



# ACTIVITIES MENU



**NOREFJELL**  
SKI & SPA

# ACTIVITIES AT A GLANCE



## **ACTIVITIES**

Pentathlon

Sledge Racing

Human Curling

Quiz

Pub Quiz

Rock Climbing

Competitive Rock Climbing

Guided Hillwalking

Mountaineering Challenge

GPS Orienteering

GPS Cross-Country Skiing

Spa

Downhill Skiing

Horse Riding

Sleigh Ride

Paintball





# PENTATHLON

**For 4-120 participants**

If your group is bigger, let us know and we'll tailor a package for you.

**Duration: 2 hours**

A series of five exciting activities to help with team building.

A great opportunity to try something out of the ordinary.

On your marks, get set, go!

NOK 295 per person (minimum charge NOK 2950)

## PENTATHLON ACTIVITY OPTIONS

**Sledge Handball:** Speed and accuracy are the keys to victory in this unconventional duel. Winter activity for groups of any size.

**Tobogganing:** Each team has to try to finish the course in the shortest possible time. Winter activity for groups of any size.

**Bonfire Building:** Which team will be first to light their fire? Year-round activity for small groups.

**Checkmate:** Strategise with your partner to eliminate your opponents from the game. Year-round activity for small groups.

**Da Vinci's Bridge:** Build a self-supporting bridge from nothing more than logs. Year-round activity for groups of any size.

**Frisbee Golf Relay:** Hit the basket with your frisbee as many times as possible in a set time. Year-round activity for groups of any size.

**Human Curling:** Our own distinctive take on curling. Winter activity for small groups.

**Lego:** Each team works together on a Lego building project. Year-round activity for groups of any size.

**Tandem Skiing:** With several people on a single pair of skis, the name of the game is to keep moving at the same pace and finish the course fastest. Winter activity for groups of any size.

**Mini-skiing:** A relay race on mini-skis. Winter activity for groups of any size.

**Quiz:** A quiz that asks questions with a difference. Year-round activity for groups of any size.

**Saw Challenge:** Sawing logs. Summer activity for groups of any size.

**Sack Race:** An old favourite. Summer activity for groups of any size.

**Carpenter:** A classic game with hammer and nails. Summer activity for groups of any size.

**A Tight Squeeze:** Get from A to B on cola crates without touching the ground. Year-round activity for large groups.

**Tower Builder:** Build the tallest possible tower without it collapsing. Year-round activity for small groups.

**Axe Throwing:** Time it right and hit the mark. Summer activity for small groups.

**Log walking:** The challenge as you walk along the log is to keep your balance while passing other participants. Summer activity for large groups.

**Blind Man's Buff:** Help the blindfolded member of your team find all the objects. Year-round activity for small groups.

**Blindfold Obstacle Course:** An obstacle course relay race with a twist. Year-round activity for groups of any size.

**Dizzy Football:** Who will manage to score a goal? Summer activity for groups of any size.

**Bucket of Water:** The challenge is to fill a container with water. Summer activity for large groups.

**On the Ball:** Carry the ball from A to B without dropping it. Year-round activity for large groups.

**Tug of War:** Which team is the strongest? Year-round activity for large groups.

**Water Pipe:** Fill the pipe before the water runs back out. Summer activity for large groups.



# SLEDGE RACING

**For 5-75 participants**

**Duration: 1-2 hours**

We'll prepare a course where you can challenge your friends and colleagues to a race on high-performance sledges against a background of pulsating music. We'll assign starting numbers and end with a medal ceremony. May the best person win!

NOK 295 per person (minimum charge NOK 2950)

# HUMAN CURLING

**For 4-60 participants**

**Duration: 1-2 hours**

Our own take on curling. Use your fellow team members as curling stones amid an après-ski atmosphere. A fun activity with a difference, where accuracy is key.

