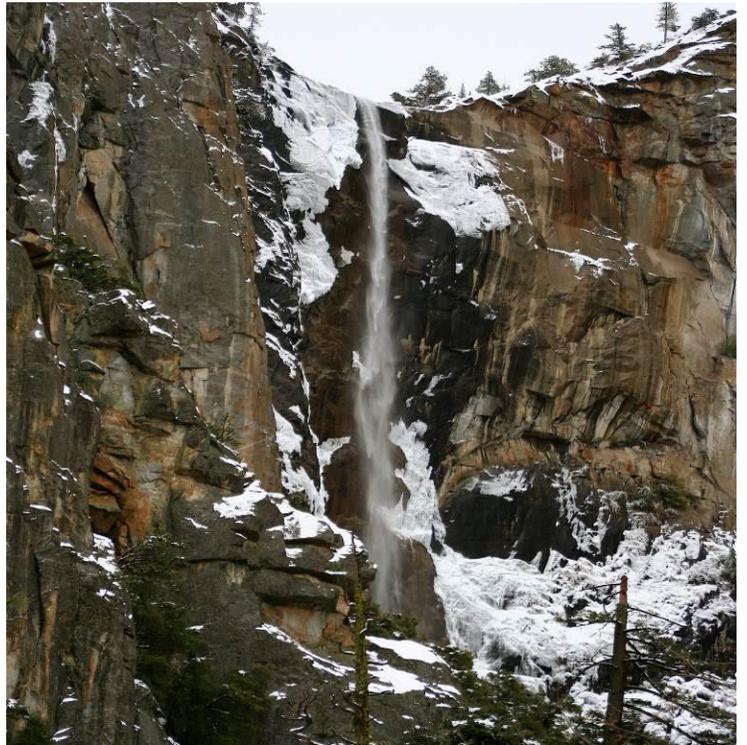




JANUARY 2018 RECREATION & ACTIVITIES

(schedule and activities subject to weather and changing conditions – visit Recreation Desk for updates)





RECREATION & WELLNESS

TOURING & HIKING



'Wonders of Yosemite' Hike & Tour

This two-in-one tour offers an unparalleled Yosemite experience, from a 3-mile hike or snowshoe adventure into the grandeur of a Giant Sequoia grove, to the dramatic beauty of Yosemite Valley and its stunning panorama views, ensuring that you see the sites that made us a National Park.

Reservations recommended, 9:15am-5:15pm, \$135 per adult, \$85 per youth (8-12)

Giant Sequoia Hike or Snowshoe

Experience the beauty of a snow-covered Yosemite and the majesty of the Giant Sequoias on this 3-mile round trip hike or snowshoe adventure. The stunning contrast of white snow against the reddish bark of the sequoias, the largest living species on earth, is like nothing you have ever seen. Our guides will share knowledge about the Park and the sequoias, and they will help make sure your experience is fun and inspiring!

Reservations recommended, 9:15am-1:15pm, \$80 per adults, \$50 per youth (8-12)



'Range of Light' Yosemite Valley Naturalist Tour

Have an incredible day exploring the many wonders of Yosemite National Park while learning about the natural processes that sculpted this landscape, and the people who shaped its legacy, from our knowledgeable naturalist guides. This half-day tour showcases breathtaking vistas, short walks through serene meadows, and explores the many iconic landmarks of Yosemite Valley.

Reservations recommended, 9:15am-3:15pm, \$105 per adult, \$65 per youth (4-12)



Hetch Hetchy Wapama Falls Historic Naturalist Hike

Explore Yosemite's hidden gem, Hetch Hetchy, a dramatic crowd-free jewel, complete with domes, waterfalls and an idyllic, serene feel. On this 5-mile hike you'll learn about Hetch Hetchy's long and storied history as we make our way among creeks and small meadows to the beautiful 1,000-foot Wapama Falls.

Reservations recommended, 10am-2:30pm, \$80 per adult, \$50 per youth (8-12)



Yosemite Valley Stagecoach Road Naturalist Hike

Come see Yosemite Valley at its finest with this combination Valley tour and guided hike along an abandoned stagecoach route to one of Yosemite's most spectacular, historic and least known vistas! We'll visit the Valley's most iconic spots and enjoy a variety of stops along the way.

Reservations recommended, 9:45am-4:45pm, \$125 per adult, \$75 per youth (8-12)



****AVAILABILITY OF SNOWSHOEING TRIPS IS SUBJECT TO SNOW CONDITIONS****

FOR TRIP AVAILABILITY: VIEW LIVE ONLINE UNDER THE "EXPLORE" TAB AT WWW.RUSHCREEKLodge.COM, EMAIL RECREATION@RUSHCREEKLodge.COM, CALL (209) 379-2373 X3 OR VISIT THE RECREATION DESK IN THE GUEST LOUNGE



OTHER ACTIVITIES

STARGAZING



Stargazing at Rush Creek

Experience the night sky like never before! Up close to nature's light show, you'll be gazing through our 12" aperture Dobsonian telescope with go-to tracking technology. Learn about constellations, observe planets, nebulas, galaxies, and other celestial wonders.

