



Sunnyside

RESTAURANT & LODGE

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A NOTE ABOUT COVID-19

Welcome to Sunnyside! We are excited to welcome you home to our lodge. We have worked hard to make sure that we are complying with all COVID-19 regulations and are proud to have systems in place to keep you safe and well. We will continue to modify and adjust service to comply with all mandates from the county, state, CDC and California Hotel and Lodging Association to ensure we are providing the safest possible experience for our guests and employees. Please see below for how we are keeping your safe during your stay and how you can help.

HOW WE ARE KEEPING YOU SAFE



Washing our hands more often than you thought it was possible to wash hands.



Checking employee temperatures and screening for any symptoms of illness prior to every shift.



Wearing masks and gloves while cleaning your room. We promise we're smiling under here!



Using EPA approved disinfectant while cleaning your room and on high traffic areas & surfaces at least every hour.



Limiting amenities that are not single use. Items left in the room between guests will be sanitized.



“Sealing” your room after cleaning. No one will enter your clean room until you do.

HOW YOU CAN HELP



California regulations require that you wear a face covering when within six feet of anyone not in your household. Please wear a face covering when not in your room.



Please stay home if you have any symptoms of illness. We love you, not your germs.



Create space. Maintain at least 6 feet of distance between other guests & members of our team.



Wash or sanitize hands after touching your face, sneezing or coughing and before entering public spaces.



Let us know! How can we help you feel safe and comfortable during your time with us?

CHANGES

Due to the recommendations and regulations around COVID-19, you may see some changes during your stay. Here's what to expect!

Breakfast

We have temporarily suspended food and beverage service from the breakfast nook. Instead, you will be able to pre-order breakfast the evening before and pick it up in the morning to enjoy with your family wherever you would like.

Local Businesses and Attractions

Many of the businesses listed on the discount card and activities listed in the lodge book may be impacted by COVID-19. Please make sure to confirm that they are open and if there are new hours of operation. We are happy to help!

Games

Games from the front desk are temporarily unavailable.

Housekeeping

To limit the number of people in your room and for the safety of our team, housekeeping will be by request only. We will be doing regular "drops" of towels and amenities. Please let us know if you require additional service.





Welcome to Sunnyside!

We are delighted to have you here with us at Sunnyside, and we would like you to feel as if you were staying in our home. We are certain that you will enjoy our unique setting here on the water's edge of beautiful Lake Tahoe. If there is anything we can do to make your stay more enjoyable, please do not hesitate to stop by the front desk or give us a call at extension "10" or "0".

To make your stay with us as comfortable as possible, we have listed a few answers to questions you may have:

CHECK-IN AND CHECK-OUT

Check-in time is at 3:00 pm and check-out time is at 11:00 am. We invite you to enjoy our facilities prior to check-in and after vacating your room; however, we do appreciate your cooperation in adhering to our check-in/out times.

CONTINENTAL BREAKFAST

We offer a complimentary continental breakfast, which is served in the breakfast nook area each morning from 7:30 am to 10:30 am. Enjoy the freshly brewed coffee, a selection of hot teas, freshly squeezed orange juice, hot chocolate, granola, hot and cold cereals, breakfast potatoes, a delicious selection of fresh pastries that are baked daily by our in-house pastry chef, and our specialty hot egg frittata. (For our early risers, coffee is ready at 6:30 am).

AFTERNOON TEA

We also offer a complimentary afternoon tea. It is available in the breakfast nook area, and is served from 3:00 pm to 7:00 pm. Please join us for a relaxing cup of hot tea in the winter, lemonade in the summer and fresh-baked cookies all year long!

FOR YOUR CONVENIENCE

The ice machine is located between rooms 23 and 24.

The telephone can be used for local and room to room calls. When the message light is lit on your phone, retrieve your messages by dialing 777 and follow the prompts.

Per California law, smoking is not permitted anywhere inside the Lodge building, or on Lodge decks or patios. The Lodge sun-deck is available for smoking.

DINING

Sunnyside Lakefront restaurant features simple and thoughtful cooking using locally sourced ingredients, fresh seafood and premium meats. Enjoy our Lakeside Dining Room, which serves dinner year around. Or enjoy our Mountain Grill, offering a variety of fun appetizers, fresh salads, sandwiches, tacos and seafood dishes.

Throughout the summer months, the outside bar and lakefront decks are open for lunch and dinner. A children's menu is always available. Enjoy true hospitality with craft beers, creative cocktails, and fine wines celebrating the Lake Tahoe community.

In-Room Dining is available during restaurant hours of operation.

IN THE SUMMER MONTHS

Our beautiful sundeck, located across from room 27, is available for you to enjoy and is a wonderful place to relax with a great book. We offer deck-side food and beverage service during restaurant hours, so sit back and enjoy the sunshine. The luxury of deck-side service is available by calling extension "0." Please refer to the menu to make your selections.

