



# Recreation at Blue Mountain

Year-round outdoor adventures and team building activities at Ontario's largest mountain resort!







## Adventure Awaits

Blue Mountain prides itself on providing customized experiences to each and every group. The wide variety of activities and programs we offer mean options are limitless. We encourage you to work with our recreation specialists to create a unique experience for your group that engages, tests limits and achieves your goals.

We hope this guide is helpful in planning your group itinerary. There are many factors that will impact the fees associated with activities and programs: seasonality, group size, supplier and availability.

Prices indicated are for reference only and will serve as a guideline. We invite you to contact our sales managers with any detailed questions so that we can ensure an incredible recreation experience that meets with your budget.

### On-Resort Activities

Base Camp, Mid Station and Summit attractions, as well as other self-guided Resort activities.

### Team Play

Activities that are reserved as a guided group experience.

### Tours

Off-site, guided group excursions offered by approved top-notch suppliers.

### Team Building

Fun and engaging, these facilitated team-building activities are custom designed to get your people working together through creative themes and challenges.

### Team Development

Summit Team Building Ltd. provides professionally designed and facilitated team and leadership training programs. Our custom, people-centered approach will unleash your team's full potential and increase morale, skills and overall performance.

### Keynote

Add power, focus and motivation to your conference or meeting with our inspirational keynote speaker Scott Kress – Everest climber, EMBA Instructor, and performance expert

### Health and Wellness

Spa and yoga experiences for the softer side of group activity.

### Intensity Level

- Low athleticism required
- Moderate athleticism required
- High athleticism required



### Blue Mountain Resort Recreation

877-445-0231 ext. 6210  
sales@bluemountain.ca  
conferences.bluemountain.ca





Mountaintop Segway Tour

### Base Camp Attractions

#### Cascade Putting Course

• \$

This fun and challenging 18-hole, par 67 putting course winds along the base of the mountain. Featuring a natural limestone backdrop and cascading landscapes, it's sure to provide lasting memories for players of all ages.

Ask about the Cascade Shotgun Tournament for your group!

**Duration:** 1 hour

#### Wind Rider Triple Zips

• \$

The natural high experience at Blue Mountain just got higher. Soar through the sky at speeds up to 50 km/h. Three parallel zip lines allow you and two friends to race between platforms simultaneously. Instruction and safety equipment included. Closed-toe and closed-back shoes required. Other conditions apply.

**Duration:** 30-45 minutes

#### Apex Bag Jump

• \$

Test your limits as you free fall from heights of up to 21 feet. Start small, and work your way up to the highest platform where you'll leap onto the air bag waiting below. With four platforms of increasing height, every jumper will have the chance to challenge themselves.

**Duration:** 15-20 minutes

### Ridge Runner Mountain Coaster

• \$

Ontario's first mountain coaster offers an exciting adventure at Blue Mountain. The coaster takes riders on a thrilling trip through the Escarpment's rolling terrain and thick glades on more than a kilometer of downhill track.

**Duration:** 15-20 minutes

#### Open-Air Gondola

• \$

Take a scenic ride to the top of the Niagara Escarpment where you'll find walking paths, hiking trails and spectacular views of Georgian Bay. Located at the opening of the Village Events Plaza, the gondola is suitable for all ages.

**Duration:** 10 minutes

#### Climbing Wall

• \$

Extreme Sport lovers will want to test their strength and agility on our outdoor climbing wall

**Duration:** 30 minutes

#### Plunge! Aquatic Centre

• \$

Plunge! is an oasis of cottage culture and family fun. Indoor and outdoor pools, an indoor water playground, hot tubs, rope swings, docks and slides provide year-round excitement while paying tribute to our region's history.

**Duration:** 1-3 hours

### Mid Station Attractions

#### Woodlot Low Ropes

• \$\$

Woodlot lifts team-building fun to new heights. Three self-guided courses feature 25 different aerial elements. Guests remain attached to the cables at all times on a continuous belay. Instruction and safety equipment included. Closed-toe and closed-back shoes required. Other conditions apply.

**Duration:** 1 hour

**Minimum Group Size:** 40

Multiple sessions may be reserved

### Summit Attractions

#### Mountaintop Segway Tour

• \$\$

Enjoy this scenic off-road trek across the top of the Escarpment on your own Segway transportation device. Take in the exquisite views of Blue Mountain Village and Georgian Bay along the way. Tour guide, Segway and helmet rental included. Closed-toe and closed-back shoes required. Other conditions apply.

