

# TEAM BUILDING ACTIVITIES



  
killarney  
MOUNTAIN RESORTS



# TEAM BUILDING ACTIVITIES



## GUIDED SUNSET PADDLE

Join us on our Guided Sunset Paddle to discover the gorgeous, quiet beauty and crystal clear waters of Georgian Bay. Learn about the history of our area as you canoe or kayak through Killarney's peaceful waters and watch the sunset over the white-tipped La Cloche Mountains.

All paddles/kayaks will have a group leader and will paddle together through the chosen route. The evening will include a stop at one of the islands with some time to explore before paddling off. *Options available for day-time paddling. 20 kayaks. 10 canoes.*

Duration: 1.5 Hours

Participants: 4-20

Price: \$25 pp



## S'MORES ON THE SHORE – TEAM BONFIRE

Do you enjoy roasting marshmallows to perfection before squishing them in between the ever-essential piece of chocolate and a couple of graham crackers? Collaborate with your group in the gathering and building of a glowing shoreline bonfire. Then reward your team with S 'mores on the Shores of Killarney Channel.



Duration: 1-2 Hours

Participants: 10-50

Price: \$20 pp



## SCAVENGER HUNT

The Great Killarney Scavenger Hunt allows your group to experience a team building scavenger hunt on the shores of Georgian Bay, which provides a wonderful mix of history, nature and adventure, all of which make for excellent scavenging and team building.

While working together toward the common goal of collecting interesting information, seeking a variety of hard-to-find objects and perhaps even taking photos of themselves in a variety of locations, your group will be sure to love this out of office experience exploring the outdoors.

*Please note that scavenger hunts can be designed specifically for your organization's interests for an additional cost.*

Duration: 2-2.5 Hours

Participants: 10-60

Price: \$20 pp



# TEAM BUILDING ACTIVITIES



## GUIDED HIKE TO THE LIGHTHOUSE

Beginning at Killarney Mountain Lodge, the Lighthouse Hike takes you through a mixed forest of pine, red maple and the occasional spruce, over pink granite rocks and along the rugged Georgian Bay coastline. Along the way, your guide will teach you about the natural and local history of the area. This hike provides a stunning view, the Lighthouse looks out over the bay, Manitoulin Island and the boat traffic moving in and out of the Killarney Channel. Groups will also have the opportunity to enjoy all the sights, smells, and even tastes of the area with their guide.



Duration: 2-3 Hours  
 Participants: 5-35  
 Price: \$20 pp  
 Activity Level: Med



## BEER TASTING FROM THE ISLAND

Enjoy several samples of beer from craft breweries from across Ontario. Learn about the art of brewing while tasting beers from across the province.

Duration: 1 Hour  
 Participants: 6-20  
 Price: \$35 pp  
 Location: Carousel Lounge



## WINE TASTING

Experience a delightful wine tasting session at Killarney Mountain Lodge, where you'll savor a selection of exquisite wines amidst the picturesque beauty of the lodge's natural surroundings. Allow your palate to be enchanted by the flavours of carefully curated wines while soaking in the serene ambiance of this charming retreat, creating a memorable and indulgent escape for your senses.

Duration: 1.5 Hours  
 Participants: 5-25  
 Price: \$65 pp





# TEAM BUILDING ACTIVITIES



## TRIVIA NIGHT

Challenge your knowledge and your wit as you and your team will be quizzed with general trivia questions. Always including a ‘name that tune segment’, and a ‘final jeopardy style ending’ (where points can really change). This is a great teambuilding exercise that helps you to trust your teammates while working on your communication and decision making skills.

Duration: 1.5 hours  
 Participants: 12-30+  
 Price: \$15 pp – Groups over 30 can be accommodated  
 Location: Pavilion



## YOU TAKE THE CAKE

Teams get warmed up with a fun icebreaker to help maximize their creative energy before launching into a friendly competition to see who can design and craft the most spectacular confection that symbolizes your theme. We start with freshly baked cakes and cupcakes that are pre-prepared, then it’s up to your team to do the decorating.

Delicious and rewarding, You Take the Cake team building is the perfect program for new or established teams to enhance camaraderie and improve team dynamics. In either case, this team building event is a delectable delight.

Duration: 2 Hours  
 Participants: 8-20  
 Cost: \$55 per person



## TEAM FISH FRY

Enjoy locally caught fresh whitefish fried up in Killarney’s largest cast iron pan in the Canadian Shield; outdoors on the BBQ, overlooking the Killarney Channel (includes fries, coleslaw). A “must do” unique experience for a lunch or early dinner.

