## Activity menu

Norefjell Ski & Spa



Try out one of our fun and exciting activities at Norefjell. We arrange activities right outside of the hotel and in the nearby area. Some of our favourite picks are:

Pentathlon
Mountain Challenge
Triathlon
Camp Norefjell Duel
Off-road driving

Take a closer look at the menu for our complete offer of activities.



## Pentathlon

Norefjell Ski & Spa



#### **Pentathlon**

Pentathlon is an engaging team building activity, where the contestants compete within strength, agility, logic, knowledge and cooperation.

You will meet up by the posts in teams, expect high temperature and a good atmosphere. The teams will switch up on all of the posts, so that everyone is in turn at the same time. At each post there will be a cheerful instructor who starts each team, evaluates the team and give out points. All of the tasks are carried out in the beautiful area outside the hotel, which means fresh mountain air and spectacular views.

All of the participants get their own log-in to an app. In the app they get an overview of the team and where they are headed. Photos taken along the way are uploaded, and can be shown on a big screen during the award ceremony.

The winner and the best picture will be announced at the award ceremony. The award ceremony is combined with food and good drinks. This activity is perfect for about 20-100 participants.

Reach out to receive a custom program and price offer.



# Camp Norefjell Duel

Norefjell Ski & Spa

#### **Camp Norefiell Duel**

Participate in our popular Camp concept, that we named Camp Norefiell Duel. The Camp Norefiell concept is inspired by the Norwegian TV show Helt Vilt with celebrity chefs Daniel Madsen and Stig Henrik Hoff.

At this activity you will be split into teams, and compete against each other in fun activities that requires strength, creativity, culinary art and not to mention cooperation. It is also possible to bring Daniel Madsen from the show Helt Vilt along. This is priced upon request.

The number of tasks you will compete in will be based on how big your group is and what type of activity level you want.

Reach out to receive a custom program and price offer.





# Teambuilding

### Norefjell Ski & Spa

#### Multiple challanges

We separate your group into teams where you compete in 5 fun outdoor activities. The exercises are put together after the wish of the customer. Shall they be logical, tactical or technical tasks?

Time: 1.5-2 hours, participants: 6-400 Price: NOK 415,- per person (min NOK 4150,-)

#### Fjell Challenge

The same as multiple challenges but we use the mountain as our arena and the nature as our tools.

Time: 3-4 hours, participants: 6-40 Price: NOK 690,- per person (min NOK 6900,-)

#### **Survival Games**

We head out to the mountains and the nature. The scenario we are given is that we are lost in the woods and we try to survive. Spend the night, get food, and get back to civilization again.

Time: 2-3 hours, participants: 6-40 Price: NOK 690,- per person (min NOK 6900,-)

#### **GPS-orientation**

The group will be put into teams, where each team is handed their own GPS. The GPS have 10 posts that the team must find in the terrain. There are questions/tasks that the teams must complete at each post.

Time: 1.5 hours, participants: 4-100
Price: NOK 195,- per person (min NOK 3000,-)

#### **Chain Reaction**

We separate the group into teams where each team builds a Chain Reaction course as big as possible at a given time. A Chain Reaction course could consist of a ball that falls down on a brick, which then pushes a stick, that again pulls a string and so on.

Time: 30 minutes-2 hours, participants 2-100 Price: NOK 195,- per person (min NOK 3000,-)

#### Guided mountain hike

A hike to the mountain with a guide. We have three different hikes, starting from an easy stroll with a good view, to a summit hike 1460 meter above sea level.

Time: 1-4 hours, participants: 1-200 Price: NOK 195,- per person (min NOK 3000,-)



# Teambuilding

### Norefjell Ski & Spa

#### **QR-code** hunt

Find as many QR-codes as possible around the hotel. Scan the codes and get more leads, by the end you should find "the secret word".

Time: 45 minutes, participants: 2-100 Price: NOK 145,- per person (min NOK 2000,-)

#### Quiz

We separate the group into teams, where each team get a quiz with 20 questions.

Time: 30 minutes, participants: 6-100 Price: NOK 145,- per person (min NOK 2000,-)

#### **Human logo**

The group meets up outside of the hotel where they will create a Human Logo (the logo of the company). A drone will take pictures of the logo.

Time: 30 minutes, participants: The whole group Price: NOK 8000-12000,- (depending on the size of the logo)

#### World record attempt

In 2017 a world record was set at Norefiell. The most paper planes in a bucket in 3 minutes. Can you beat this?

Time: 30 minutes-1 hours, participants: As many as possible, we recommend at least 40 people Price: NOK 8000-12000,-

#### **Sleigh Rides**

We ride horses and sleighs from the hotel to a place with a bonfire where you will get a hot drink.

Time: 1 hour, participants: Max 10 persons per sleigh/max 4 sleighs per turn

Price: NOK 4900,- per sleigh

#### Horseback riding

Horseback riding in the mountains.
Time: After agreement, participants: Max 4 horses/people per trip
Price: After agreement

#### **Water Sport**

A day at the beach by Krøderfjorden. Try a jet ski, water skiing, guided trip in a rib and so on. The beach is about 25 minutes from the hotel.

Time: After agreement, participants: 10-100 people Price: After agreement



## Other activities

Norefjell Ski & Spa

#### Climbing

Try our 16 meter high indoor climbing wall.

Price: NOK 1500,- per hour per instructor (max 4 per hour)

#### **Shuffleboard**

Price: NOK 200,- per hour

#### **Bøseter Pool & Gym**

Free entrance to our swimming pool and gym





# Teambuilding

### Arranged by Sigdal Aktiv

#### Triathlon - For the sporty group

We have made a "real" triathlon which consists of swimming, cycling and running. At swimming the candidates are given dry suits. At cycling the candidates are given electrical moubtain bikes for a nice round around the hotel and at the end it is all decided with a run around the pond.