**Duration:** 1.5 hours

Multiple sessions may be reserved

\$ \$10 to \$15 per person

- Low athleticism required

\$\$ \$15 to \$25 per person

- Moderate athleticism required

\$\$\$ \$25 to \$60 per person

- High athleticism required





Private Beach

**Summit Attractions (cont)**

**Timber Challenge High Ropes**

• \$\$\$

Ready to push yourself further? Timber Challenge takes adventure to the next level. With 75 elements across seven courses, at heights up to 15 metres, this aerial adventure is sure to thrill your group. Instruction and safety equipment included. Closed-toe and closed-back shoes required. Other conditions apply.

**Duration:** 2-3 hours

**Minimum Group Size:** 40

Multiple sessions may be reserved

**Other Activities**

**Kayak Rental**

• \$

Get out on the water and explore Georgian Bay out of Blue Mountain's private beach on a sea kayak.

**Duration:** 1 hour

**Bike Rental**

• \$

Explore Blue Mountain and Surrounding Area in style with a cross country or comfort bike rental.

**Duration:** 1 hour

**Monterra Tennis**

• \$

Grab your gear, gather your friends, and enjoy a great game of tennis at The Courts, Monterra's year-round indoor tennis facility. Featuring four new decoturf cushioned courts and new change room & shower facilities, Monterra's update is sure to please tennis-lovers of all ages!

**Duration:** 1 hour

**Dockside at the Mill Pond**

• \$

Located in the heart of the Village on the Mill Pond, Dockside has your recreational needs covered! Enjoy a leisurely paddle in a kayak or explore the water in a multi-person paddleboat. If you prefer to stay on land, try your hand at catching a trout with our catch and release fishing option or choose a net and observer for exploring the shoreline and investigating the many creatures that inhabit the pond.

**Duration:** Varies

**Private Beach**

• \$

Whether you need a day of quiet relaxation or want to churn up the surf with your family and friends, Blue Mountain's private beach is just the place. A 10-minute drive from the resort, on the shore of Ontario's gorgeous Georgian Bay, it's the perfect retreat for all of our overnight guests. Spend the morning paddling the serene shoreline, grab lunch and then take the afternoon to relax in the sand or get your heart pumping with a game of beach volleyball.

**Duration:** Varies

**Bonfire**

• Starting at \$300

Nothing ends off a summer evening better than a private outdoor bonfire for your group. A great addition to a day of activity.

**Duration:** 3 hours

**Hiking**

• No charge

Explore one of Blue Mountain's many marked hiking trails that lead you to the top of the escarpment for amazing views of Georgian Bay.

**Duration:** 1 hour

\$ \$10 to \$15 per person

• Low athleticism required

\$\$ \$15 to \$25 per person

• Moderate athleticism required

\$\$\$ \$25 to \$60 per person

• High athleticism required



**Guided Bike Tour**

• \$

Whether you're in the mood for a scenic ride across the bottom of the mountain, or looking for a stretch of singletrack at the peak of the resort, Blue Mountain is the place to ride. Guide and bike rental included.

**Duration:** 2 hours

**Introduction to Downhill**

• \$\$

A group experience for riders who are comfortable on single-track trails and want to try downhill mountain biking. During this lesson, riders will develop their biking skills and understanding of how a downhill bike performs while safely navigating our trails. Includes guide fee, 2-hour bike and armour rental, trail and lift access.

**Duration:** 2 hours

**Guided Hike**

• \$

This guided tour will take your group up the mountain and along the Bruce Trail. Along the way, your guide will take pictures and speak about the history of the region and Georgian Bay.

**Duration:** 1 or 2 hours

**Monterra Golf**

• \$\$\$

Designed by award-winning Golf Course Architect Tom McBroom, Monterra Golf is a challenging course that offers a great playing field for golfers of all ability levels. Practice facilities, state-of-the-art GPS systems and breathtaking scenery makes Monterra one of the region's top public courses.

