



Time off

The recipe for a successful conference must include ingredients for mind, body and soul. Take a look at our activities menu, ranging from a natural break in your work to a tailor made arrangement where only fantasy sets the limit.

LIFE AND MOTION

EXERCISE AND RELAX

Our gym will help you keep fit and make way for some more of our delicious food! Enjoy your time off in our cozy sauna where the lakeside view and open fireplace add to your well-being.

Free of charge for our guests

TAKE CARE OF YOUR HEALTH

Try Chinese Qi Gong or Tai Chi. If the weather is suitable, why not outside?

Time 60 minutes

Price from SEK 1 950

CANOEING

Get in touch with nature in a canoe. Enjoy an anti stress tour across the lake or struggle together with your colleagues in the dragon boat.

Dragon boat, 10 – 22 persons

Price SEK 5000

Canoes: Price from SEK 100

HORSE RIDING

Horses from Iceland have a special way of trotting, called "tölt". You sit firmly in the saddle with the wind blowing through your hair. The small ponies are very strong and reliable and take good care of you whether you have experience of horse riding or not.

Time 1½ hour

Price from SEK 400

BODY & SOUL

Treat yourself to a relaxing evening with a facial massage or, why not a footbath with massage?

Call for an offer

EXPERIENCES

ENSEMBLE

Learn how to play an instrument in just a few hours and then hold a concert together.

Time approx. 2 hours

Price from SEK 10 000 incl DVD documentation

MURDER MYSTERY

Enjoy an unforgettable murder mystery with to your dinner. In the spirit of a true detective story, one of the participants is a murderer. But who is it? And who can be trusted?

Time for dinner approx. 3½ hours

Additional cost 260/p

EVERYONE CAN SING

Group interaction through choir singing. Fun, energising and relaxing activities with a new concept of working in a group. It enhances your stance, breathing and voice technique. It also builds up you confidence for public speaking.

Time approx. 1½ - 2 hours

Price from 5 000 to 10 000 depending on number of persons

AKTIVITETSSPECIALISTEN

Everything from teambuilding to line-dancing and archery, check out the brochure attached or visit their website www.aktivitetsspecialisten.se

Time approx. 2 hours

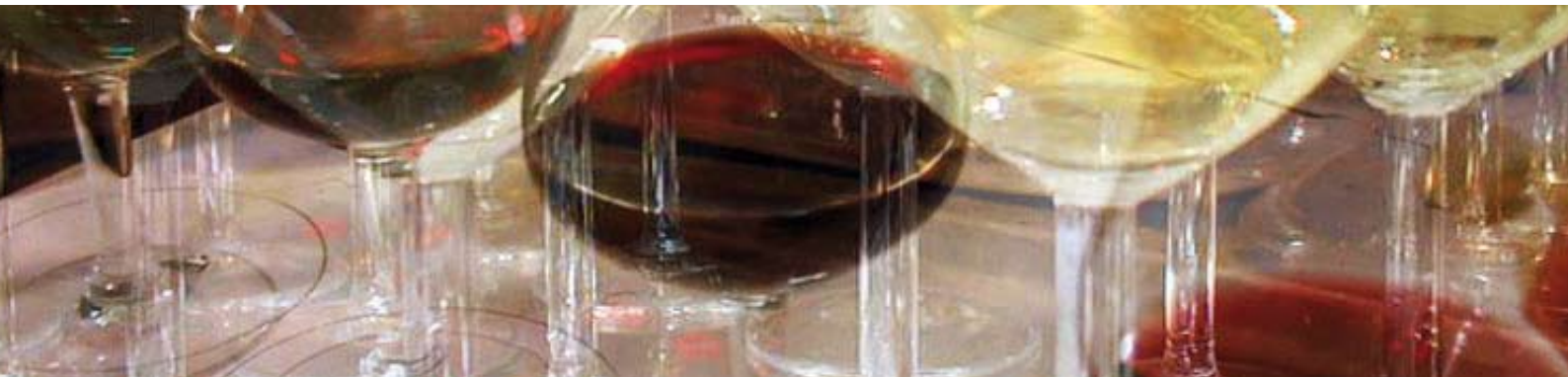
Price from SEK 4500

RÄVGÅRDEN

Try out your skills in some rather special motor vehicles, such as the three wheeled car, the dual-controlled car, try precision digging with an excavator and not to mention the secret car...!

Time 2½ hours

Price from SEK 690 per person



FOOD & BEVERAGES

FRIENDS & ENEMIES OF WINE

Learn the tricks of combining the right wine with certain food, and impress your guests back home.

Time 1½ hour

Price from SEK 2 500

GASTRONOMICAL PENTATHLON

Travel the world of food and drink. Taste, guess and compete. A great experience even for the frequent traveller – the obvious is perhaps not so obvious after all.

Time 1 ½ hour

Price SEK 345/person

BEVERAGE TASTING

How many senses do you need to enjoy food and drinks? Try your skills in one of our different tastings.

Time from ½ to 1½ hours. Prices in SEK

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|----------------------|--------------------------------|
| Wine | 1 800 + 120/p |
| Beer | 3 000 + 50/p |
| Whiskey | 390/p |
| Cognac | 390/p |
| Glögg | 320/p. Min. price 2 500 |
| Afternoon tea | 150/p. Min. price 1 500 |
| Chocolate | From 2 000 |

AND WHY NOT COMBINE?

| | |
|---------------------------------|--------------------------------|
| Cheese & wine | 2 000 + 120/p |
| Chocolate & wine | 2 000 + 100/p |
| Desserts & vine/avec | 390/p. Min. price 3 000 |

Right on track

With a little help from pictures, questions and different sort of drinks, you and your team are trying to work out your destination.

340/p. Min. price 2 500

MUSIC

MUSIC QUIZ

Ever seen a live music quiz? Well, this time you're in it!

Time 1 hour

Price SEK 6 000

KARAOKE

Set up for regular karaoke or a song contest where you pick a winner. Each participant gets a CD with his or her contribution

Price SEK 6 500

SPECIAL ARRANGEMENTS

We arrange almost everything you may come up with, from stand up comedians to wizards, DJ or live bands. The list is long.

Price from SEK 6 000

MISCELLANEOUS

INTERACTION

A training programme in social competence. Energising, theatrical exercises which improve articulation, spontaneity and natural body language which aim to make us relaxed and self-confident.

Time 1½ - 2 hours

Price from SEK 5 000 to 10 000 depending on number of participants

PICASSO

You will be surprised at what working with a skilled artist can make you achieve!

Time approx 2½ hours

Price SEK 2 700 + 150 /p

TRIVIA & GAMES

Indoors

Sauna
Billiards
Darts
Guitarr

Outdoors

Boule
Bikes
Running tracks
Succerl

Clay pigeon shooting
Quiz walk
Golf