Bike racks are available in the north parking lot near the lodge entrance and by High Sierra Water Ski School. Please use bike locks, as Sunnyside cannot take responsibility for your bike's security.

IN THE WINTER MONTHS

Additional firewood and kindling is available by dialing the front desk at extension "0."

Ask the front desk about discount codes for ski lift tickets.

Ski lockers are available for our lodge guests. The lockers are located to the left of the main entrance door located under the sign that says "employee sauna," (no it's not really a sauna). A key is available at the front desk to get into the room and into your assigned locker. For rooms 40 through 43, you will find an area in your room to store your ski equipment.

PET POLICY

We are delighted to welcome you and your pet as our guest. As a responsible pet owner, we hope this short note will help answer any questions you may have during your stay with us.

Pet Charge

Sunnyside charges a pet fee of \$45.00 per stay.

Courtesy

Please keep our pets in only the room you have booked. For the consideration of other guests, pets are only allowed in room numbers 40-43.

Housekeeping

For your convenience, please notify either the Front Desk or Housekeeping of the time when we may attend to your room without inconveniencing you or your pet.

Walking your Pet

When your pet is with you, we request that it be leashed at all times. For short or extended walks, we recommend the bike path located in front of our facility. Unfortunately, pets are not allowed in areas where food is being served.

Unattended Pets

We prefer that your pet not be left unattended in your room. If it is unavoidable, we request that they be placed in a carrier.

WE'RE HERE TO HELP

Please feel free to ask our front desk staff for assistance in your recreation plans, and don't forget that as a Sunnyside lodge guest, you are entitled to many discounts on fun and exciting activities throughout Lake Tahoe. Please refer to the list of participating businesses listed in this book.

We anticipate you having a wonderful time here at Sunnyside. If you have any questions or if you need assistance in your vacation planning, please call or stop by the front desk at any time, day or night. It's great to have you with us!





STARTERS

Fried Zucchini

since 1965, a sunnyside tradition 12

Chicken Wings

all natural petaluma farms, sriracha buffalo sauce, cucumbers, buttermilk herb dip 13.5

Coconut Crusted Calamari

lemon wasabi cocktail sauce 16

Ahi Poke*

raw yellowfin tuna, onions, avocado, soy citrus dressing, furikake tortilla chips 17

FROM THE GARDEN

Caesar Salad

crisp romaine lettuce, asiago cheese, garlic herb focaccia croutons 9
with all natural chicken 17 | with salmon 19

Strawberry & Summer Greens*

golden beets, hazelnuts, goat cheese, basil balsamic vinaigrette 11
with all natural chicken 19 | with salmon 21

OFF THE HOOK

Fresh Fish Tacos

flour tortillas, cabbage, pico de gallo, tomatillo sauce, tortilla chips, salsa roja, choice of cajun or beer battered 16.5
add avocado 2.5

Sesame Salmon Rice Bowl

sustainably raised verlasso salmon, brown jasmine rice, pickled carrots, seaweed salad, edamame beans, citrus ponzu sauce 21

LAKESIDE FAVORITE

Pistachio Crusted Fresh Fish

asiago herb panko crust, lemon caper butter, brown jasmine rice, pineapple jicama slaw 29

FROM THE FARM

Steak & Fries*

dijon rubbed filet mignon, charred green onion gremolata, arugula salad, garlic herb fries 36

Sunnyside Burger*

8oz. wagyu angus blend, aged white cheddar, brioche bun, secret sauce, fries 16.5
add applewood smoked bacon 3

Grilled Chicken Sandwich

fire grilled chicken breast, applewood smoked bacon, white cheddar, arugula, vine ripened tomatoes, basil pesto aioli, balsamic drizzle, brioche bun, fries 16

Wild Mushroom & Spinach Ravioli

vegan ravioli, fire roasted tomatoes, golden beets, basil, macadamia nuts, garlic chardonnay broth 23

KIDS

Crispy Chicken

crunchy battered all natural chicken breast, ranch, fruit or fries 11

Cheeseburger*

USDA fresh beef, cheddar cheese, fries 10

Macaroni & Cheese

pasta shells, house made cheddar cheese sauce 9

Teriyaki Chicken Bowl

all natural chicken breast, steamed jasmine rice, teriyaki glaze 11

Teriyaki Salmon Rice Bowl

sustainably raised salmon, steamed jasmine rice, teriyaki glaze 15

DESSERT

Kim's Original Hula Pie® chocolate cookie crust, macadamia nut ice cream, hot fudge, toasted mac nuts, whipped cream 11

 Gluten conscious - item is prepared with gluten free ingredients; however our kitchen is not gluten free. Please inform your server of any allergies.

* Consuming raw or uncooked food may increase your risk of food borne illness.

An 18% gratuity is requested from parties of eight or more.