**Duration:** 4 hours



*Top: Monterra Golf*

*Left: Introduction to Downhill*

\$ \$10 to \$15 per person

- Low athleticism required

\$\$ \$15 to \$25 per person

- Moderate athleticism required

\$\$\$ \$25 to \$60 per person

- High athleticism required





Eco Tour

**Wine Tasting & Food Pairing**

• \$

Relax and enjoy the beauty of the Niagara Escarpment and Beaver Valley while learning about local wine and food pairing. Transportation, five wine tastings and food pairings included.

**Duration:** 2.5 hours

**Brewery Tour**

• \$\$

Collingwood is now home to three awesome breweries. Your first stop will be Side Launch, followed by the Collingwood Brewery and you'll wrap up the tour at Northwinds Brewhouse. Transportation and guide included. 24 hour notice required to book

**Duration:** 2 hours

**Paddle the Beaver Rider**

• \$\$

Great for beginners! Enjoy Mother Nature as you paddle down the Beaver River. This scenic tour is a nice blend of nature, water and good company. Guide is included.

**Duration:** 1 hour

**Hummer Tour**

• \$\$

Buckle up and get ready for an extreme Hummer tour on the escarpment. Venture where no family SUV has gone before in one of these military-grade pieces of machinery. Additional options include lunch or a hike.

**Duration:** 1 hour

**Fishing**

• \$\$

Explore Georgian Bay with rod and reel in hand aboard a 24' fundeck boat. Captain Pete is a fountain of local history and folklore. Valid Ontario fishing licenses will be required.

**Duration:** 4+ hours

**Chartered Harbour Tour**

• \$\$\$

Give your event a twist with the nautical seascape of beautiful Georgian Bay. Our 65 ft. vessel is your venue day or evening for private charters. Tours are available for 3 to 8 hours, with the capacity to host up to 70 guests. Return transportation from Blue Mountain to harbour is included.

**Duration:** 3-8 hours

**Maximum Group Size:** 70

**Rock Climbing**

• \$\$\$

The climbing takes place along the impressive limestone cliffs of the Niagara Escarpment. With heights ranging from 25 to 60 feet, the climbs are fun and accommodate all levels of experience.

**Duration:** 3.5 hours

**Caving**

• \$\$\$

Join us as we explore some of the uniquely formed crevices and caves along the Niagara Escarpment. This is a great team building activity as we enter the cave single file — and each person has to guide the person behind them. It's just like being a kid again, investigating places where few people go!

**Duration:** 2-3 hours

**Eco Tour**

• \$\$\$

This guided tour includes suspension bridges, treetop walk and a 1,000 foot zip line experience. Surround yourself with the sights and sounds of one of Ontario's natural treasures.