\$35 per adult, \$10 per youth (12 and under). Advance reservation required, please contact Recreation Desk for availability and details.

WELLNESS



Therapeutic Massage

Round out your Yosemite adventure with our talented team of certified massage therapists. Our revitalizing massages include a balancing Rush Creek Signature experience, relaxing Swedish, therapeutic Deep Tissue, soothing Hot Stone, and comforting Pregnancy massage. More treatments and enhancements are available. *Advance reservation required, 25, 50 and 80 minute sessions available.*

Visit Recreation Desk for availability and details.



Aquatic Massage

Find a complete state of relaxation under the starry skies in one of our saltwater hot tubs. Your guided session is performed in soothing warm water that is approximately 98 degrees Fahrenheit, and involves a series of movements, stretches and massage techniques that gently open joints and muscles, increasing range of motion, alleviating tight muscles, and providing an overall sense of relaxation and balance.

Advance reservation required. 50-minute single person massage \$140. 50-minute couples massage \$240.

Visit Recreation Desk for availability and details.



Hatha Flow Yoga Session

Join us for an energizing Hatha Flow yoga session. We combine slow and fluid movements, deep stretches and breath work. Classes are designed for all ability levels. Must be 15 or older to participate.

Advance reservation required. 60-minute session, \$25 per person. 2-person minimum.

Contact Recreation Desk for availability and details.

RENTALS, ETC.



- **Backpack Kid Carrier Rentals**
- **Snowshoe Rentals**
- **Daypack Rentals**
- **Trekking Pole Rentals**
- **Binoculars Rentals**

Visit the Recreation Desk in the Guest Lounge for more information.

OTHER ACTIVITIES



DAILY ACTIVITIES



NOTE: Activities are complimentary except as noted.

Monday

- **Nature Craft:** 10am-3pm, Game Room. Join us for a self-guided, kid friendly craft!
- **Yosemite Miwok Talk:** 6pm, Guest Lounge. Learn about the native Miwok of Yosemite and hear stories of their life in the valley.
- **S'mores:** 6pm-8pm, Outdoor Fire Pit. Classic campfires treat of marshmallow, chocolate and graham cracker!

Tuesday

- **Nature Craft:** 10am-3pm, Game Room. Join us for a self-guided, kid friendly craft!
- **Owl Pellet Activity:** 3-5pm, Purchase from Recreation Desk (\$5 per pellet). Have you ever wondered what an owl has for dinner? Find out by dissecting an actual owl pellet in this fun hands-on activity!
- **Bingo!** 7:00-7:30pm, Guest Lounge. Great for the entire family. Win prizes!
- **S'mores:** 6pm-8pm, Outdoor Fire Pit

Wednesday

- **Nature Craft:** 10am-3pm, Game Room. Join us for a self-guided, kid friendly craft!
- **Snow Paint:** 3-5pm, Game Room. Get creative with our fun snow paint that you can sculpt and swirl into a three-dimensional work of art.
- **Rim Fire Talk:** 6pm, Guest Lounge. Learn the story behind the smoke. Join us as we discuss California's 3rd largest wildfire, the 2013 Rim Fire, and its impact on the surrounding Stanislaus National Forest and Yosemite National Park.
- **S'mores:** 6pm-8pm, Outdoor Fire Pit

Thursday

- **Nature Craft:** 10am-3pm, Game Room. Join us for a self-guided, kid friendly craft!
- **Animal Tracks:** 3-5pm, Game Room (\$5 per track). It's time to get creative! Using clay and life size animal track molds, create your own imprint to take home.
- **S'mores:** 6pm-8pm, Outdoor Fire Pit

Friday

- **Nature Craft:** 10am-3pm, Game Room. Join us for a self-guided, kid friendly craft!
- **Wood Cookie Craft:** 3-5pm, Game Room. Create your own personalized wood cookie signs to hang on your door.
- **Bingo!** 7:00-7:30pm, Guest Lounge. Great for the entire family. Win prizes!
- **S'mores:** 6pm-8pm, Outdoor Fire Pit

Saturday

- **Pet Rock:** 10am-3pm, Game Room. Join us for a self-guided pet rock craft!
- **Crack Your Own Geode:** 3-5pm, Purchase from Recreation Desk (\$5 per geode). Crack your very own geode and discover the crystals that lie within.
- **Rock Talk:** 6pm, Guest Lounge. Learn all about geology and how it plays into the beauty of Yosemite!
- **S'mores:** 6pm-8pm, Outdoor Fire Pit

Sunday

- **Nature Craft:** 10am-3pm, Game Room. Join us for a self-guided, kid friendly craft!
- **Sierra Reptile Painting:** 3-5pm, Game Room. Learn about our local reptiles while creating a fun take away during this self-guided craft.
- **Rim Fire Talk:** 6pm, Guest Lounge. Learn the story behind the smoke. Join us as we discuss California's 3rd largest wildfire, the 2013 Rim Fire, and its impact on the surrounding Stanislaus National Forest and Yosemite National Park.
- **S'mores:** 6-8pm, Outdoor Fire Pit