

WINTER FUN EXTENDS FAR BEYOND NORTH LAKE TAHOE'S SLOPES

NORTH LAKE TAHOE, CA/NV – Believe it or not, black diamond runs and wide-open bowls are not the only thing North Lake Tahoe has to offer winter travelers. Whether guests want to enjoy cool, crisp winter air or find cozy refuge indoors, the region's opportunities for recreation and respite are as abundant as ski lifts.

Visitors can still explore the snow-covered countryside without special gear or strapping on special boots. Bands of Siberian huskies pull guests of all ages and abilities through the backcountry on hand-made sleds. The excursions, which give an exhilarating rush, depart out of Sugar Bowl Ski Resort and the Resort at Squaw Creek.

The Tahoe Cross-Country Center is the ideal place for first-time cross-country skiers, offering free weekly beginning cross-country and skate ski lessons and intermediate skating improvement classes. Located in Tahoe City, the center encompasses 19 trails with more than 65 kilometers with stunning views of the lake, two warming huts and café. Just west of Truckee, the Royal Gorge Cross-Country Ski Resort boasts the largest groomed track system in North America and is home to two overnight lodges, eight warming huts and three trail side cafés. Tahoe Donner Cross-Country Center offers 4,800 acres and 51 trails, with three designated specifically for those donning snowshoes.

Snowshoers can also head to Northstar, Squaw Valley, Spooner Lake, North Tahoe Regional Park in Tahoe Vista and Sugar Pine Point State Park on the West Shore for exceptional areas for snowshoeing. Granlibakken Resort in Tahoe City sits adjacent to a number of popular cross-country and snowshoe trailheads. Local rental shops give great advice and trail maps for those who would like to venture away from groomed trails.

The advent of pedestrian villages and destination resorts in recent years has brought numerous activities. The Village at Squaw offers wine tasting at Uncorked, candle making at Waxen Moon, indoor climbing at Headwall Climbing Wall and a Sky Jump Trampoline right smack in the middle of the Village. For a complete mental escape, there is Trilogy Spa, pampering those taking a break from the slopes with Polynesian-inspired treatments and soothing massages.

The Village at Northstar keeps guests busy with jewelry design at the Farrah Rale Bead Design Studio, candle making at the Villager Candle Shop, wine tasting at Grapes & Grounds and Earthly Delights, and on both the Apex Bungy trampoline and the resort's popular 9,000-square-foot outdoor skating rink. Also at Northstar's Village, Balance Holistic Health offers Tai Chi, Pilates, yoga (for kids, too) and numerous classes (nutrition, essential oils, crystals and sound bowl meditation), as well as massage, acupuncture, manicures and facials. The new Ritz-Carlton Highlands, Lake Tahoe, located mid-mountain at Northstar-at-Tahoe Resort, also offers decadent diversions at its 17,000-square-foot spa and fitness center. The Ritz-Carlton had its grand opening on Dec. 9. The spa and fitness center has 16 treatment rooms, sauna, steam room and lap pool, and offers yoga, Pilates and motion therapies.

Towering pines and its own private beach surround Stillwater Spa at the Hyatt Regency in Incline Village. It boasts furnishings that are a reflection of Lake Tahoe's natural environment. Guests choose from 16 treatment rooms, including two couple's sanctuaries, one with fireplace and the other with an infinity tub. Those eager for a workout before a massage can use the resort's snowshoes to trek along the lake.

Both Squaw and Northstar are also home to ice skating rinks. Squaw's year-round Olympic Ice Pavilion sits amidst the mountain peaks at High Camp (elevation 8,200 feet)

along with the Swimming Lagoon and Spa, which opens in early spring. Northstar's seasonal ice rink (open for roller skaters in the summer with a retro music vibe) sits in the center of the Village and has \$5 rentals. The Resort at Squaw Creek's exhibition ice rink is nestled in the heart of Olympic Valley and is open to the public. The resort also offers cross-country skiing and sleigh rides.

Non-skiers can also zip through the backcountry on one of many snowmobiling tours. The excursions highlight panoramic lake views and give glimpses of popular peaks and hidden meadows. Rental and tour companies can be found in Truckee, Kings Beach and Tahoe City.

North Lake Tahoe is a 45-minute drive from the Reno Tahoe International Airport. Visitor information centers are located at 380 North Lake Boulevard in Tahoe City and 969 Tahoe Boulevard in Incline Village. The North Lake Tahoe Visitors Bureaus, Incline Village Crystal Bay Visitors Bureau and the North Lake Tahoe Resort Association work together to promote North Lake Tahoe as a premier, year-round destination.

CELEBRATIONS MARK 50th ANNIVERSARY of SQUAW'S 1960 OLYMPIC GAMES

NORTH LAKE TAHOE, CA/NV – Some would say that the 1960 Winter Olympics put Lake Tahoe and Squaw Valley USA on the map. While the destination was quite likely to evolve on its own, playing host to the world's finest athletes during the first-ever televised games pushed Lake Tahoe into the international limelight. Nearly 50 years later, area residents and visitors are preparing to commemorate the event with an Olympic Heritage Celebration.