**Duration:** 3 hours

\$ \$25 to \$30 per person

- Low athleticism required

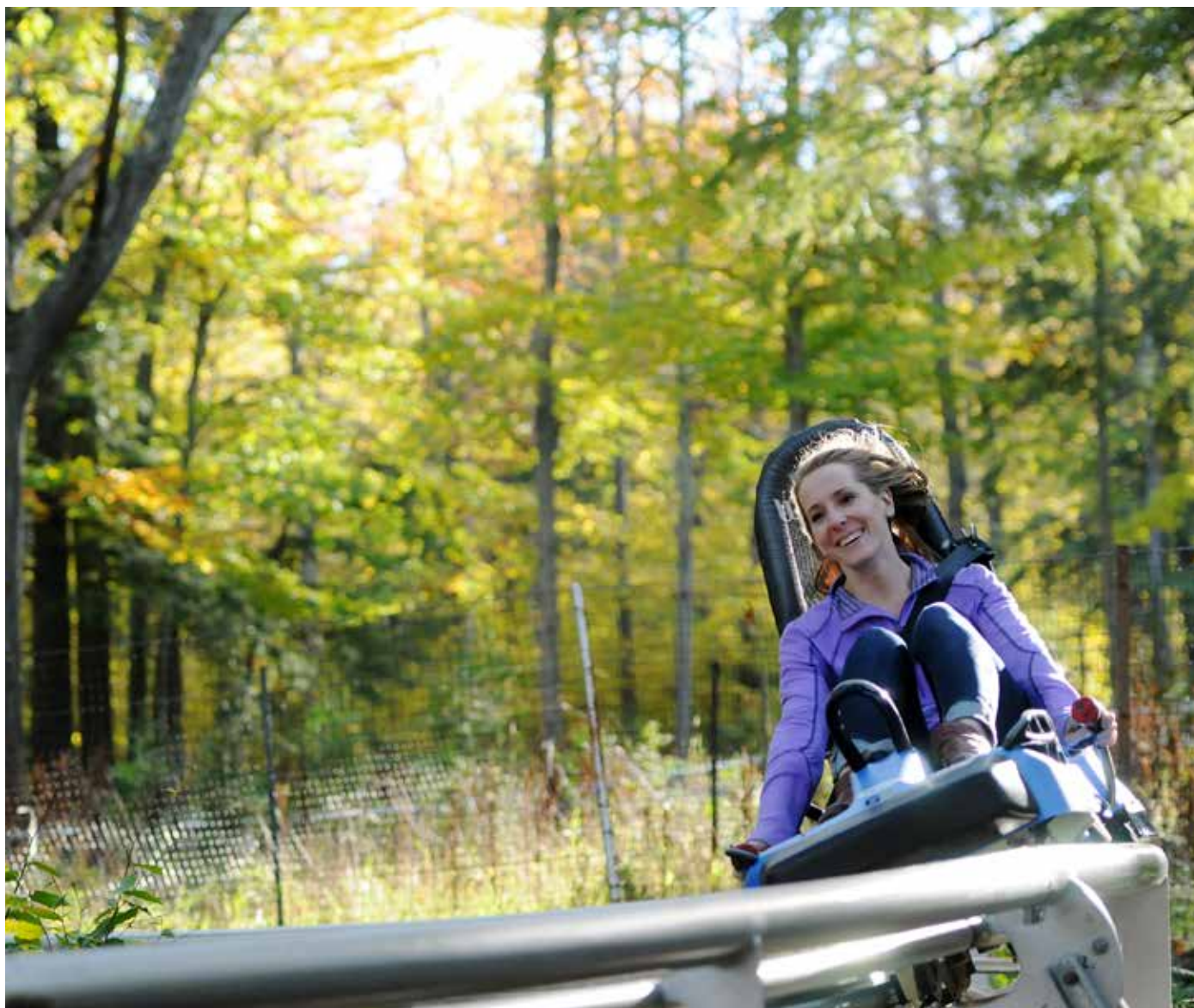
\$\$ \$50 to \$75 per person

- Moderate athleticism required

\$\$\$ \$75 to \$95 per person

- High athleticism required





**Base Camp Attractions**

**Ridge Runner Mountain Coaster**

• \$  
Ontario's first mountain coaster offers an exciting adventure at Blue Mountain. The coaster takes riders on a thrilling trip through the Escarpment's rolling terrain and thick glades on more than a kilometer of downhill track.

**Duration:** 15-20 minutes

**Plunge! Aquatic Centre**

• \$  
Plunge! is an oasis of cottage culture and family fun. Indoor and outdoor pools, an indoor water playground, hot tubs, rope swings, docks and slides provide year-round excitement while paying tribute to our region's history.

**Duration:** 1-3 hours

**Other Activities**

**Bonfire**

• Starting at \$300  
Say farewell to winter, and welcome summer with a serene outdoor bonfire for your group. A great addition to a day of activity.

**Duration:** 3 hours

**Monterra Tennis**

• \$  
Grab your gear, gather your friends, and enjoy a great game of tennis at The Courts, Monterra's year-round indoor tennis facility. Featuring four new decoturf cushioned courts and new change room & shower facilities, Monterra's update is sure to please tennis-lovers of all ages!

**Duration:** 1 hour

**FALL // Team Play**

**Guided Hike**

• \$  
This guided tour will take your group up the mountain and along the Bruce Trail. Along the way, your guide will take pictures and speak about the history of the region and Georgian Bay.

**Duration:** 1 or 2 hours

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\$ \$10 to \$15 per person

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\$\$\$ \$25 to \$60 per person

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Caving

### Wine Tasting & Food Pairing

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Relax and enjoy the beauty of the Niagara Escarpment and Beaver Valley while learning about local wine and food pairing. Transportation, five wine tastings and food pairings included.

**Duration:** 2.5 hours

### Brewery Tour

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Collingwood is now home to three awesome breweries. Your first stop will be Side Launch, followed by the Collingwood Brewery and you'll wrap up the tour at Northwinds Brewhouse. Transportation and guide included. 24 hour notice required to book

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**Duration:** 1 hour

### Rock Climbing

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The climbing takes place along the impressive limestone cliffs of the Niagara Escarpment. With heights ranging from 25 to 60 feet, the climbs are fun and accommodate all levels of experience.

