

9-day outdoor fest coming to North Shore

Alpenglow Sports is putting on its inaugural nine-day Mountain Festival June 22-30.

All events are free and focus on non-competitive recreation opportunities in nature designed to inspire participants as they enjoy and explore the North Lake Tahoe playground and community.

There will be nature hikes, trail runs, lakefront yoga sessions, athlete presentations, cutting-edge product demos, and giveaways. World-class athletes, local heroes, community businesses and nonprofits, and quality brands are partners in sharing this series of outdoor activities and lifestyle events.

Festival highlights include:

- Ultra Trail du Mont Blanc winner and Western States 100 competitor Krissy Moehl leading a women's only fun run and presenting "An Ultra Runner's Life: Adventures, Stories and Life Lessons". (Presentation open to all genders.)
- Ellie Greenwood, Western States 100 women's record holder and Montrail athlete, signing posters and guiding a fun run through scenic Paige Meadows.
- Running shoe demos and athlete-led runs from industry leaders Salomon, Montrail, Hoka One One, and Salewa.
- Evening presentations by local sports nutritionists and trainers focusing on hydration, training best practices, and general health and nutrition information.
- Long-time North Lake Tahoe resident, hiker, biker, and Tahoe Rim Trail guidebook author Tim Hauserman leading a group fun

hike.

- Tahoe Rim Trail full moon hike led by the Tahoe Rim Trail Association.
- Alpenglow team-led fun runs and community hikes.
- Yoga on the lake with local instructors.
- Wildflower and birding hikes with the Tahoe Institute for Natural Science.
- Guided Emerald Bay historical hike with Tahoe Trips and Trails.
- Two-day Lake Tahoe climbing demo event at the Old County Boulders and Donner Summit, with free equipment demos and beginner climbing instruction.
- Rock climbing presentation by local hero and Alpenglow Ambassador Dave Nettle on his adventures in the High Sierra.

The complete events schedule and map of locations can be downloaded. While all events are free, space is limited and participants are encouraged to register online today to assure spots.