



# Sunnyside

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RESTAURANT & LODGE

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# 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 family-owned lodge 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.

## BREAKFAST

We offer a complimentary continental breakfast which is served on the main level in the bar area from 6:30 to 9:30am. Enjoy the freshly brewed coffee, a selection of Art of Tea, freshly squeezed orange juice, hot chocolate, gourmet granola, hot and cold cereals, hard boiled eggs, smoked salmon, yogurt, locally baked bread and bagels, house baked, pastries and croissants. (For our early risers, coffee is ready at 6:00am).

## AFTERNOON TEA

We also offer a complimentary afternoon tea. It is available upstairs in the nook area starting at 3:00pm. 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.

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.

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.



◀  
**SCAN HERE  
TO VIEW OUR  
FULL MENU**



## 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 \$60.00 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.

## SUSTAINABILITY

We are committed to reducing our environmental impact at Sunnyside. Please enjoy the complimentary water bottles. They are yours to use while you are here and take with you, if you wish! Tahoe tap water is extremely pure and has been voted the best tasting in the country. We also have filtered still and sparkling water dispensers available on the north side of the nook.

If you would like to reuse your towels, please hang them on the rack or hooks provided. Towels left on the floor will be replaced.

## 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!



# 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.

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## BICYCLE RENTALS

**Willard's Bike Shop** (10% off)

**Olympic Bike Shop** (530) 581-2500

10% off any bicycle rental. Check out Tahoe City on two wheels! Offer valid through October 15.

**West Shoe Sports** (530) 583-9920 10% off

## SKI AND SNOWBOARD RENTALS

**Tahoe Dave's Skis & Boards** (530) 583-6415

10% off ski and snowboard rentals.

**Willard's Sports Shop** (530) 583-3356

10% off any ski or snowboard rental.

**West Shoe Sports** (10% off)

## BOATING, CRUISES AND OTHER WATER SPORTS

**High Sierra Water Ski School** (530) 525-1214

10% discount on all activities, including boat rentals, jet skis, water ski and wakeboard lessons, and canoe and kayak rentals. Located in Homewood.

**Sunnyside Marina** (530) 583-7201 Located in our parking lot. Get 10% off all rentals.

## HEALTH CLUBS

**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.

**Tahoe Fit** (530) 213-3422 Functional training studio offering BootCamp & barre classes. Drop-ins welcome. \$20

## 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.

**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.

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## 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.

## SKI TICKETS

**Palisades Tahoe** Ask the front desk about discounted tickets to Palisades Tahoe.

## SHUTTLE INFORMATION

### **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!

**TART connect on demand.** Free rides (***tipping is highly recommended***). (530) 214 - 5811 or get the App which is the easiest method.

## 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](http://allaboutkidstahoe.com) for rates and policies.





# Channel Guide

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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	EWTV (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.

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



# Lake Tahoe Facts & Trivia

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## 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.

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## **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

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## **Ehrman Mansion & Nature Center – Sugar Pine Point State Park**

7595 Emerald Bay Road, Tahoe  
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 Olympic Valley Road, Olympic Valley  
581-7256

The Olympic Flame and Tower of nations still marks the entrance to Palisades, Tahoe and is located eight miles north of Sunnyside on Hwy 89. Take the beautiful tram ride up 2000 feet to High Camp. Visit the museum of the 1960 Olympic Winter Games.

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



# Just for Kids

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## 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; Palisades (530) 452-4331

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

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 Olympic. Take the beautiful tram ride up 2,000 ft. Restaurants, rollerskating and nature walks, disc golf, slack lines, and playgrounds are open most of the year. For times and rates, call Palisades, Tahoe (530) 452 - 4331

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!



# T S Restaurants History

Sunnyside Restaurant and Lodge is owned and managed by T S Restaurants. It all started with two best friends, Rob Thibaut and Sandy Saxten. Their dream was to open restaurants in beautiful locations where they wanted to live, work and play. Since 1977 T S has created restaurants with a genuine “sense of place” and a unique passion for its guests, employees and communities. T S sets the bar for destination restaurants, delivering great food, a welcoming experience, and memories that last a lifetime.

## FRIENDS

Our company was founded on a friendship and, over the years, has inspired countless more.

## FAMILY

The company is family owned and the Thibauts and Saxtens are still actively involved across two generations. From these two families a larger T S family has grown.

## FUN

Beautiful places, amazing food, your favorite drink in hand, with the people you love the most. Sounds pretty fun to us!



Huntington Beach, California



Tahoe City, California



Ka'anapali, Maui



La Jolla, California



Ka'anapali Maui



Poipu Beach, Kauai



Malibu, California



Lihue, Kauai



Waikiki, Oahu



Del Mar, California



Lahaina, Maui



LEILANI'S  
On the Beach

Ka'anapali, Maui



Waikiki, Oahu