**Duration:** 3.5 hours

### Caving

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Join us as we explore some of the uniquely formed crevices and caves along the Niagara Escarpment. This is a great team building activity as we enter the cave single file — and each person has to guide the person behind them. It's just like being a kid again, investigating places where few people go!

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Great for beginners! Enjoy Mother Nature as you paddle down the Beaver River. This scenic tour is a nice blend of nature, water and good company. Guide is included.

**Duration:** 1 hour

\$ \$25 to \$30 per person

- Low athleticism required

\$\$ \$50 to \$75 per person

- Moderate athleticism required

\$\$\$ \$75 to \$95 per person

- High athleticism required





Ski and Snowboard

## Ski and Snowboard

• • • \$\$\$

Get everyone together and enjoy Ontario's best skiing and snowboarding. With the largest snowmaking system in Canada, Blue Mountain is the perfect choice for skiers and snowboarders of any ability level.

**Hours:** 9 AM - 10 PM

## Snowshoeing

• \$\$

If you like spectacular mountain views, peace and tranquility, and getting out and about in the fresh air, snowshoeing at Blue is perfect for you. Whether you're a summer hillwalker or a non-skier you'll enjoy a magical winter walking experience.

Ask about Guided Showshoe Tours for your group!

## Ice Skating

• \$

Enjoy one of Canada's most-loved winter pastimes as you glide across Blue Mountain Resort's Mill Pond, located in the centre of the Village. A great group experience where everyone can lace up and have fun. Skate rentals available.

**Hours:** 10 AM - 10 PM

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**Duration:** 1-3 hours

## Other Activities

### Monterra Tennis

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**Duration:** 1 hour

### Cross Country Skiing

• • \$

Whether you're in the mood for a scenic cross-country ski, or seeking more of a challenging experience, you'll find it at Scenic Caves. This facility boasts 27 km of groomed beginner and intermediate cross-country ski trails winding through 200-year-old forests and across their infamous suspension bridge. Rental equipment included in price.

**Duration:** 2-3 hours

### Bonfire

• Starting at \$300

Warm up an Ontario winter with a private outdoor bonfire for your group. A great addition to a day of activity.

**Duration:** 3 hours

\$ \$10 to \$15 per person

• Low athleticism required

\$\$ \$15 to \$25 per person

• Moderate athleticism required

\$\$\$ \$25 to \$60 per person

• High athleticism required





**Ski and Snowboard Lessons**

••• \$\$

Enrol in a program or lesson at Blue Mountain and you'll understand where our passion for winter comes from. Whether it's your first time on the slopes, or you're a seasoned enthusiast looking for some pointers, we've got you covered

**Duration:** 1 or 1.5 hours

**3-on-3 Mill Pond Hockey**

• \$

Gear up and hit the ice for some friendly rivalry playing Canada's favourite winter sport! Located on our Mill Pond, it's the quintessential winter experience. Includes skate rentals, two nets two pucks and six sticks..

**Duration:** 2 hours



Top: Ski and Snowboard Lessons  
Right: Skating on the Mill Pond

\$ \$10 to \$15 per person

- Low athleticism required

\$\$ \$15 to \$25 per person

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### Wine Tasting & Food Pairing

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Relax and enjoy the beauty of the Niagara Escarpment and Beaver Valley while learning about local wine and food pairing. Transportation, five wine tastings and food pairings included.

**Duration:** 2.5 hours

### Brewery Tour

• \$\$

Collingwood is now home to three awesome breweries. Your first stop will be Side Launch, followed by the Collingwood Brewery and you'll wrap up the tour at Northwinds Brewhouse. Transportation and guide included. 24 hour notice required to book

**Duration:** 2 hours

### Sleigh Rides

• \$\$

This classical experience is definitely one your group will not be able to forget. Sit back, relax and enjoy a scenic sleigh ride on top of the Escarpment. Blankets and warm drinks will be provided. Transportation is not included.

**Duration:** 1 hour

### Snowmobile Tour

• \$\$\$

Snowmobiling is a great way to get out and enjoy winter! Tour more than 30 km of hardwood forests, scenic lookouts, bridge crossings and open country in the Pretty River Provincial Park on OFSC snowmobile trails. Guide included in price. Transportation available upon request.

