

# Sample Itinerary | 3-Days - 2 Nights

theme: teambonding & fun



berkshire corporate  
*retreats*

## key highlights

- Chef-guided team participation dinner
- Guided Canoe Adventure
- Interactive Drum Circle
- Dinner & Karaoke
- Morning guided meditation & yoga session
- Fall Foliage Hike & Picnic Lunch
- Delicious, locally-sourced meals
- Disconnect from the busyness of life and work to rejuvenate, re-energize, and refresh
- Time to bond with colleagues and have fun

## retreat overview

<b>Location</b>	Private Guest House
<b>Accommodations</b>	Single Occupancy
<b>Duration</b>	3 Days – 2 Nights
<b>Theme</b>	Teambonding & Fun
<b>Type</b>	Activity-Focused
<b>Activity Level</b>	Moderate
<b>Group Size</b>	9 people

# your itinerary

## DAY 1

- 5:00 pm – 5:30 pm      **ARRIVAL & CHECK IN**
- 6:00 pm – 8:30 pm      **MEAL:** Team Participation Dinner w/chef facilitator
- 8:30 pm – 10:00 pm    **EVENING ACTIVITY:** Live Music at local Inn

## DAY 2

- 7:45 am – 8:15 am      **MEAL:** Hearty Breakfast
- 8:15 am – 8:30 am      Prepare\* and meet up for Canoe Adventure (\*packing list will be provided)
- 8:30 am – 1:00 pm      **TEAM EXPERIENCE:** Guided Canoe Adventure w/packed LUNCH
- 1:00 pm – 3:00 pm      **BREAK** – personal time to refresh
- 3:00 pm – 5:00 pm      **TEAM EXPERIENCE:** Interactive Drum Circle
- 5:00 pm – 6:00 pm      **PERSONAL BREAK:** Chill at Guest House
- 6:00 pm – 8:00 pm      **MEAL:** DINNER @ local farm-to-table restaurant
- 8:00 pm – 10:00 pm    **EVENING ACTIVITY:** Karaoke at local barn

## DAY 3

- 8:00 am – 9:00 am      **MEAL:** Hearty Breakfast / Checkout
- 9:00 am – 11:30 am    **TEAM EXPERIENCE:** Fall Foliage Hike with Views
- 12:00 pm—1:00 pm      **PICNIC LUNCH**
- 1:00 pm – 2:00 pm      **TEAM RETREAT CLOSING MEETING**
- 2:00 pm                  **DEPARTURE**

# what's Included

## Included in the Price of the Retreat:

- Accommodations and meeting spaces at Lodge
- All meals and beverages (alcoholic beverages extra)
- All activities (hiking, ziplining, yoga)
- Transportation to and from activities
- Pre- and post-program consultation

## Not Included in the Price of the Retreat:

- Transportation to/from Lodge (can be arranged as a separate service)
- Swag-Bag with Your Company Logo Filled with Goodies (local when possible)
- Personal items, medicines, snacks
- Optional Activities: Massages, extra yoga classes, etc.
- Post-Retreat Extended Program Options such as Executive Coaching, Advisory, Leadership Development



## What We Do

We help teams transform the way they interact, communicate and perform through powerfully facilitated, customized retreats here in the Berkshire Mountains of Massachusetts. By combining fun activities with facilitated group discussions and workshops, we enable leaders and teams to regroup and refocus so they move forward from a position of strength, alignment and shared vision.

## Our Retreats

Our retreats include 3 basic elements: a pre-program consultation, the retreat, and a post-program follow-up call/meeting. We also offer extended program options (such as executive coaching, leadership development & speaking) for your group to continue the process of transformation and growth even after the retreat has ended.