Locals and visitors will launch a season-long recognition of the area's Olympic heritage, which continues to instill a sense of cooperation, camaraderie, community and respectful competition. The festivities are set to begin January 2010 in honor of the spirit and legacy of the 1960 games and will include ten days of reenacted events, competitions (on the rink as well as the snow) and recognition of past and present local Olympians.

"There's a certain prestige to say you ski Lake Tahoe or are a Tahoe local, and that's directly related to our place in Olympic history," Andy Chapman, tourism director for the North Lake Tahoe Resort Association, said. "We've seen some amazing things happen here, and we've produced some of the world's finest winter athletes. It's only appropriate that we embrace this very important part of who we are."

The inaugural celebration, whose theme is "Share the Spirit," will also launch the Squaw Valley Museum. The museum is scheduled for completion in 2012 and will combine exhibits and artifacts from the 1960 Winter Olympics, as well as showcase western winter sports heritage. As a center for the celebration of snow sports and mountain culture, the Squaw Valley Museum will pay tribute to the pioneers of Winter sports in the Sierra Nevada and honor the athletes who pursued Olympic excellence.

For lodging reservations, recreation and event details, call North Lake Tahoe at 1-877-949-3296 or visit www.GoTahoeNorth.com.

View this page online, with links at skiing's newest website at: www.skiernews.net/Dec-Jan2010-Tahoe

EMBASSY SUITES in LAKE TAHOE PROVIDES the COMPLETE PACKAGE

SOUTH LAKE TAHOE, CA – Embassy Suites Lake Tahoe - Hotel & Ski Resort is located just steps from the Heavenly Gondola. The gondola takes skiers and riders to the heart of skiing at Heavenly in a matter of minutes. The ride offers spectacular views of Lake Tahoe and serves as a prelude for the outstanding views from the slopes.

Last year, Embassy Suites added several on-site services for its ski and snowboarding guests, including lift ticket sales, an equipment rental outlet and complimentary ski check any time of the day.

For a great destination vacation, Embassy Suites has added seven-, 10- or 14-night packages. The complete package includes skiing at seven world-class resorts, spacious two room suites, complimentary cooked-to-order breakfasts and a nightly manager's reception. All of the resorts are within an hour or less. It is a three-minute walk to Heavenly's gondola.

For this winter season, half of the hotel suites will be completely renovated with new energy-efficient microwaves and refrigerators, flat screen TVs and granite tabletops. The Fitness Center upgrade includes PreCor equipment, free weights and exercise balls.

Sal Delgado, executive chef for Embassy Suites Lake Tahoe Hotel & Ski Resort, has redesigned the entire menu for ECHO Restaurant to meet the desires of its customers. A combination of classic lunch and dinner favorites, the new menu provides innovative entrees and lighter foods. Among the more popular dishes are the Tiger Prawn Spring Rolls – shrimp, pepper jack, cilantro and green chilies wrapped in an egg roll skin with a light cream sauce made of mayonnaise, black beans, basil, cilantro and lemon juice. The grilled Mahi Mahi Reuben is an exclusive at South Shore.

The new menu consists of traditional favorites with a twist and creative new dishes. Chef Delgado's personal favorites are the Flat Iron Steak, seasoned white and black bean sauté with tomato zucchini, yellow squash, garlic, white wine sauces, and chimichurri (olive oil, apple cider vinegar, garlic and parsley) and the Cumin Seared Sole topped with citrus squash, Parmesan and citrus dressing.

All guests receive a complimentary daily cooked-to-order breakfast, two-room suite, an evening après-ski beverage and snack reception, heated indoor chlorine-free pool, sauna and fitness center.

Embassy Suites Hotels has received the "Highest Guest Satisfaction among Upscale Hotel Chains" award in the J.D. Power and Associates 2009 North America Hotel Guest Satisfaction Index StudySM. This represents the eighth time the brand has received the highest ranking award overall.

Embassy Suites Lake Tahoe – Hotel & Ski Resort offers a unique Kids Camp and proximity to outdoor activities. Kids ages 6 to 13 can join the Embassy's children's program filled with educational activities, indoor and outdoor games, hiking, ice skating, sledding, movies, bowling, video games and snacks.

Please visit www.embassytahoe.com via an easily found link on the homepage of www.skiernews.com

For more information, reservations, lodging packages or amenities, please log on to www.embassytahoe.com or please call the Embassy Suites at 1-800-988-9850.

NOTE: In the October-November issue of SKIER NEWS there was info regarding South Lake Tahoe ski resorts and events. To read that page online, please log on to: www.skiernews.net/Oct-Nov2009-Embassy

SOME OF LAKE TAHOE'S BEST LODGING and SKI & STAY PACKAGES ARE FOUND HERE



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