Lakeside Libations

COCKTAILS

Mai Tai Tahoe's version of our classic Duke's Mai Tai	13
Escalade Margarita Milagro silver tequila, fresh lime, organic agave nectar, Grand Marnier float <i>Skip the float and make it a "skinny" for 12</i>	14
Tahoe Mule Tito's vodka, fresh lime, Bundaberg ginger beer	12
Ketel Mary Ketel One vodka and our signature Bloody Mary mix with a celery salted rim	13
Sunnyside Refresh Square One cucumber vodka, fresh lime, organic agave nectar, mint	14
Kentucky Mule Bulleit bourbon, fresh lime, and Bundaberg ginger beer	12
Shaken Piña Colada Koloa coconut rum, cream of coconut, fresh lime, pineapple, "hand shaken"	14

DRAFT BEER

Alibi Ale Works "rotating handle" Incline Village, NV	8
Truckee River Brewing Co Red Ale Truckee, CA	9
Trumer Pils Berkeley, CA	8
Deschutes Fresh Haze IPA Bend, OR	8
Lost Coast Indica IPA Eureka, CA	8
Pacifico Mexico	7
Coors Light Golden, CO	6
Pliny the Elder Russian River Brewing Co.	12
Golden State Cider (Can) Healdsburg, CA	8

NON-ALCOHOLIC DRINKS

First Breeze lemonade, strawberry purée, blueberries	7
Cucumber Soda muddled cucumber, organic agave, soda, lime	7

WINES GLASS/BOTTLE

BUBBLES, WHITES & ROSÉ

NV Chandon Brut I Napa	10/40
NV Veuve Cliquot Brut Rosé I Reims, France	130
'18 Triennes Rosé I Provenance, France	12/48
'18 Elizabeth Spencer Chenin Blanc I Mendocino	56
'17 Truchard Roussanne I Carneros	58
'17 Alban Viognier I Central Coast	64
'18 St. Supery Sauvignon Blanc I Napa	10/40
'17 Tobias "Lexi's Estate" Sauvignon Blanc I Napa	45
'18 Cade Sauvignon Blanc I Napa	15/60
'17 Loosen "Dr. L" Riesling I Mosel, Germany	36
'18 La Fiera Pinot Grigio I Veneto, Italy	9/36
'17 Cristom Pinot Gris I Eola-Amity Hills, OR	48
'18 Sean Minor Chardonnay I California	10/40
'18 Wente "Riva Ranch" Chardonnay I Monterey	48
'16 The Wonderland Project "White Queen" Chardonnay I Sonoma County	50

'17 Mer Soleil "Reserve" Chardonnay I Santa Lucia Highlands	15/60
'17 ZD Chardonnay I California	67
'17 Failla Chardonnay I Sonoma Coast	69
'18 Rombauer Chardonnay I Carneros	70

REDS

'18 Sean Minor Pinot Noir I California	12/48
'18 Alfaro "A" Pinot Noir I Santa Cruz Mountains	52
'17 Paul Hobbs "Crossbarn" Pinot Noir I Sonoma Coast	15/60
'16 Lemelson "Theas" Pinot Noir I Willamette Valley, OR	65
'16 Selby "Calegari" Pinot Noir I Russian River	70
'17 Scribe "Estate" Pinot Noir I Sonoma	18/72
'13 Chase "Barberis" Petite Sirah I Calistoga	60
'14 Altamura Sangiovese I Napa	98
'18 Bonny Doon "Le Cigare Volant" Grenache & Syrah I Central Coast	15/60
'16 K "Milbrandt" Syrah I Wahluke Slope, WA	68
'16 Alban "Patrina" Syrah I Edna Valley	80

'18 Seghesio Zinfandel I Sonoma County	12/48
'17 Turley "Rattlesnake Ridge" Zinfandel I Howell Mountain	66
'15 Benzinger Merlot I Sonoma County	10/40
'17 Pride Merlot I Napa/Sonoma	82
'15 Lang & Reed Cabernet Franc I North Coast	58
'17 Wines of Substance Cabernet Sauvignon I Columbia Valley, WA	12/48
'16 Whitehall Lane Cabernet Sauvignon I Napa	66
'18 Austin Hope Cabernet Sauvignon I Paso Robles	18/72
'16 Starmont Cabernet Sauvignon I Napa	62
'16 Adaptation Cabernet Sauvignon I Napa	82
'16 Honig Cabernet Sauvignon I Napa	85
'14 AXR Cabernet Sauvignon I Napa	100
'12 St. Helena Winery "Estate" Cabernet Sauvignon I Napa	120
'16 Paraduxx Red Blend I Napa	70
'15 Bell "Claret" Red Blend I Napa	74

In an effort to reduce our environmental footprint, the T S family of restaurants proudly serves beer on tap only. We are working to eliminate single-use plastic and glass products for the health of our oceans and lakes, our favorite places to play.



Sunnyside Discount Card

The guest card given to you at check-in can also be used to receive discounts at many of the following businesses.