**Duration:** 1 or 4 hours

### Snowshoe & Wine Tour

• \$\$

Enjoy a 1-hour scenic snowshoe hike along the Niagara Escarpment, followed by tasting four spectacular wines at Georgian Hills Vineyard. Equipment, guide and transportation included.

**Duration:** 2.5-3 hours

### Winter Caving

• \$\$\$

Join us as we snowshoe through the woods to explore some uniquely formed caves. Once at the caves we take off our snowshoes and turn on our headlamps to explore this underground world. Equipment, guide and transportation included in price.

**Duration:** 2.5-3 hours

### Snowshoe Tour

• \$\$

People will be guided through a winter wonderland of trails with opportunity to track some wildlife. Enjoy spectacular viewpoints while learning about the area. Equipment, guide and transportation included in price. Ask about a moonlit snowshoe option with a bonfire!

**Duration:** 1-2 hours

*Top: Sleigh Rides*

\$ \$10 to \$15 per person

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**Duration:** 1 hour

**SPRING // Team Play**

**Guided Hike**

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**Duration:** 1 or 2 hours

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**Duration:** 2-3 hours



Top: Brewery Tour  
Right: Rock Climbing

\$ \$25 to \$30 per person

- Low athleticism required

\$\$ \$50 to \$75 per person

- Moderate athleticism required

\$\$\$ \$75 to \$95 per person

- High athleticism required





At Summit, our team building programs are designed to create an experience that resonates. Infuse your event with positive energy by integrating a unique team building option into your agenda. These one-of-a-kind experiences take full advantage of the unique settings at Blue Mountain Resort. Your Summit Team Building program will foster effective relationships, elevate morale, and make your Blue Mountain experience unforgettable!

### Putt-ing People First

Charity golf tournaments seem to be everywhere these days and now your team can hold one of their own - with a twist! Designing outrageous obstacles and colourfully designed putting greens will put your team to the test, all while generating a donation to a local community food bank. This program takes place on the unique Blue Mountain Cascade Putting Course.

### Seven Summits Challenge

Want to be a high performance team? Climb the 7 Summits together, and you'll take team and individual performance to a whole new level. Utilizing the amazing Blue Mountain Timber Challenge ropes course you will need to divide into climbing teams, assign a base camp manager, develop a plan, and climb to the summit.

\$3,500 flat rate for 15 people, \$100 per person for each additional participant

**Duration:** 3 hours

**Maximum Group Size:** 42

### Put Your Chef Hat On

This highly competitive food adventure will challenge teams to create the ultimate culinary masterpiece. A great kick-off to a conference, a pre-dinner event, or anywhere you want to add some fun to your agenda. Breakfast and dessert options are also available.

### Blue Mountain Quest

It would be a shame to make your way up to Blue Mountain without experiencing the charm and energy of the Village. Shake up your meeting by taking part in this competitive scavenger hunt. Ask us about our Philanthropic and Adventure versions of this fast-paced program!

### Survive or Thrive

Through demanding tribe challenges, this program will identify key elements that separate teams who simply survive from those who consistently thrive. Add to this an element of Corporate Social Responsibility and you have the makings of a truly meaningful team experience.



### The Rescuers

This search-and-rescue simulation challenges your team to find, treat, and evacuate a pair of missing scientists while recovering their valuable data. To succeed, the team must find the winning balance between planning and execution while integrating various areas of expertise.

### Lights, Camera, Action

This 'filmmaking' adventure will have your group identifying the skills needed for team success. They will be challenged to communicate this through a feature film made up of digital photographs, narration and special effects. Films will compete in the unique Summit Film Festival.

### Desert Survival

It is 10am on a mid-August day and your plane has just crash-landed in the middle of the desert. You and your fellow passengers are all right, however, getting out of this situation in one piece is going to require some quick thinking and even more importantly-you must all work together to come up with a solution.

### Building Bridges

Tap into the power of healthy communication by examining the necessary elements that make it happen. These insights are brought to life when geographically separated teams must construct components of a freestanding bridge that, once connected, must support a heavy load.

### Conquering Everest

At 8,850 m, Everest is the tallest mountain on earth, and one of the most sought after mountaineering goals. Your team will have a chance to embark on a simulated ascent of this extraordinary mountain as participants make critical decisions that will lead them to the top.