NOK 195 per person (minimum charge NOK 1950)

# QUIZ

**For 2-70 participants**

**Duration: 1-1,5 hours**

As a social activity, a quiz can be a fun way to build a sense of camaraderie at various events.

NOK 95 per person (minimum charge NOK 950)

# PUB QUIZ

**For 2-70 participants**

**Duration: 2 hours**

Questions on a variety of topics, based on your group's interests, using the big screen in the bar.

NOK 145 per person (minimum charge NOK 1450)

# ROCK CLIMBING

**For 1-40 participants**

Put your skills to the test on our 16-metre-high climbing wall. Choose from several routes designed for different abilities. Climbing creates a tremendous sense of achievement as you push your limits to reach the top.

NOK 1000 per instructor per hour

Maximum of 6 participants per instructor per hour



# COMPETITIVE ROCK CLIMBING

**For 2-30 participants**

**Duration: 1-2 hours**

Think you're a fast enough climber to win the race to the top of our 16-metre-high climbing wall? Let's have a competition to find out! The physical and mental pressure guarantees an adrenaline rush. Compete as individuals or in teams.

NOK 195 per person (minimum charge NOK 1450)

# GUIDED HILLWALKING

**For 5-75 participants**

**Duration: 3 hours**

Norefjell offers spectacular scenery and some fabulous views. Sturdy footwear and weatherproof clothing recommended. Happy hiking!

## **DANSARFLATA HIKE**

**Suitable for all abilities**

NOK 245 per person (minimum charge NOK 1950)

Longer, tailor-made itineraries available on request (price varies).



# MOUNTAINEERING CHALLENGE

**For 4-40 participants**

**Duration: 3-4 hours**

**Summer only**

It's time to discover your inner nature lover! Our mountaineering challenge consists of various activities in beautiful mountain landscapes, tailored to your requirements. Participants must be in good physical shape. In short, a more advanced version of our Pentathlon.

From NOK 495 per person (minimum charge NOK 4950)



# GPS ORIENTEERING

**For 1-100 participants**

**Duration: 1-2 hours**

In a group or on your own, this is the perfect activity if you're looking for a pleasant hike with a few challenges along the way. Navigate the terrain from point to point, solving the challenges as you go.

NOK 145 per person (minimum charge NOK 1450)

# GPS CROSS-COUNTRY SKIING

**For 1-75 participants**

**Duration: 1-2 hours**

Put your cross-country skills to the test in the beautiful surroundings of Norefjell. Navigate the terrain from point to point, solving the challenges as you go.

NOK 295 per person (minimum charge NOK 2950), not including ski hire



# SPA

**For 6-30 participants**

**Duration: 20 minutes-2 hours +**

**SPA ADMISSION PACKAGE:** Our wellness suite features saunas, cold and warm pools, footbath and jacuzzi, plus a lovely outdoor area with jacuzzi and champagne bath. Perfect for a get-together! If you'd like beverage service during your visit, we can arrange that. Price includes hire of bathrobes, towels and slippers.

**Duration: 2 hours +.**

Special group rate: NOK 190 per person, Monday-Thursday only.

Friday-Sunday reserved for guests receiving spa treatments.

Choose the Relaxation Package for admission to the spa at weekends.

**RELAXATION PACKAGE:** A 20-minute back and neck massage in our beautiful treatment room. Price includes spa admission and hire of bathrobes, towels and slippers.

**Duration: 20 minutes of massage and as long as you like in the wellness suite.**

Special group rate: Monday-Thursday NOK 480 per person.

Friday-Sunday NOK 590 per person.

Early booking recommended.

For more about spa treatments, see the separate spa menu or call the wellness suite on +47 32 14 82 80.



ACTIVITY ORGANISED BY NOREFJELL SKI CENTRE

## DOWNHILL SKIING

**For groups of any size**

**Duration: 1-2 hours**

Who's the best skier among your friends or colleagues? Let us organise a contest that will really challenge you all. We offer two options: a head-to-head parallel slalom knockout, in which the winner takes all, or a grand slalom in which competitors can go as many rounds as they wish within a set time.

