

DAILY ACTIVITIES SCHEDULE

8:30 - 9:30AM

MONDAY Riverside Run

Pick your pace with either a one mile or three mile course. The course will be marked so that you can run, jog or walk at your own pace.

●●● Low - High Intensity Level

TUESDAY Lakeside Hike

Take an adventure on this 2.4 mile scenic trail hike. Just steps from The Resort, Tubbs Hill boasts gorgeous views of the lake and terrain that welcomes all skill levels.

●●○ Moderate Intensity Level

WEDNESDAY Mindful Meditation

Relax, unwind and set intentions for the week ahead with a morning meditation.

✓ Yoga mats will be provided, but Guests are welcome to bring their own if preferred.

●○○ Low Intensity Level

THURSDAY Vinyasa Yoga

Wake up your mind, body and soul with an invigorating morning yoga class.

✓ Yoga mats will be provided, but Guests are welcome to bring their own if preferred.

●○○ Low Intensity Level

FRIDAY Bike by the Lake

Pedal your way along the Lake with this medium paced ride.

✓ Personal bikes are recommended or Guests can choose to rent one from Coeur d'Alene Bike Co (See Concierge for details and pricing.)

●●○ Moderate Intensity Level

Family Friendly Activity

If you are looking for a family friendly activity, we would recommend The Muddy Moose Trail. The 2.25 mile Muddy Moose Trail along Lake Coeur d'Alene and through Downtown Coeur d'Alene features five life-size bronze statues positioned at locations where Muddy pauses in his search for Millie. Watch for the Muddy Moose Trail Signs which will guide you along the trail that is free to explore. (See Concierge for a complimentary map.)