



## *SNOWSHOE TO THE CHAMPAGNE CHALET - FAQ*

1. I haven't snowshoed before. Is this activity beginner friendly? - Snowshoeing is beginner-friendly and a great winter exercise as it is a low-impact aerobic exercise.
2. What should I wear to stay warm? - We recommend dressing in layers with clothing that can handle cold and wet conditions. We also recommend a hat, gloves, or mittens.
3. What type of shoes should I wear? - We recommend wearing warm, waterproof boots. snowshoes adjust to fit pretty much any type of boot or shoe, so your main concern is to wear something that keeps your feet comfortably warm and dry.
4. Is there anything else I should bring? - Be sure to pack sunglasses and sunscreen to protect you from UV rays, which are more intense when reflected off of snow.
5. Is there an age requirement to participate in the Snowshoe to the Champagne Chalet? - Yes, participants must be eight years old to experience the snowshoe tour and six years old to experience the nature walk. An adult must accompany anyone under the age of 18 years old.
6. Are there restrooms on the way? - Restrooms are available at the end of the hour and a half snowshoe tour. We recommend using the restroom before the experience begins.
7. Should I bring water with me? - Yes, hydration is key when participating in winter exercises. In addition, Lake Tahoe is at a surface elevation of 6,225. It is important to stay hydrated.

8. What is the distance of the tour? - The distance of the tour is about 1.7 miles.
9. Do you have any snowshoe tips?
1. Warm-up your muscles by lightly stretching your hamstrings
  2. Drink plenty of fluids
  3. Use hand and foot warmers
10. Do I need to reserve space for this experience? -Yes, this is an intimate experience, so space is limited. To reserve your space, please visit the concierge located in the lobby or by email at [concierge@edgewoodtahoe.com](mailto:concierge@edgewoodtahoe.com).
11. What is the cost of this experience? - This is a complimentary experience offered exclusively to Edgewood Tahoe Lodge guests. The experience includes hot cocoa, gourmet popcorn, and a glass of Veuve Clicquot Réserve Cuvée. Additional specialty bites and tasting available for pre-order purchase.