NOK 345 per person (minimum charge NOK 4000) including lift pass but not including ski hire

**ACTIVITY ORGANISED BY AN EXTERNAL PROVIDER**

# HORSE RIDING

**For 2-16 participants**

**Duration: 1-4 hours**

What better way to discover Norefjell than on horseback?  
Enjoy a pleasant ride through beautiful countryside at a gentle pace.  
We can tailor the itinerary to your group.

For more information call Jens Peder Nielsen on +47 415 29 608.

Pricing on request.

**ACTIVITY ORGANISED BY AN EXTERNAL PROVIDER**

# SLEIGH RIDE

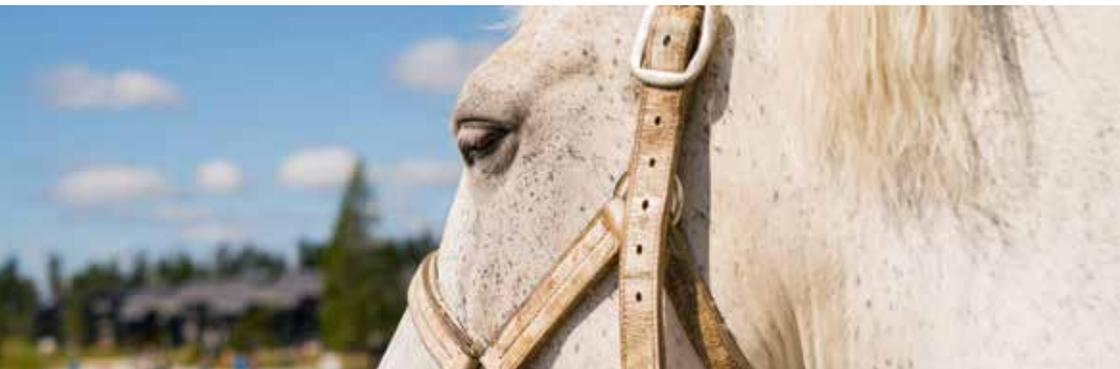
**For up to 50 participants (after 5:30 pm)**

**Duration: 1-1,5 hours**

A delightful ride through the snow-covered landscape surrounding the hotel. Sleigh bells, sheepskin rugs and hot drinks round the bonfire make for a great atmosphere. Each sleigh can carry up to 10 people, and we can provide as many sleighs as you need for your group.

For more information call Jens Peder Nielsen on +47 415 29 608.

