

# What can I do while staying at The Lodge at Sonoma?

#### DAILY

#### Yoga at 8:00 AM



Sign up at the Front Desk; meet in the lobby 10-15 minutes before 8:00 AM and the yoga instructor will walk the group to the yoga location.

#### Hike at 9: 15AM



Sign up at the Front Desk; meet in the lobby at 9:00 AM. Hike is on the Sonoma Overlook Trail: shuttle driver provides transportation to and from the trail head. 3 mile hike; will return to property around 10:30-10:45 AM.

#### Wine Tasting 4:30—6:00 PM



Featuring new local wineries nightly! Join us at Reception from 4:30—6:00 PM each day to discover our favorite local wineries and learn what makes Sonoma wines so special.

### WEEKLY

### **Wednesday Wine Adventures** 5:30-6:30 PM

Every Wednesday night on the Firepit Patio in the Carneros Bistro



Join in house wine educator & explores new varietals from around the world. Dan is an amazing wealth of knowledge and loves to share his passion for wine.

#### Live Music

Thursday, Friday, Saturday, and Sunday



Featuring local musicians Thursday sommelier, Dan Noreen, as he Sunday (weather permitting on the pool deck). Join us for fantastic local musicians and enjoy the wonderful Sonoma weather!

> Thursday 4:30—7:30 PM Fridays 4:30—7:30 PM **Saturdays** 1:00—4:00 PM & 4:30—7:30 PM

**Sundays** 1:00—4:00 PM & 4:30—7:30 PM

## Birds, Blooms, & Bubbles Sundays at 9:15 AM



Dan Noreen, self proclaimed "nature buff" hosts a stroll on the Sonoma Overlook trail and pops open a bottle of bubbly at the top. A toast to the beautiful Sonoma Valley! Pace is slow as you discover the beauty of the area.

Ask the Front Desk for any other special happenings going on around property!