ADVENTURES

Tahoe Adventure Company (530) 913-9212
\$5 off per couple for their adventure. Snowshoeing Tours and Sunset Snowshoe Adventures

Lake Tahoe & Nevada Adventures (800) 865-4679
\$5 discount per person on 9 a.m. ATV or Buggy Tour in Lake Tahoe's scenic backcountry. Call for the ride of your life! Office located in Homewood.

BICYCLE RENTALS

Olympic Bike Shop (530) 581-2500
15% off any bicycle rental. Check out Tahoe City on two wheels! Offer valid through October 15.

West Shore Sports (530) 583-9920
10% off any bicycle kayak or paddle board rental. Located right across the street next to the Firesign Cafe.

SKI AND SNOWBOARD RENTALS

West Shore Sports (530) 583-9920
10% off any rental. Located right by Homewood Ski Resort.

Tahoe Dave's Skis & Boards (530) 583-5665
10% off ski and snowboard rentals.

Willard's Sports Shop (530) 583-3356
10% off any ski or snowboard rental.

GOLF

Old Greenwood Golf Course
\$10 off. Call Mike to make a reservation. (Discount off of the NCGA column.)

Grays Crossing Golf Course

\$10 off. Call Mike to make a reservation. (Discount off of the NCGA column.)

Historic Brockway

20% off – valid only September-November. Ask for Laine.

BOATING, CRUISES AND OTHER WATER SPORTS

High Sierra Water Ski School (530) 583-7417
10% discount on all activities, including boat rentals, jet skis, water ski and wakeboard lessons, and canoe and kayak rentals. Located on the south side of our building. Tell Lee we sent you.

Envirorents (530) 546-2780
10% off rentals of kayaks or bicycles and tours. Two hours of kayaking, third hour free. Ask for Harry.

HEALTH CLUBS

Mountain Lotus Yoga (530) 583-7500
Sunnyside Special: \$15 for your first class, come practice with us again and your second class is free! Bikram Yoga is a series of 26 postures and two breathing exercises done in a heated room for 90 minutes. See the front desk for schedules and detailed information about the class and its benefits! Located Marina Level in the Boatworks Mall.

Asante Lakeside Fitness (530) 583-4283
Stop by the Front Desk to purchase your discounted day pass for only \$17—a savings of \$4. This local gym comes highly recommended by our staff. Conveniently located three miles north of us directly behind the Safeway in Tahoe City.

MASSAGE THERAPISTS & DAY SPA

Integrated Body Massage & Therapy (530) 412-1566
15% off all massages by Molly Neuenswander. Molly has been accommodating Sunnyside guests for over 20 years with several modalities of service ranging from Deep Tissue, Sports Massage, Swedish, Pre-natal and Reflexology. She comes equipped with everything needed to perform a state of the art customized session of therapy.

Lighthouse Spa (530) 583-8100
10% off with scheduled appointment. Established in 1992. Come experience the warm mountain atmosphere, the outstanding views, and the knowledgeable staff of Lighthouse Spa. They offer a variety of rejuvenating treatments to help you relax and unwind. Located in the heart of Tahoe City.

Mountain Massage (530) 386-2382
Just around the corner is Massage Therapist Cindy Berman. She is massage licensed and certified and offers therapeutic massage and bodywork to her clients at their home, office or of course setting of their choice (Sunnyside). Cindy offers our guests \$10 off all Massage Treatments and group discounts. This is the ideal treatment to get rid of stress. Stop by the front desk for a brochure.

HAIR AND NAIL CARE

Unique Nails (530) 581-0421
Located in the "Bechtold Building" in Tahoe City. Next to Bank of America.

Exotic (530) 581-0503
In front of the Cobblestone Shopping Center.

SCENIC TOURS

Squaw Valley Tram (800) 403-0206
Ask the front desk about discount codes for tram rides.

SHUTTLE INFORMATION AND TAXI CABS

North Lake Tahoe Express (866-216-5222)
The best way to travel to and from the Reno Tahoe International Airport without all the hassle of renting a car. Conveniently one of their drop-off points is Sunnyside!

Anytime Taxi (530) 414-4187

Fast Taxi (530) 583-6699

BABYSITTING

Neta's Nannies (530) 583-3579
Lake Tahoe's #1 childcare service since 2001. Normally require a 4-hour minimum.

All About Kids (530) 386-0765
Interactive childcare for all ages. Their experienced and thoroughly screened sitters come to us with fun, toys and energy. They have been in business since 2002. Visit their website at allaboutkidstahoe.com for rates and policies.

SHOPPING

Plump Jack Sports (530) 584-6181
Plump Jack will offer 10% off all apparel. Located in the Village in Squaw Valley. Plump Jack is Lake Tahoe's leading boutique retailer offering unique apparel, technical sportswear lines and accessories for men, women and children.



