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North Lake Tahoe’s “secret season” invites travelers to an unexplored destination

The 34th Annual Autumn Food & Wine Festival and World Championship Spartan Race kick off a season of experiential dining, mountaineering and cultural events— all within the tranquility of a mountain paradise.

NORTH LAKE TAHOE, Calif./Nev. (Fall, 2019) — A local’s favorite, “secret season” in North Lake Tahoe imbues peaceful beaches, human-powered sports, colorful vistas and locally-sourced menus. With mindfulness and sustainability at its hub, North Lake Tahoe invites the adventure-bound traveler to disconnect with tech, and *reconnect* with natural beauty.

See below for a complete list of new and expanded fall activities, events and specials:

DINE ON A MOUNTAIN ... IN A FOREST ... OR BY THE WATER

The 34th annual Autumn Food & Wine Festival returns to Northstar California, Sept. 20-22, with vertical mountainside wine tastings, progressive picnics, culinary competitions and tastings. As North Lake Tahoe’s marquee culinary event, it demonstrates the locally sourced cuisine available year-round in the region’s 12 unique communities. New restaurants debuting this season include Northstar California’s Bourbon Pub by Chef Michael Mina and in Incline Village, Alibi Ale Works moved to a new 3,500 square foot building and in addition to pouring 24 varieties of beer and cider, a full menu is now available. In Tahoe City, Tahoe Tap House offers 16 rotating taps with all-American faire.

TAKE THE ALPINE CHALLENGE!

North Lake Tahoe’s diverse terrain is a high altitude training ground for pro- and leisure athletes. Try the *new* [#NLTAlpine Challenge](#)— a series of human-powered activities ranging from paddleboarding and hiking, to lakeside yoga. Each of the five challenges includes a breakdown of calories burnt, muscles activated and a “mindful moment” to connect deeper with yourself and native surroundings.

Races & Hikes - The Spartan Race World Championship returns to Squaw Valley, Sept. 28-29, attracting international obstacle racers to a highly technical course. Donner Party Hikes offer guided historic excursions, Sept. 14-15, along the original Donner Party pilgrimage. Explore on your own and get a 8,911-foot view from Mt. Rose Summit, hike a dormant volcano at Eagle Rock (Tahoe City), or chase waterfalls at Shirley Canyon (Squaw Valley).

Biking - Squaw Valley’s new E-Mountain Bike Tours offers a 2.5-mile ride beginning at High Camp. For experienced riders, the popular Flume Trail begins behind the newly remodeled Tunnel Creek Cafe, where guests can rent grab a bite and bikes. For less of an impact, take a cruise along the new, paved East Shore Trail, connecting beaches along the east shore.

SUP & Kayak - The new Deux OMies wellness studio offers on-water, stand-up paddleboard yoga experiences at Kings Beach; while Tahoe Adventure Company leads Full Moon Kayak Tours with experienced nature guides.

MEET A GHOST IN SPOOK-TAHOE

Once amass with Rat Pack-era entertainment and lavish, “Gatsby-esque” parties, North Lake Tahoe’s oldest buildings capture the history (and ghosts) of the region. Take a Pop-Up Ghost Tour at the *Tahoe Biltmore*, guided by renowned investigators, or venture over *Tahoe City Oktoberfest*, Sept. 28, which features local craft beers, live music, Bavarian-themed food and crafts on the shore of Commons Beach. Experience a chilling chairlift at dusk for a “peak-to-shore” fright fest at *Homewood’s Halloweekend*, Oct. 25-27.

SCORE A DEAL

- The Ritz Carlton, Lake Tahoe’s Girls Weekend, now through Dec. 1, includes a three-bedroom residence, five 50-minute facial or massage treatments, in-room hands-on cocktail class, a private mountainside yoga class and a private guided hike.
- Sunnyside Restaurant & Lodge offers a two-night Fall Retreat package, with a \$60 credit toward dinner at the Sunnyside Restaurant, continental breakfast, afternoon tea and a split of champagne upon arrival.
- New skiers at Squaw Valley | Alpine Meadows can receive 50 percent off group lessons, season-long rentals and a 2019-20 season pass after they complete three ski lessons, part of the New Progression Program. Squaw Valley | Alpine Meadows is slated to open for the 2019-20 season on Nov. 15, weather and conditions permitting. Stay tuned for specific projected terrain openings.

KEEP TAHOE GREEN

From biodegradable goods to major sustainability commitments, North Lake Tahoe lodges, resorts, restaurants and developers have committed to preserving and bettering the region. The University of California, Davis Tahoe Science Center (Incline Village) was the first in Nevada to become LEED Platinum certified, and is a first resource for travelers to learn about the ecosystem and sustainable initiatives. Gar Woods and Caliente have all adopted paper straws in an effort to limit their waste impact on Lake Tahoe. Squaw Valley | Alpine Meadows is transitioning to 100 percent renewable electricity, which will reduce its total annual carbon footprint by 49 percent. Northstar California continues its commitment to a zero net operating footprint by 2030, this year offering sustainable meat by Bently Ranch at the LEED certified Zephyr Lode.

About North Lake Tahoe

Lake Tahoe is a crown jewel of the Sierra. Formed approximately two million years ago, it is the largest alpine lake in North America and the second deepest in the United States. North Lake Tahoe spans two states and boasts two dozen beaches, twelve ski resorts, hundreds of miles of biking trails, half a dozen communities, and a growing number of nationally recognized human-powered events, races and festivals. North Lake Tahoe is a 45-minute drive from the Reno Tahoe International Airport, two hours from Sacramento International Airport and just over three hours from San Francisco International Airport. Visitor information centers are located at 100 North Lake Boulevard in Tahoe City and 969 Tahoe Boulevard in Incline Village. For more information, visit: gotahoenorth.com.

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