

# FILL YOUR WINTER WELLNESS CUP

8am to 4pm

## 8 AM - COFFEE AND A SMILE AT OI! COFFEE

Wake up with a cup of Joe at Oi! Coffee. Enjoy a bagel, quiche, and other fresh goodies along with a side of cool vibes. Everyone's a friend at Oi!

## 10 AM - BEAT CABIN FEVER WITH FRESH AIR

Let momma nature give you a big ole' bear hug! Take the short drive to Hope Valley Outfitters to rent snowshoes or cross-country skis! Take a lesson or venture out on your own with their trail maps. If snow isn't your thing, Carson Valley trails are largely accessible year-round, with the appropriate layers of course!

## 1 PM - LUNCH AT FULL BELLY DELI

Warm up and feed your appetite with a delicious cup of soup, stacked sandwich or fresh salad at Full Belly Deli.

## 3 PM - MASSAGE AT GENOA SPA

Massages are great for relieving tension and stress (who doesn't have some of that!), improving circulation, managing pain, reducing anxiety and depression, and restoring mind/body balance. The specialists at the Genoa Spa use all natural products and know just how to revitalize and rejuvenate! Reservations required.

## 4 PM - WIND DOWN AT THE PINK HOUSE

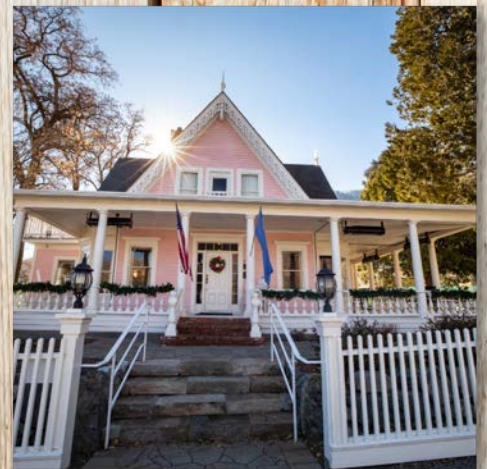
Built in 1855, the Pink House pairs history and delightful dishes - the perfect end to a day full of mind and body wellness!



OI! COFFEE



HOPE VALLEY SNOWSHOEING



THE PINK HOUSE