Duration: 1-2 Hours  
 Participants: 25-150  
 Price: \$38 per person



# TEAM BUILDING ACTIVITIES



## STORMY NIGHT

This sailing experience is designed to bring your employees closer together by developing working relationships they can use in the corporate environment. With some of Ontario’s best scenery as your backdrop and our knowledgeable Captain leading the way, the team will combine individual duties to reach an overall common goal. Under the guidance of an experienced crew, everyone will have a chance to set sail, trim sails and take the helm as we navigate the epic waters of Georgian Bay. Can choose a morning, afternoon or sunset sail. Bathroom and storage areas on board.

Duration: 2 Hours  
 Participants: 4-12  
 Price: \$109.00 per person



## BREAKFAST ON THE BAY

This 4-hour tour is focused around a delicious breakfast of fresh fruit, cereals, yogurt and an assortment of daily-prepared pastries from our in-house bakery. Relax, take photos and enjoy the ride as we sail to the picturesque cove known as Covered Portage. Your Captain and First mate will have the anchor down and breakfast/lunch set up below deck. Choose to go for a dip in crystal clear Georgian Bay from the boat, lounge in the sun on deck, or take a guided hike (30 min roundtrip) to the top of a billion-year old quartzite cliff. The natural beauty and narrated local history make this trip a must for your corporate event. \* We reserve the right to cancel due to weather.

Duration: 4 Hours  
 Participants: 8-12  
 Price: \$199.00 per person



## GUIDED FISHING TOURS

Venture out with our local fisherman guide who knows all the right areas to catch fish. Explore the waters, rock islands and picturesque shoreline of Killarney.

Nibbles (28’) our 28’ Denali Pursuit sport boat features a roomy cabin with head and covered seating areas, twin V8 inboards and downriggers. Named “Nibbles”, this boat will get you there and back quickly and comfortably, whether you’re on a group fishing trip or one of our weekly excursions.

½ day (3 hours) - \$599  
 Full day (6 hours) - \$849

The Lund Aluminum Boat (’24)  
 ½ day (3 hours) - \$399  
 Full day (6 hours) - \$649



# TEAM BUILDING ACTIVITIES



## BAIE FINE

The boat is destined for Baie Fine, a famous northern Ontario island fjord, edged by shimmering white quartzite cliffs. Climb to the deep azure Lake Topaz for a swim, or simply relax on the boat and take in the stunning scenery and enjoy a delicious custom-made picnic lunch

\$239 pp  
Participants 8-14



## FOX ISLANDS

Point the bow East, on “Take Er’ Slow” and enjoy the thirty minute passage to pristine Georgian Bay islands. Anchor down just before lunch surrounded by wind swept pines, smooth exposed pink granite bedrock, and Georgian Bays iconic crystal clear freshwater.

\$239 pp  
Participants 8-14



## MINDFUL MOVEMENT

A grounding gentle vinyasa style class focused on connecting gentle movement and the breath. We will use gentle movement and fluid postures that help to bring you out of the mind and into your body. Expect breathwork, meditation and the burning of incense or palo santo alongside this flow. Suitable for individuals of all levels. Includes mat rental.

Duration: 1.5 Hours  
Participants: 10-40  
Price: \$60.00 per person





# TEAM BUILDING ACTIVITIES



## ENERGY FLOW

Allow energy to flow through your body in this moderate pace vinyasa style class. Release what no longer serves you through the use of breath and movement. You will be challenged through the use of a variety of postures, breathwork and mindfulness. In addition to breathwork and meditation, expect the burning of incense or palo santo alongside this flow. Suitable for individuals of all levels. Includes mat rental.