Degree of difficulty/ length is custom made for your group.

Take a closer look <u>here</u>
Time: 2.5 hours
Price per person: NOK 980,-

#### Team Building in the spirit of "Mesternes Mester"

Here everybody can participate in all the exercises, there are good tasks full of joy and a sense of achievement. Building a catapult with test shooting, giant puzzles and much more. The trail is located around the pond by the hotel and it is a 500 meter long walk.

Time: 2 hours
Price per person: NOK 790,-

#### Walk & Talk

This is our calmest and coziest teambuilder where we will be enjoying the nature around the hotel. There will be some tasks along the way with prices that we will bring to the end of the trip. Once we are at the finish line we will put everything together for a full meal. For instance cheese, crackers and a small glass.

Time: 2 hours
Price per person: NOK 580,-

#### Rafting in Sigdal

Participants receive training in paddling their own fleet without a guide. Before the start, everyone gets a thorough introduction to paddling technique and management of the raft as a team. As well as river swimming and self-rescue. Our concept is 1 guide and 2 rafts. Max 10 persons per turn. For larger groups, there will be several guides on the trip.

Time: 2 hours
Price per person: NOK 980,-



### Electrical mountain bikes

Arranged by Tyre



#### Electrical mountain bike experiences

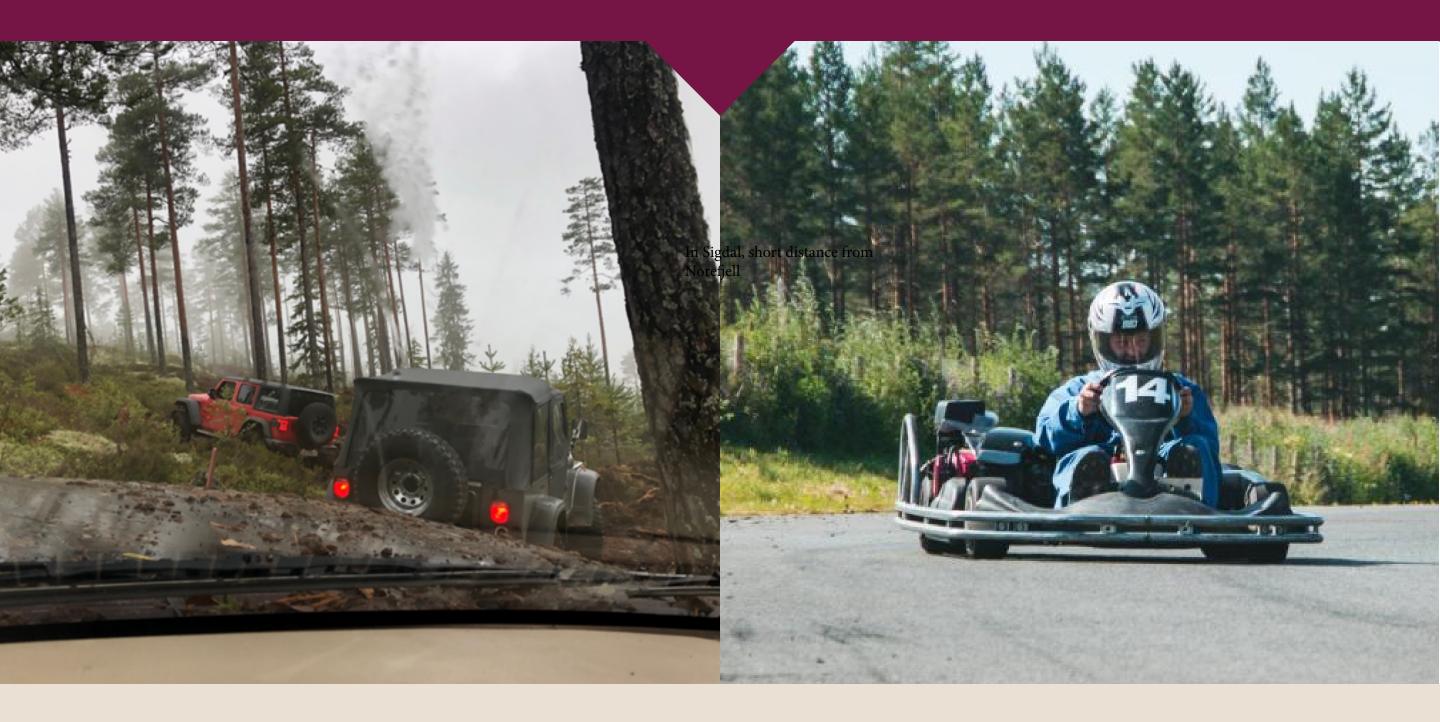
Bring the whole team for a ride with our electrical mountain bikes right from the hotel door. We guide you as a group and you will experience everything from beautiful forest to vast mountains.

Reach out to receive a custom program and price offer.



## Offroad, paintball and go-kart

In Sigdal, close to Norefjell



#### Offroad driving

3-5 cars with maximum 4 people in each car. NOK 5200,- per hour for 3 cars, NOK 7700,- per hour for 5 cars.

#### **Paintball**

8 people play paintball for 30 minutes, NOK 150,- per person per 30 minutes.

#### Go-kart

Hourly rental of NOK 7500,- for 9 go-karts, this includes 4 heats of 10 minutes each.

Sales of goods from the kiosk such as soft drinks, coffee, waffles and sausages. Burgers can be served for smaller groups by prior arrangement. We can tailor custom programs with offroad, paintball and go-kart.

