

ACTIVITIES



Adventure

Northstar: Apex Bungy at Northstar features a Bungy Trampoline for all ages; 20-22 lbs. \$12 for five minutes, 10 sessions for \$100. **Daily 10 a.m.-TBA. (530) 414-1935 or www.northstarattahoe.com.**

Ropes Challenge features an eight low-element mini ropes course. Ages 6+. \$12. **Daily at 10 a.m. (530) 414-1935 or www.northstarattahoe.com.**

Olympic Valley: Ropes Course at Squaw Valley is built into a hillside facing Shirley Canyon. Cost depends on size of group. **10 a.m.-4 p.m. through Aug. (530) 583-7673 or www.squawadventure.com.**

The Sky Jump in the Village at Squaw offers a safe jumping adventure on trampolines with a bungee system. All ages. **10 a.m.-8 p.m. through Labor Day. (530) 583-7673 or www.squawadventure.com.**

Paintball is offered at Squaw Valley USA's High Camp. Paintball gun, masks & safety equipment for rent. \$30-\$45. **Daily noon-5 p.m. (530) 583-6985.**

A kid's Zip Line is open daily 11 a.m.-7 p.m. Next to Funitel. \$12. **(530) 583-6985.**

Airborne

Glider Rides: Soar Truckee offers glider rides for one or two people per flight. **(530) 584-6702.**

Heavenly Flyer: ZipRider experience at Adventure Peak at Heavenly Resort in South Lake Tahoe. Vertical drop of 525'. Longest ZipRider in the lower 48 United States. **(775) 586-7000.**

Hot Air Balloon Ride: High Sierra Hot Air Balloons offers hot air balloon rides at sunrise in Truckee 120 days a year, weather permitting. **(530) 913-1101.**

Disc Golf

Olympic Valley: 18-hole course at Squaw Valley USA High Camp. Disc rentals. **Opens July 17. (530) 583-6985.**

Tahoe Vista: 18-hole course at North Tahoe Regional Park, off National Avenue. Parking \$3. **Daily, dusk-dawn. (530) 546-4212, www.northtahoediscgolf.org.**

Truckee: 18-hole course at Truckee River Regional park, off Brockway Road. Free. **Daily, dusk-dawn. (530) 582-7720.**

Horseback Riding

Alpine Meadows: Offers guided 1- and 2-hour and half-day trail rides. \$35-\$100. Pony ride \$10. **Daily 9 a.m.-6 p.m. (530) 583-3905.**

Northstar: Guided 1-, 2- & 3-hour rides. 10+ for trail rides. \$60-\$130. Ride & Dine breakfast, lunch or dinner rides start at \$70. Parent-led pony rides \$10. **Through Sept. 6. (530) 562-2480, www.ranchoredrock.com.**

Tahoe Donner: Guided 1- & 2-hour trail rides for ages 7+. \$30-\$75. Pony rides ages 2-6, Thurs.-Mon. 9 a.m.-3 p.m. \$22-\$27. **Open through Sept. 6. Reservations (530) 587-9470.**

Lake Tahoe Cruises

Action Water Sports of Incline Village: "Sierra Cloud" catamaran cruises. Private charters. **(775) 831-4386**

North Tahoe Cruises: "Tahoe Gal" cruises from Tahoe City Marina. Cruises include Emerald Bay, Happy Hour, dinner, sunset, full moon, Sunday Dinner/Live Music, comedy dinner, magician dinner, wine tasting dinner and more. **(800) 218-2464 or (530) 583-0141.**

Lake Tahoe Cruises: "M.S. Dixie II" and "Tahoe Queen" Mississippi-style paddlewheelers with Emerald Bay, Mark Twain, sunset, dinner cruises and more. **(530) 543-6191.**

Tahoe Boat Cruises & Tours: West Shore cruise, Thunderbird Lodge Historic Site Cruise & Tour, sunset and sailing cruises. **(888) 867-6394 or (775) 588-1881.**

Tahoe Sailing Charters: "Tahoe Cruz" scenic, 2-hour sailing cruises. Daily noon, afternoon and sunset cruises from Tahoe City Marina. Private charters. **(530) 583-6200.**

Public Pools

Olympic Valley: Swimming Lagoon & Spa at High Camp at Squaw Valley USA, free-form lagoon features 50-meter lap lanes, two islands with waterfalls and native boulders. Lockers, showers, changing rooms & towel rentals. Cable car/pool ticket required. \$14-\$25. **11 a.m.-7 p.m. through Aug. 21. (530) 452-7246 or www.squaw.com.**

Truckee: 25-yard indoor pool with 6 lanes, 1-meter spring diving board, swim training, hydraulic lift. At Tahoe-Truckee High School. Adults \$3, 17 & under \$2. Kayak rolls, \$4 drop in only, Fridays year-round 6:30-8 p.m. (bring own equipment). Discount passes available. Pool rentals available. Some times for lap swim only; call ahead. **Through Aug. 15: Mon.-Fri. 6-9 a.m., 12:30-2:30 p.m. & 7-8 p.m.; Fri. 5:30-8:30 p.m.; Sat.-Sun. 7-10 a.m. & 2-5 p.m. Closed Aug. 16-29. (530) 582-7720.**

Rock Climbing Walls

Incline Village: High Altitude Fitness features a 32' indoor simulated rock wall. **6 a.m.-10 p.m. Monday-Friday, 7 a.m.-8 p.m. Saturday-Sunday. (775) 831-4212.**

Olympic Valley: Headwall Climbing Wall at Squaw Valley USA offers a 30' indoor simulated rock wall and 45' outside climbing wall with eight to 10 ropes and 25 routes. All ages. **11 a.m.-6 p.m. through Labor Day. (530) 583-7673 or www.squawadventure.com.**

Truckee: Sports Exchange offers 18- to 20-foot climbing gym with more than 1,000 square feet. All ages and abilities. Two rooms with routes for all levels. \$5 day pass. Shoe & crash pads rentals available for outside use. **Daily 9 a.m.-5 p.m. 10095 West River St. (530) 582-4510.**

Truckee: Community Recreation Center offers 29' climbing wall & 12' bouldering wall. All ages. Lessons available. \$5, \$40 for 10-pack. Rentals \$2 harness, \$3 shoes. **4-8 p.m. Mon., Wed. & Fri. (530) 582-7720.**

Skate Parks

Truckee: Truckee River Regional Park with several bowls with a spine and channel, a long rail and ledges. Knee and elbow pads and helmets required. Free. **Daily, dusk-dawn. (530) 582-7720.**

Incline Village: Intermediate/advanced area with two, 5-foot tall bowls with a spine; 3-foot box; 2.5-foot bowl for beginners. Street course on top, with 8-foot flat rail, 6-foot down rail, four stairs & a 10-foot downward ramp. Corner Hwy. 28 & Southwood. **Daily, dawn-dusk. (775) 832-1300.**

Skating

Ice Skating: Olympic Ice Pavilion at High Camp. All ages. Cable Car ticket required. \$11-\$29, includes hockey or skate rentals. **11 a.m.-8:30 p.m. until Aug. 21. (530) 452-7246 or www.squaw.com.**

Roller Skating: 9,000-square-foot skating rink at Northstar features live music on the weekends. Retro Skate Night Tuesdays 5-8 p.m., cash prizes through Aug. 24. Free access, skate rentals \$5. **Noon-8 p.m. daily. (530) 562-3689 or www.northstarattahoe.com.**