NOK 3.500 per sleigh



ACTIVITY ORGANISED BY AN EXTERNAL PROVIDER

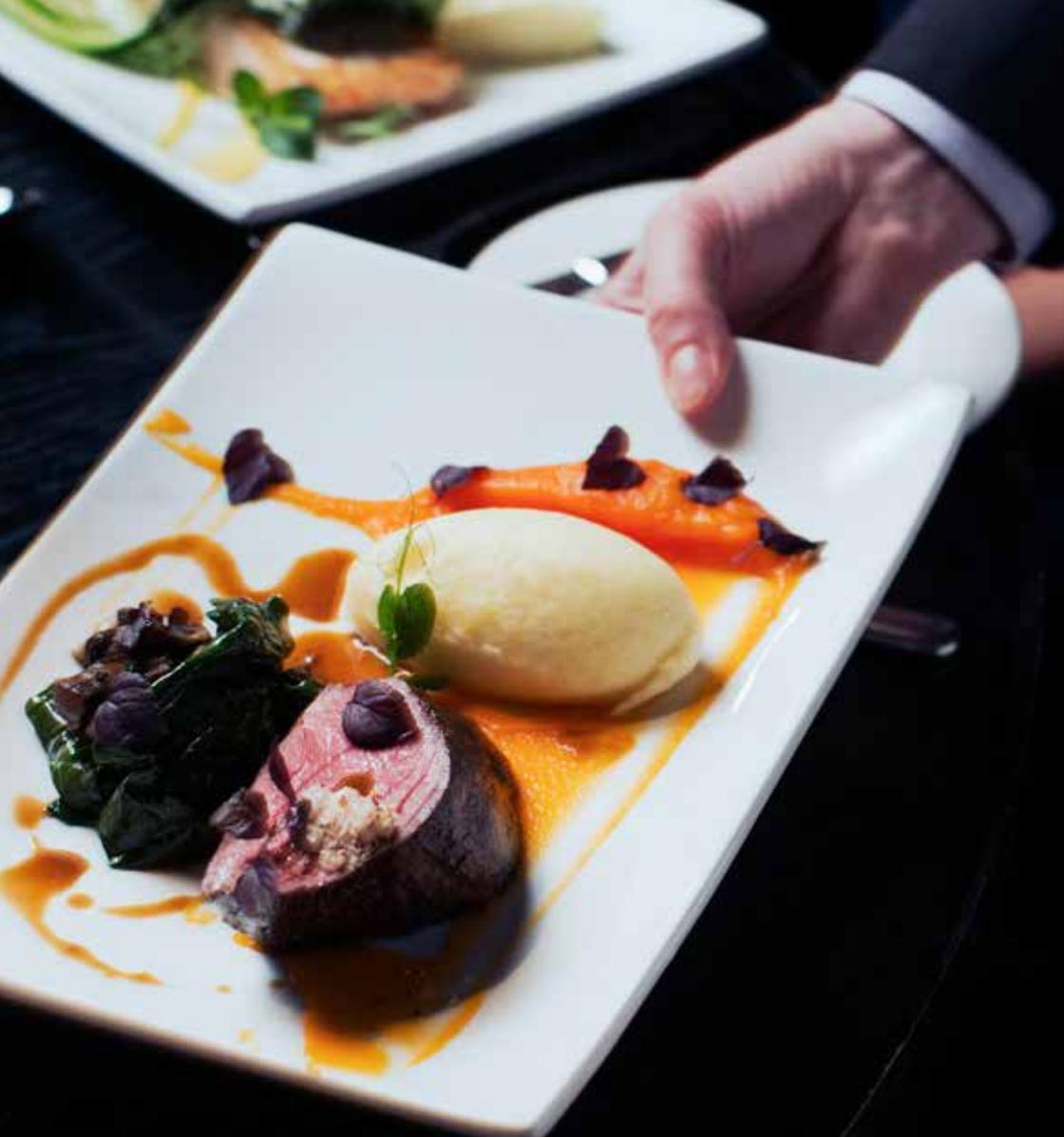
# OUTDOOR PAINTBALL

Get set for an action-packed experience deep in the woods. Paintball is the perfect team-building activity, full of tension and excitement.

Feel the adrenaline pumping as you get into a duel with your boss. We provide all the necessary protective gear, including combat fatigues. The paintball course, three minutes from Noresund village, takes advantage of the natural surroundings to include some especially exciting features. Paintball is available as an activity option in spring, summer and autumn, provided there is no snow.

NOK 350 per person for 200 paintballs, or NOK 450 per person for 500 paintballs. Minimum charge per group NOK 3500





# CATERING

If you wish, we can provide food and beverage service to accompany your activities. Contact us for menus and pricing.



### **Cancelling or modifying your booking**

If you need to cancel a booked activity or change the number of participants, you must let us know in writing no later than one week before the scheduled date of the activity. You will be billed according to your booking agreement (flat fee or per-person rate for the number of participants booked).

### **Force majeure**

If the temperature falls below  $-20^{\circ}\text{C}$ , or in stormy conditions, Norefjell Ski & Spa reserves the right to invoke the force majeure clause in the booking agreement. If a scheduled activity cannot take place owing to weather conditions, customers will be charged 50% of the agreed amount.

