

# ÅSLJUNGAGÅRDEN

## HOTELL & KONFERENS

### ACTIVITIES MENU

#### **Chef Duel** ((Minimum 10 people)

Our chef takes you through an exciting food duel which is spiced with a lot of humor and laughs! The different teams are graded on their ability to co-operate as a group, food taste and finally food presentation. The teams take care of all the arrangements such as setting the table, decorations, choosing the beverages and serving. If a larger group, we can also arrange for one team to get a bar lesson with our bottle-flaring bartender!

#### **Skeet shooting**

This Olympic event, where the goal is to hit a small clay pigeon, only about 11 cm in diameter, suits all kinds of groups and gives the opportunity to fresh air, an amazing view, and bonding for the whole group. The shooting event takes place high up on Hallandsåsen, a two-minute walk from the hotel. (Note that this event calls for an instructor and must therefore be booked somewhat far in advance). Skeet shooting can also be included in your Pentathlon activity.

#### **Coal walking** (Minimum 10 people)

For those of you that dare to take another step! A feeling that just has to be experienced.

#### **Pentathlon**

Mix and match between many different events. Please contact the hotel for suggestions ahead of time.

#### **Let's Dance**

After a show by the instructors, the group gets to try dancing themselves. Choose between many different dances; salsa, Latino mix, Pussycat Dolls or tango. There is also the possibility to have a DJ playing music in the same theme the rest of the night.

#### **Yoga**

Through concentration, breathing and a variety of exercises, the participant is invited to reach balance between body and mind.

#### **Toboggan**

The group competes against each other and against the clock dashing down the hills of Hallandsåsen.

#### **Canoeing**

Enjoy the beautiful scenery while paddling one of the lakes located only minutes away from the hotel. Why not combine with picnic or BBQ?

#### **Golf**

Åsljungagården is located nearby many of Sweden's most beautiful golf courses. We co-operate with ten different courses. We can help you arrange company golfing or a clinic with the golf pro at the course. Or why not play at night with only the help of a flash-light?

#### **Chocolate- wine- or whiskey tasting**

With the help of an external partner and sommelier, we can help arrange a tasting for your group. An activity for all of your senses!

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## **A Night at the Oscar's!**

The group gets a chance to put on a show and be stars in their own movie. Each group gets a video camera, props and a theme and together they get the chance to create a masterpiece à la Coppola!

## **Gardening Inspiration**

Gardening isn't hard - it is easy, inspiring and fun!

Instructor Yvonne Henriksson holds a Master of Science in Horticulture and gives the group both a theoretical as well as a practical lesson in gardening. The theme of the activity is custom-made to the groups, but could for instance be "Herbs" or "Spring Gardening".

## **Looking for some more action?**

Through our local activity company, we can help you arrange more adventurous activities.

Examples of these are "Survivor/Expedition Robinson", "Mission Impossible" or "Snapphanar".

These activities can be arranged for all of our guests, not only conferences. Perfect for birthday parties, bachelor/bachelorette parties or just a weekend of fun with family or friends!

For prices and more information, please contact the hotel.