All programs are two hours in length, unless otherwise indicated. Rates start from \$2,250 or \$225 per person with a minimum group size of 10 people. Rates will vary depending on group size and program alterations.





Scott Kress - Learning in Thin Air

### High-Performance Team Development

Do you have a newly-formed team or one that is simply looking for a tune-up? This session focuses on high performance teamwork, understanding its value and knowing how to intentionally achieve it at work. You'll build strong relationships and learn the critical elements of development: collaboration, problem solving, group decision making, trust and communication. Fun and challenging activities anchor several learning modules. From these engaging experiences, team members establish patterns of successful interaction. Team members will finish by developing a shared team vision and creating a code of best practices to carry them forward. This workshop is appropriate for intact teams and project teams.

### High-Performance Leadership Development

Organizations must have effective leadership at all levels in order to be successful and developing effective leaders is a deliberate and ongoing process. This program will inspire participants to set a compelling personal leadership vision, help them to assess their current reality and give them the tools they need for success. We integrate Emotional Intelligence and a suite of other personal development assessments to provide a framework for examining leadership styles and attributes, and to inform the action-planning process. The program looks at relevant leadership theories and develops important skills for engaging followers, building teams, communicating, giving feedback, coaching, managing change and connecting people to the organization's purpose. Leaders learn to create a team environment where trust, innovation and commitment flourish. Above all, they create their personal vision for "greatness" and a plan to get there.

**Half Day:** \$295 per person

**Full Day:** \$395 per person

**Two Days:** \$670 per person

### Keynote - Learning in Thin Air

Starting from \$5,500

Kick off your event with inspiration and focus, set the stage for learning and development, reward your team with a thrilling story, infuse energy and drive, or close your event with a presentation that will not be soon forgotten. Scott Kress is a noted speaker, author and leadership consultant, helping organizations turn their teams and leaders into passionate achievers. He has a Masters Degree in Leadership and has taught leadership and high performance team development for several leading national and international EMBA and MBA programs. What sets Scott apart from the traditional trainer is his ability to scale mountains. Scott is the 51st Canadian to summit Mount Everest and when he stood on the summit of Mount Vinson in Antarctica he became one of the few people in the world to climb the seven summits; the highest point on all seven continents. Scott will share stories, tools and strategies that build success regardless of the mountain you are climbing. Scott's presentations are high-energy, engaging and passionate but most importantly they are relevant to the challenges faced by organizations and their teams today.

Enhancements available for an additional charge.

**Duration:** 1-1.5 hours





Scandinave Spa™

**Scandinave Spa™ \***

The award-winning Scandinave Spa™ Blue Mountain offers a renowned, outdoor Scandinavian Baths experience. Spend hours soaking, while enjoying the serenity of the surrounding nature. Located minutes from Blue Mountain, you'll be back in time for your next event.

**Duration:** 1+ hours

**Kalola Spa \***

Feel like indulging? Choose from a variety of spa services and packages.

Services include registered massage, body wraps, facials, reflexology, manicures, pedicures, physiotherapy, salon services, personalized skin care and more.

**Duration:** Varies

**Iwa Spa \***

A unique wellness spa with services that will allow you to rejuvenate, energize, detoxify or relax. Try out one of the private Ganban-Yoku suites, or simply enjoy a manicure, pedicure, reflexology treatment or massage.

**Duration:** 1, 1.5 or 2 hours



**Fascial Stretch \***

Fascia is the connective tissue that runs through and wraps every cell in the body. Repetitive actions such as sitting at a computer, texting and also exercise can bind and restrict fascia in ways that create poor movement patterns, injury, and perception of mood. Roll, release and renew the fascia to create better movement, mood and results.

**Duration:** 1+ hours

**Pilates \***

An intelligent form of exercise, pilates gives you a chance to develop healthy alignment, activating deep core muscles and the ability to develop healthy working posture. Posture is known to be related to mood, and how effective you can be at work. Change your body, change your mood, and change your work!

**Duration:** 1 hour

**Yoga \***

Revitalize your body, clear your mind and reduce stress. Use this well-known tool to bring clarity and focus to your group. Class can be customized into postures only, or lengthened to include quiet breath work and/or meditation. Price includes session with certified instructor.

**Duration:** 1-1.5 hours