

## Social Guest Activities

### **Cooking Classes**

Cooking demonstrations will be offered through The Culinary Stone. More information coming soon.

### **Wine Tasting with Food Pairings (Limited to 40 people)**

**Friday-3 PM-4:30 PM**

**Saturday – 3 PM – 4:30 PM**

Come join Scott Bowden, Director of Sales Education for Hayden Beverage, for a unique wine tasting experience! Fridays wine tasting will dive into Aromatic, crisp, clean whites with racy acidity-showcasing global wines. Saturdays class will head into the world of bold reds. Be prepared to learn a lot and have some fun. There might even be a chance for blind sensory exploration to see how wine speaks to each of us

### **Centennial Trail Bike Ride, Friday 10:00 AM-12:00 PM (Limited to 10 people)**

Leaving from the Resort you will follow a path along the shore of beautiful Lake Coeur d'Alene. Riding a scenic route through some of the oldest homes in the Coeur d'Alene area and up Higgens Point where you will view the beauty of the lake from the top of the trail. E-bikes and helmets will be provided to all guests. The bike ride will be 13 miles round trip. Bikes will be available for guests to use on their own after the tour until 2:00 pm or stop by the Cider House where each participant can enjoy one cider included with this activity. *Be prepared with a light jacket and a water bottle.*

### **Whiskey Lovers Unite, Friday- 1:00-2:30 PM (Limited to 40 people)**

Join us for a relaxing afternoon at The Bee's Knees Whiskey Bar; North Idaho's premier whiskey bar. Locally owned by the same owners as Up North Distillery, participants will enjoy a flight of three Up North spirits followed by a Signature Old Fashioned featuring the Governor's Cup whiskey. Feeling adventurous? Guests are also welcome to purchase an additional flight of whiskey. With over 350 bottles to choose from, you are sure to find your new favorite. [www.beeskneeswhiskeybar.com](http://www.beeskneeswhiskeybar.com)

### **Bike Rentals Saturday, 10:00 AM-2:00 PM (Limited to 10 people)**

Start your adventure here on the Cannondale Adventure. Shimano components, step-thru, upright, comfortable, and efficient to take you on all of North Idaho's internationally recognized bike paths. Bikes are available for use between 10am-2pm. Bike helmets are also provided. Must sign up through the Governor's Cup and receive a voucher to present to redeem the rental.

### **Up North Distillery Tasting, Saturday, 1:00-2:30 PM (Limited to 20 people)**

Up North Distillery has been producing craft spirits in Post Falls, Idaho since 2015. Join them at their sister location, The Bee's Knees Whiskey Bar, for a guided tasting featuring their award winning spirits. Participants will enjoy a flight of three Up North spirits followed by a Signature Old Fashioned. Come learn more about Honey Spirits (distilled from 100% Idaho honey), Apple Brandy, and Single Malt

Whiskey. Feeling adventurous? Guests are also welcome to purchase an additional flight of whiskey. With over 350 bottles to choose from, you are sure to find your new favorite. [www.upnorthdistillery.com](http://www.upnorthdistillery.com)

**Gentle Flow Yoga Friday & Saturday, 9:00- 10:00 AM (Limited to 30 people)**

When you put so much energy into serving others, it's crucial to set aside intentional time to recharge. We are excited to offer attendees the opportunity for gentle yoga and deep relaxation to fill your cup back up. This class will focus on basic yoga postures and breath-centered movement and conclude with guided relaxation. All levels are welcome to join RYT500 teacher Emily Fodge for this "me time" session. Meet on the front lawn of the Coeur d'Alene Resort at 8:55 AM for a 9:00 AM session.

**Tubbs Hill Hike – Friday and Saturday, 8:30-9:45 AM (Limited to 15 people)**

Wear some comfortable shoes for trekking the 2.1-mile loop around Coeur d'Alene's natural gem-Tubbs Hill. Your guide will pick you up at the Resort and take you on a wonderful hike right out the 'back door' of the hotel. The trail loop offers historical points along the way that your guide will share with you. Learn about the city while enjoying the beauty of the lake on this scenic hike around Tubbs Hill. Don't forget to bring your phone for some terrific photo opportunities! *Be prepared with a light jacket and a water bottle.*