mile from Donner Pass, turn left onto the Judah loop trail. The trail gently climbs to an existing jeep road near Coldstream Pass (between Mt. Judah and Donner Peak). Turn left onto this scenic jeep road and follow the trail which loops back onto the PCT.

After your return to the hotel freshen up and head out to Tahoe City for a sunset sail cruise or a romantic dinner at the lake at Christy Hill. We would need to make reservations for both places for you. Tahoe City is located about 30 minutes from the hotel. You drive past Squaw along the Truckee river. See directions above. Christy Hill is located by the Boat works Mall, which is also where the sailing cruise takes off.

### **DAY 3 | BIKE AND PICNIC**

Rise early for breakfast and climb a peak on Donner Summit or Tahoe's West Shore. If playing on the water is more your speed, rent kayaks at Sand Harbor on Tahoe's east shore and paddle to some of the most beautiful coves and beaches on the Lake.

DETAILS: You are finding yourself heading back to Squaw again. Rent bikes at the Factory bike shop at the turn off to Squaw Valley. They don't take reservations but rarely sell out. Once you have your bikes follow the bike path along the river into Tahoe City. Follow the bike path to Sunnyside restaurant for a nice lunch on their deck on the shore of Lake Tahoe. Or stop at New Moon's Natural foods uncommon kitchen, which you will pass on the bike path and take your lunch with you. Enjoy it by the lake.