Duration: 1.5 Hours  
 Participants: 10-40  
 Price: \$60.00 per person

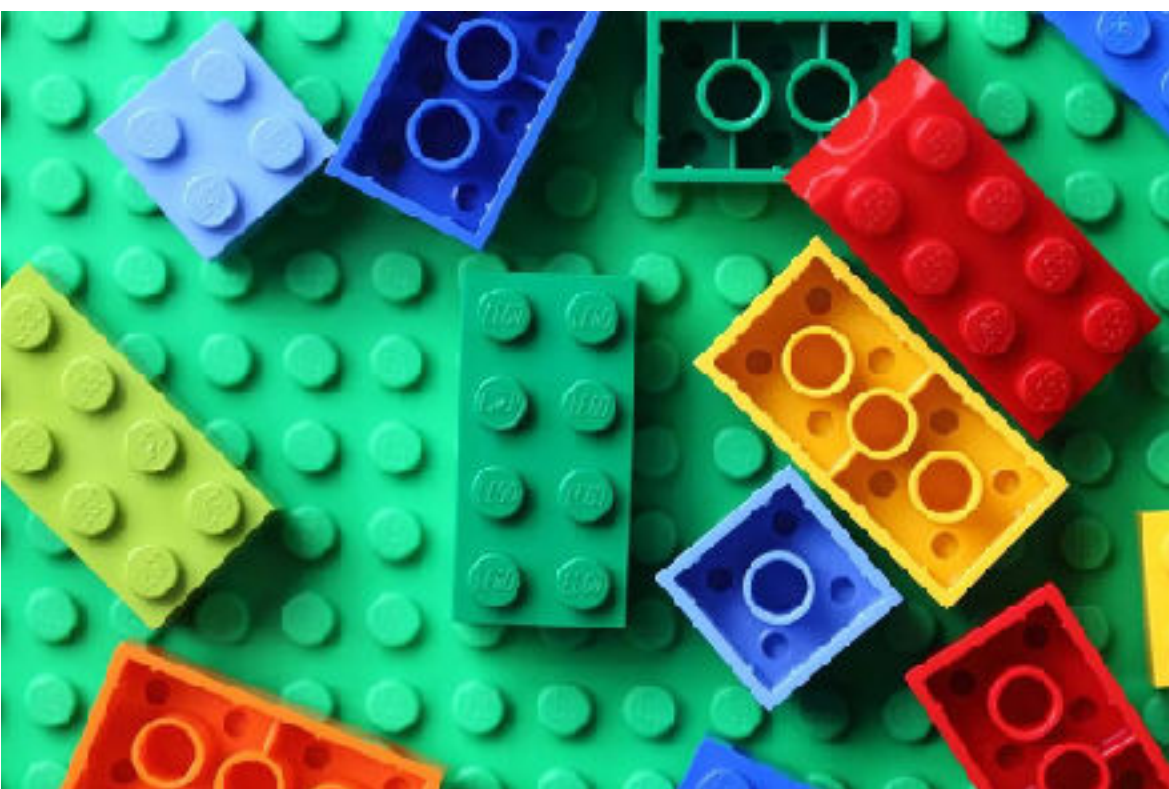


## NATURE CALM

### Forest Bathing and Guided Meditation.

Step away from the craziness of corporate life for these immersive meditation activities. Participants will be taught the art of Forest Bathing or Shinrin-yoku, a practice that was conceptualised in Japan in the 1980's, and continues to be a proven and effective tool to overcome the ill effects of a hectic life. Following this outdoor experience, participants will be guided through a Yoga Nidra meditation, which is accessible to everyone with no bending or stretching required. Everyone will leave this session with a little more calm and a little less stress.

Duration: 1.5 Hours  
 Participants: 6-30  
 Price: \$150 per person



## THE LEGO CHALLENGE

Who doesn't love Lego? This team-building activity will use the nostalgia of clicking together shiny coloured bricks as a powerful way to develop team collaboration, improve motivation, nurture strengths and take new risks while working together toward a common and fun goal. Teams will be guided through a variety of different games aimed at mobilizing creative solutions and increasing the feel-good neurotransmitter "dopamine". Dopamine has been called the "motivation molecule." which can give teams added boost, focus, and concentration at work.

Duration: 1.5 Hours  
 Participants: 6-30  
 Price: \$150 per person



# TEAM BUILDING ACTIVITIES



## KINETIC MOBILE MAKING

This activity will creatively highlight the importance of maintaining work-life balance to help reduce stress and prevent burnout in the workplace. Participants will use the right side of their brains (also a great stress reliever) to learn the art of delicate “balance” by making their own kinetic mobile. Everyone will be encouraged to bring their creations back to the office as a visual reminder of the importance of their state of equilibrium.



Duration: 1.5 Hours  
Participants: 6-30  
Price: \$150 per person



## FINGER PAINTING

This fun and messy team activity will have everyone working toward the common goal of creating a collaborative mural. Participants will need to tap into their innovative expression and work together as a cohesive unit to actualize their masterpiece. The result will be the strengthening of the bonds between members of a group by taking them out of their comfort zones and into a world of exploration and whimsy. Of course participants will need old clothing and an open mind as they use their hands to paint a 15 foot mural depicting the landscapes of Georgian Bay.



Duration: 1.5 Hours  
Participants: 6-30  
Price: \$150 per person

CONTINUED





# TEAM BUILDING ACTIVITIES



## INSPIRED BY NATURE - AN IMMERSIVE ART EXPERIENCE

Tapping into the creative side of the brain can have a multitude of benefits both personally and professionally. This experience will allow participants to find their creative spirit, even if they have never painted. Under the direction and gentle guidance of award-winning artist Gillian Schultze, this 1.5 hour experience will culminate with the creation of a mixed media piece of art. A variety of art supplies will be available including birch canvases, papers, materials, paint and brushes, art crayons, glue and finishing products to inspire creativity. Of course the vistas of Georgian Bay; its sweeping stretches of clear blue water dappled with thousands of rocky islands and windswept white pines will be the inspiration everyone will need to create a masterpiece. Whether participants consider themselves a Picasso or a master of stick figures, they are guaranteed to love their finished creations... with a little help from Gillian's keen artistic eye!

Duration: 1.5 Hours  
Participants: 6-40  
Price: \$150 per person