Channel Guide

3	NBC	239	Audience Network
6	PBS	240	Home Shopping Network
10	ABC	241	Spike TV
13	CBS	242	USA Network
19	Univision	244	SyFy Channel
29	ION	245	TNT
31	CW	246	truTV
33	Telemundo	247	TBS Superstation
40	Fox	248	FX
50	Azteca	249	Comedy Central
58	KQCA	252	Lifetime Television
64	Unimas	253	LMN (Lifetime Movie Network)
70	QVC	254	AMC (American Movie Classics)
71	GSN (Game Show Network)	256	Turner Classic Movies
72	Jewelry	260	We Womens Entertainment
73	Shop	262	SOAPnet
74	Shop	264	BBC America
75	Infomercial	265	A&E Network
76	QVC Plus	269	History Channel
101	Audience Network	273	TV Guide Network
107	3Net	275	QVC
202	CNN	276	National Geographic Channel
204	HLN (Headline News)	277	Travel Channel
206	ESPN	278	Discovery Channel
207	ESPN News	280	TLC (The Learning Channel)
208	ESPNU	281	Velocity
209	ESPN2	282	Animal Planet
229	HGTV	289	Disney Junior
230	DIY Network	290	Disney Channel (East)
231	Food Network	291	Disney Channel (West)
233	GSN (Game Show Network)	292	Disney XD 293 Baby TV
236	E! Entertainment Television	296	Cartoon Network (East)
237	Bravo	297	Cartoon Network (West)
238	REELZ Channel	299	Nickelodeon/Nick at Nite (East)

300	Nickelodeon/Nick at Nite (West)	369	Daystar
301	Nick Jr.	370	EWTVN (Eternal Word)
303	TeenNick	371	The Church Channel
304	TV Land	372	TBN (Trinity Broadcasting Network)
305	ION (East)	373	The WORD Network
306	ION (West)	374	BYU-TV 375 LINK TV
311	ABC Family Channel	376	CTN (Christian Television Network)
312	Hallmark Channel	377	TCT Network
313	Jewelry Television Network	378	NRB Network
316	ShopNBC	401	AQUI
318	BUY	402	Univision
319	SALE	404	Galavision
324	America's Auction Network	440	V-me
327	CMT (Country Music Television)	447	ONCE TV Mexico
329	BET (Black Entertainment Television)	448	Enlace
331	MTV	449	HITN-TV
333	MTV2	500	Audience Network
335	VH1	501	HBO (East)
338	UP	502	HBO2 (East)
340	AxsTV	503	HBO Signature (East)
345	RFD-TV	504	HBO (West)
346	NASA TV	505	HBO2 (West)
348	Free Speech TV	506	HBO Comedy
350	C-SPAN	507	HBO Family (East)
351	C-SPAN2	508	HBO Family (West)
353	Bloomberg Television	509	HBO Zone (East)
355	CNBC	511	HBO Latino
356	MSNBC	545	Showtime (East)
357	CNBC World	546	Showtime (West)
360	Fox News Channel	547	SHO TOO
361	NUTV	548	Showtime Showcase
362	The Weather Channel	549	Showtime Extreme
363	GEB (Golden Eagle Broadcasting)	550	Showtime Beyond
364	Inspiration Channel	551	Showtime Next
365	GOD TV	552	Showtime Women
366	Jewish Life TV	696	Comcast Sports Bay Area
367	WHT (World Harvest Television)	698	Comcast Sports California
368	HOPE		



In-Room Entertainment – Games

Please enjoy these games in the comfort of your room.

Apples to Apples (Jr version)	Guess Who	Scrabble Junior
Backgammon	Memory	Snap Trap
Battleship / Travel Battleship	Men are from Mars, Women are from Venus	Sorry!
Boggle	Monopoly	Triple Yahtzee
Candyland	Parcheesi	Assorted Jigsaw Puzzles
Clue / Vintage Clue	Scrabble	
Chess Cards		



Lake Tahoe Facts & Trivia

LAKE TAHOE FACTS

- Elevation: 6,229 feet above sea level
- Length & Width: 22 Miles long with a width of 12 miles
- Shoreline: 71 Miles (California 42 miles, Nevada 29 miles)
- Capacity: 122,160,280 Acre-ft. of water
- Surface Area: 193 Square miles (122,200 acres)
- Depth: 1,450 Feet maximum, with an average of 989 feet
- Water Temp: 68° F maximum, 41° F minimum
- Only Outlet: Truckee River at Tahoe City

LAKE TAHOE TRIVIA

- Lake Tahoe was formed by faulting, fractures in the earth's crust allowing blocks of land to rise and sink.
- If Lake Tahoe were tipped over, the water would cover all of California to a depth of 14½ inches.

