

## North Lake Tahoe Itinerary: Wellness

*With restaurants sourcing local and organic ingredients, unique yoga experiences, awe-inspiring hiking trails and secluded mountainside spas, North Lake Tahoe is perfect for an alpine wellness getaway.*

### Lodging

#### [Cedar Glenn Lodge](#)

- **Address:** 6589 N Lake Blvd Box 188, Tahoe Vista, CA 96148
- **About:** Cedar Glen Lodge offers cozy cottages, a wine bar, sauna and fire-pit.

#### [Granlibakken Tahoe](#)

- **Address:** 725 Granlibakken Rd, Tahoe City, CA 96145
- **About:** The Soul Shelter space, Lighthouse spa, sauna and fitness room make it the perfect lodging option for a wellness retreat.

### Dining

#### [Mountain High Sandwich Co](#)

- **Address:** 120 Country Club Dr #28, Incline Village, NV 89451
- **About:** Crafts conscious food for people and the planet.

#### [Pep's Place](#)

- **Address:** 6883 N Lake Blvd Ste D Tahoe Vista, CA 96148
- **About:** Wholesome breakfast and lunch on the go, using all natural, organic and local products whenever possible.

#### [West Shore Cafe](#)

- **Address:** 5160 W Lake Blvd, Homewood, CA 96141
- **About:** The restaurant is dedicated to sourcing our food from local and organic farms.

#### [Wolfdale's Cuisine Unique](#)

- **Address:** 640 N Lake Blvd, Tahoe City, CA 96145
- **About:** Abides by the motto "Fresh Food, Simply Prepared" fusing Asian, California and European cuisine. On market days, Chef Douglas Dale leads groups through the Tahoe City Farmer's Market and returns to the restaurant to prepare a four-course luncheon.

### Events

#### [Restorative Arts and Yoga Festival](#),

- **Address:** 725 Granlibakken Rd, Tahoe City, CA 96145
- **About:** Every May-June, yoga instructors, healers and energy workers lead yoga, meditation and nature hikes at Granlibakken Tahoe. Healthy meals and lodging is available onsite.

#### [Wanderlust Squaw Valley](#)

- **Address:** 1750 Village East Rd #64, Olympic Valley, CA 96146
- **About:** The world's largest yoga lifestyle festival takes place every July in Squaw Valley, featuring yoga, live music, wellness workshops, healthy fare and outdoor adventure.

#### [Wellness Weekend](#)

- **Address:** 725 Granlibakken Rd, Tahoe City, CA 96145
- **About:** Every November, Granlibakken hosts three days of health and wellness featuring interactive educational seminars and movement classes.

## Yoga

### [Mountain Lotus Yoga](#)

- **Address:** 760 N Lake Blvd, Tahoe City, CA 96145
- **About:** Pairs yoga with stand up paddle boarding, combining the healing effects of the alpine lake with the benefits of yoga.

### [Tahoe Flow Arts Studio](#)

- **Address:** 6921 N Lake Blvd #211, Tahoe Vista, CA 96148
- **About:** Offers beachside yoga and aerial silks instruction.

### [Wanderlust Yoga Studio](#)

- **Address:** 1750 Village East Rd #64, Olympic Valley, CA 96146
- **About:** Guests can find their true north at the renown Wanderlust Studio.

## Spas

### [Lighthouse Spa](#)

- **Address:** 850 N Lake Blvd #20A, Tahoe City, CA 96145
- **About:** With two private treatment rooms and a couples room, the spa promises personalized treatments and an intimate experience.

### [Spa at the Resort at Squaw Creek](#)

- **Address:** 400 Squaw Creek Rd, Olympic Valley, CA 96146
- **About:** Rated by Conde Nast Traveler as one of the top resort spas, the spa radiates with natural colors, materials and textures that reflect the beauty of the high Sierras.

### [Spa at the Ritz Carlton Lake Tahoe](#)

- **Address:** 13031 Ritz Carlton Highlands Ct, Truckee, CA 96161
- **About:** Guests can relax by the fireplace, detox in the dry-heat lodge or lift their spirits in the eucalyptus steam room.

### [Stillwater Spa and Salon](#)

- **Address:** 111 Country Club Dr, Incline Village, NV 89451
- **About:** The spa uses the detoxifying properties of Lake Tahoe's natural resources while offering an atmosphere of luxe mountain elegance.

### [Tahoe Spa and Wellness](#)

- **Address:** 8001 Northstar Dr #8012, Truckee, CA 96161
- **About:** Offers results-oriented treatments to heal the body, calm the mind, and reawaken the soul. An extension of the spa, Tahoe Yoga offers daily classes for all levels.