- Lake Tahoe is as long as the English Channel is wide.
- Lake Tahoe is fed by 63 streams and two hot springs, and has an average of 1,400,000 tons of water evaporating every day.
- Ice may sometimes form along Lake Tahoe's shorelines, but the lake has never been known to freeze over.
- Lake Tahoe is the eighth deepest lake in the world, and second deepest in the U.S. (The deepest U.S. lake is Crater Lake, Oregon at 1,932 feet)
- As an "interstate navigable waterway" Lake Tahoe is protected by the U.S. Coast Guard (and is reputed to be the most desirable Coast Guard duty station in the world).
- Unlike most bodies of water in the U.S., Lake Tahoe's water does not flow into the ocean. The Truckee River flows east through Reno and drains into Pyramid Lake, Nevada.



Healthy Living in the High Sierra

When visiting a higher elevation than your body is accustomed to, several normal body reactions can take place. It is not uncommon for visitors to feel fatigued or dizzy and headaches are common.

Here at Sunnyside we are at an elevation of 6,229 feet and the oxygen is quite a bit thinner than that at sea level. If your body does not have enough time to acclimate to this higher altitude, even the healthiest of individuals can feel altitude sickness. Here are several symptoms that can occur, as well as helpful tips to minimize their effects.

SYMPTOMS OF ALTITUDE SICKNESS

- Dizziness
- Increased Fatigue
- Shortness of Breath
- Headaches
- Nausea

TIPS FOR MINIMIZING ALTITUDE SICKNESS

- Drink plenty of liquids and double your water intake
- Get plenty of rest (not just sleep, relax!)
- Go easy on strenuous exercise and activities
- Always carry bottled water while exercising
- Never drink surface water (river, streams, lakes) unless you use a proper filtration device (this tip should be followed at any elevation)
- Remember, it takes two weeks for your body to acclimate to a higher elevation, so go easy on the strenuous exercise!



Just a Short Drive to Tahoe History

Ehrman Mansion & Nature Center – Sugar Pine Point State Park

7595 Emerald Bay Road, Tahoma
525-7232

Located on Hwy 89, 7 miles south of Sunnyside. Sugar Pine Point offers a beautiful setting for picnicking and hiking, and houses the colossal Ehrman Mansion. The mansion was formerly the vacation residence of a wealthy San Francisco family.

Emigrant Trail Museum & Bookstore – Donner Memorial State Park

12593 Donner Pass Road, Truckee
582-7892

Just off I-80 at Donner Lake Exit, about three miles west of Truckee. This memorial park contains interesting exhibits, artifacts, and presents movies and slide shows relating to the Donner Party.

North Lake Tahoe Historical Society Watson Cabin Museum

560 North Lake Blvd, Tahoe City
583-8717

This living museum is located in the center of Tahoe City, two miles north of Sunnyside. Montgomery Watson built the cabin in 1909 for his son and bride. The occupants of the cabin were some of the first people to live at the Lake year-round. The Watson's planted the lilacs growing under the sunroom windows.

North Lake Tahoe Historical Society & Gatekeepers Museum

130 West Lake Blvd, Tahoe City
583-1762

Located at William B. Layton Park, just before Fanny Bridge, two miles north of Sunnyside. The water master who controlled the water flow out of Lake Tahoe lived in the original version of the cabin. Today, it contains a world-class collection of Indian baskets with close to 1 million dollars. A new Native American pottery exhibit is on display as well.

Fanny Bridge

Located two miles north of Sunnyside before you reach Tahoe City. This bridge got its name from everyone leaning over the railing to look at the giant rainbow trout below. It is illegal to fish from the bridge, but get a piece of bread to feed them and watch them go wild!

Truckee-Donner Historical Society & Old Jail

Main Street, Truckee
582-0893

Located in downtown Truckee, The Truckee Jail was built in 1875 and is one of the West's oldest. It was in use until 1964 and is now open as a museum on the weekends.

Vikingsholm Mansion & Visitors Center – Emerald Bay State Park

9999 Emerald Bay Road, Tahoma
525-7232

Emerald Bay is located south of Sunnyside on Hwy 89 and impossible to miss. It offers the most picturesque views on the lake. If you don't mind a steep 1-½ mile hike back up, the trail to Vikingsholm leads from the parking area. Vikingsholm is a magnificent replica of a 38 room Scandinavian country house build in 1929.

Lake Tahoe Visitors Center

Hwy. 89 Emerald Bay
573-2674

Located south of Sunnyside of Hwy 89, the Visitors Center is five miles past Emerald Bay and is marked by a forest service sign 'Lake of the Sky Visitor Center'. This is wonderful area for nature hikes. The best asset to the Visitors Center is the Stream Profile Chamber, where you can view fish in their native habitat through underwater windows. Throughout the summer you can view Lake Trout. In the fall you can view the spectacular Kokanee Salmon as they spawn their way up the river.

Olympic Museum at Squaw Valley's High Camp

1960 Squaw Valley Road, Olympic Valley
581-7256

The Olympic Flame and Tower of nations still marks the entrance to Squaw Valley, USA and is located eight miles north of Sunnyside on Hwy 89. Take the beautiful tram ride up 2000 feet to High Camp. Visit the ice-skating rink, bungee tower, restaurants, as well as the museum of the 1960 Olympic Winter Games.

Call for hours and operations, as some historical sites may be open seasonally.



Just for Kids

IN THE WINTER MONTHS

Why not try the snow tubing hills? At these two hills you don't even need to hike up the mountain. Granlibakken 583-4242; Squaw Valley 583-6955

For great views and a steep sledding hill, join a ton of other families and go to Highway 431 (Mount Rose Highway). From the main highway, you will see the fun on your left as you approach the summit.

For a good time right outside your lodge room, you could make us a snowman or snow angel. Ask any of the Sunnyside staff for pointers!

Tahoe City Winter Sports Park In the center of town kids can enjoy multiple activities in this one location. Sledding, cross country skiing, snowshoeing and ice skating. There is also a full service bar and restaurant to enjoy.

IN THE SUMMER MONTHS

Get out there and enjoy the beautiful weather by renting a bike (the bike path runs directly in front of Sunnyside). Olympic Bike Shop 581-2500; Willard's Sport Shop 583-3356; West Shore Sports 583-9920

Rent a Jet Ski from High Sierra Water Ski School for a real thrill (located a hop, skip and a jump from your lodge room). 583-7417

For fun on our pebble beach or dock, try skipping some rocks. If you have some spare bacon, line and hook, you're ready for crawdad fishing.

Miniature golf is always fun for the whole family.

Magic Carpet Golf in Carnelian Bay 546-4279
Tahoe Treetop Adventure Park at Granlibakken. They have 65 tree platforms connected by a variety of bridges and/or zip lines. 581-7563

YEAR-ROUND ACTIVITIES

The KidZone Children's Museum in Truckee has exhibits and activities for children up to age seven. 587-5437

Go to a movie, for listings call 546-5951

Tahoe Art Haus & Cinema. North Lake Tahoe's only theatre combining main stream movies, independent films, and live performances. (530-584-2431)

Visit High Camp and Squaw Valley. Take the beautiful tram ride up 2,000 ft. Restaurants, ice-skating and bungee jumping are open most of the year. For times and rates, call Squaw Valley 583-6955

Charter a fishing boat and try to catch the BIG one! Kingfish Guide Service 525-5360; Mickey's Big Mack Charter 546-4444

Another fun activity is bowling in Incline Village 775-831-1900

Get a board game or puzzle from the front desk! Ask the front desk for more suggestions, maps, directions or anything!



TS Restaurants History

Sunnyside is owned and operated by T S Restaurants. It all started with best friends, Rob Thibaut and Sandy Saxten. They decided to design and operate restaurants in beautiful locations where they wanted to live, work and play. The company is still family owned, and the Thibaut and Saxten families are proud to carry on Rob and Sandy's legacy. Since 1977, we've created restaurants with a genuine "sense of place" and a unique passion for our guests, employees and communities that we serve every day. We set the bar for destination restaurants, delivering great food, a welcoming experience, and memories that last a lifetime.

T S RESTAURANTS HISTORY

1977

Rob and Sandy opened their first restaurant, **Kimo's**, on the last waterfront parcel of Maui's famed Lahaina town. Home of the famous Hula Pie, Kimo's has been serving up classic island cuisine and making timeless memories for locals and guests alike since 1977. From our signature prime rib to, our classic Kimo's style fresh fish you'll be sure to find a favorite. Kimo's is where traditions are born, and the spirit of aloha is celebrated every day.

1981

Jake's is right on the beach in Del Mar, California, a town famous for its summer horse racing season. Jake's is the quintessential California oceanfront dining experience. The eclectic menu compliments the casual, yet elegant restaurant atmosphere right on the Del Mar shore. With chef-driven California coastal fare, craft cocktails, and unforgettable ocean views, it's the best of the west coast. Whether for a date night or a celebration with friends and family, Jake's serves up something special every time.

1983

T S opened **Leilani's On The Beach**. The beautifully designed building features open air decks and sits on the main beach at the center of the famous Ka'anapali Resort on Maui, Hawaii. The upstairs dining area has distinctive specialties ranging from charbroiled local fish, to kaiwe wood smoked ribs, to shrimp Polynesian style. The downstairs seafood bar and cocktail lanai are only a few feet from the sand and are popular with locals and the younger beach crowd.

1986

In January of 1986, T S opened **Keoki's Paradise** in Poipu Beach, Kauai. This seafood restaurant has been touted as one of the most unique and tropical settings on the island. (You enter over a bridge with waterfalls on both sides, crashing into a pond below.) Keoki's menu is similar to Kimo's, known for its fantastic fresh fish. The lounge appears to be built on an island and has a very popular "seafood and taco bar."

1987

In June 1987, T S remodeled and re-opened **Sunnyside Resort** on the West Shore of Lake Tahoe. This charming resort includes 23 guest rooms, a 25-boat marina, and a stunning view of Lake Tahoe from almost every seat in the restaurant. Sunnyside has been a landmark in Lake Tahoe since 1947 and has become a Tahoe classic as the best restaurant and lodge on the lake. In fact, we celebrated our 60th anniversary. Sunnyside's contemporary style menu offers great steaks and fresh seafood.

1992

Duke's Canoe Club in Waikiki was opened in December of 1992 and is the site of the original Outrigger Canoe Club where Hawaii's premier waterman, Duke Kahanamoku, became a legend. Located on the beach in Waikiki with spectacular views of Diamond Head and the ocean, there is no better spot to recapture the romance of Old Hawaii. Board surfing actually originated directly in front of this restaurant. Original surfboards and canoes, old photos from the Kahanamoku family, early Hawaiian shirts and all kinds of artifacts create the unique feeling of Duke's Canoe Club in Waikiki. The menu and style of service presents the Hawaiian specialties from fresh fish to Poki rolls to a great cheeseburger.

1994

Hula Grill opened in June of 1994 next door to Leilani's on Ka'anapali Beach at Whaler's Village. With a prime oceanfront view and an atmosphere of a Hawaiian style home, this is reminiscent of Maui's charm around the 1940's. Featuring regional Hawaiian seafood, the menu is straightforward, fresh, flavorful, and truly representative of these isles. The food is presented in a style that could be called Hawaiian home style cooking. It reflects the diverse cooking traditions of the island people. Included in the menu are fish of the Pacific, vegetables and herbs from the slopes of Haleakala, pizzas and breads from the wood-fired brick oven and dinners grilled over the kaiwe wood grill.

1995

Duke's Canoe Club On Kauai, located right on the sands of Kalapaki Beach in front of the Marriott Hotel in Lihue, reopened after hurricane Iniki hit in June 1995. A waterfall bordered by tropical plants forms small streams as it actually flows through the restaurant into a pond filled with Koi at the lower bar level. Duke's is reminiscent of an earlier, more romantic period of Hawaii and named after the founder of modern day surfing, Duke Kahanamoku. There is a great deal of Duke memorabilia in the restaurant: photos of Duke with famous celebrities, his surfboard, his original koa canoe, and many other mementos. The menu specializes in Hawaiian specialties with the same menu as Duke's Waikiki.

1996

T S opened Duke's Malibu in August of 1996. **Duke's Malibu** has brought the excitement of Hawaii and surfing to mainland USA. The spectacular location on Pacific Coast Highway offers over 300 feet of ocean-front dining with memorabilia of both Hawaii and California surfing history. The Barefoot Bar looking south to the lights of Santa Monica is a great spot for a drink and light food with friends.

1998

Duke's Huntington Beach opened in September, 1998. The restaurant, located at the base of Surf City's famous pier, which is surrounded by seven miles of beaches, and the thriving Main Street downtown area. This restaurant features two outside dining areas as well as an outside bar area, a 360 degree bar, and memorabilia of Huntington Beach's surfing history. This theme blends the history of Southern California surfing, the Aloha Spirit so well known in Hawaii, as well as memories of Duke himself. It is a fun concept that makes the views all the more spectacular. The menu features fresh fish and steaks similar to Duke's Malibu.

2004

Hula Grill Waikiki opened above Duke's at the Outrigger Waikiki in June 2004. Overlooking famed Waikiki Beach, Hula Grill Waikiki offers diners spectacular views of the beach, ocean and Diamond Head. Like its sister restaurant on Ka'anapali, Hula Grill Waikiki is reminiscent of a plantation style home offering the warm ambiance of a bygone era. The menu features Hawaii Regional Seafood. Hawaiian fresh fish and locally grown produce are combined to create menu offerings that are vibrant and flavorful. Simple, traditional cooking techniques reflecting the diverse cultures of the people that came to the Hawaiian Islands showcase the ingredients.

2009

Duke's Beach House opened in December 2009 on North Beach in Ka'anapali, offering the feeling of being a guest of Duke Kahanamoku in his beach-side Maui vacation home. The open-air restaurant features stunning views out to the Pacific Ocean and of the islands of Lanai and Molokai. At the restaurant's Ohia Bar, guests take in the ocean breezes while sipping exotic cocktails under palapa umbrellas.

2015

Duke's La Jolla on the iconic Top of the Cove site on Prospect Street in La Jolla. Duke's La Jolla offers sweeping views of the Pacific and the San Diego coastline from its perch above the La Jolla Cove. The striking building showcases the oceanfront setting with floor to ceiling sliding glass doors and two outdoor dining decks. Like the other Duke's restaurants, Duke's La Jolla honors its namesake, Duke Kahanamoku, Olympic gold medalist, father of modern international surfing and Hawaii's Ambassador of Aloha. The restaurant also celebrates the Southern California beach lifestyle and the history of surfing in San Diego. The menu features wood grilled fresh fish and premium meats with flavors influenced by Hawaii and the Pacific Rim.