

RESORT ♦ SPA ♦ GOLF CLUB

CRANWELL

Group Activities Guide



CULTURE

TEAMBUILDING



ACTIVITIES



THEME EVENTS



55 Lee Road, Route 20
Lenox, MA 01240
www.cranwell.com
800-572-8938

CULINARY EXPERIENCES

Hors d'oeuvres at the Chef's Table

Watch and learn while the Chef takes you on a culinary journey. The Chef will demonstrate how to prepare hors d'oeuvres during the group cocktail hour. Cold items can be sampled from the demonstration. Hot hors d'oeuvres will be served from the kitchen.

Duration: 1 hour

\$175 chef fee

\$5 per person in addition to hors d'oeuvre menu price

Cranwell Cooking Class

Teambuilding or competition? Your choice. After a brief reception upon arrival, guests are called over to the cooking area where the head chef welcomes the group and introduces the recipes. Under the guidance of the staff, the group works together to prepare the items. Guests typically prepare hors d'oeuvres, an appetizer, salad, entrée, and dessert. Groups of 5 or 6 to a team.

In the spirit of the Top Chef and Iron Chef phenomenon, your cooking class can be turned into a competition. After teams are formed, the Chef will instruct the teams to prepare the same dish. The Chef will establish a system of judging, and the winning team enjoys bragging rights

Duration: 2 hours. Minimum: 1 ½ hour. Class can start any time of day. Suggested start time: 4:00 or 5:00 pm.

\$100 per person, plus tax and service charge

\$175 chef fee, per chef

Roast and Toast S'mores Party

Grab a seat by the fire and enjoy everyone's most favorite gooey dessert. Graham crackers, Hershey bars, and marshmallows provided along with utensils.

Duration: 1-3 hours

\$10 per person, plus tax and service charge

Beer Here

Guests will sample a selection of 5 Micro Brews, Ales, Porters or stouts. A master brewer will showcase five local varieties while educating your guests on the history of each brew and the brewing process. Beer is charged per consumption, plus tax and service charge.

Duration: 1 hour

\$125 brewer fee

Wine Tasting

While the practice of wine tasting is as ancient as its production, informal, recreational tasting may be used for a more general, personal appreciation. The Maitre d' will provide information on each selection.

Duration: Generally done before dinner for 1 hour.

Wines is selected in a price range (\$30-\$50) and charged per consumption, plus tax and service charge.

\$175 facilitation fee

Scotch Tasting

There's nothing like sharing a dram of fine single malt scotch with friends while enhancing your appreciation of it. The Maitre d' will provide information on each selection.

Duration: Generally done after dinner for 1 hour.

Scotch is selected in a price range (\$10-\$28 for 1 ½ oz. pour) and charged per consumption, plus tax and service charge. \$175 facilitation fee

Happy Hour — Your Way

As both bartender and client, members of your group will challenge each other to be creative while making delicious cocktails in this interactive happy hour! You will bond with one another as you learn finer points of emerging cocktail culture.

Duration: Generally done before dinner for 1 hour. Beverages are charged per consumption, plus tax and service charge. \$175 facilitation fee



All food and beverage prices are subject to a 7% Massachusetts state and Lenox local tax. A Service Charge of 20% will also be added to all banquet and conference food and beverage and will be distributed as follows: 15% will be given to the service personnel, 3% will be given to food and beverage supervisory personnel and 2% will be retained by the hotel and does not represent a tip, gratuity or service charge for wait staff associates. State and local taxes are subject to change.

GOLF & TENNIS

Contests: \$200

No limit on number of participants

Prizes/Gift Cards - group's choice

- **Putting Contest**
Location: Meadow View 1st Tee
- **Closest to the Pin Contest**
Location: Meadow View 3rd Tee
- **Longest Drive Contest**
Location: 1st Tee, 8th Tee

Golf Clinics: \$45 per person, per hour

No limit on number of participants

- **Full Swing**
Basic Swing Fundamentals
Location: Meadow View
- **Longer Drives**
Hitting with Power
Location: Meadow View
- **Chip, Pitch & Putt**
How You Score
Location: Meadow View



Tournaments: \$300 plus greens fees

No limit on number of participants

Prizes/Gift Cards - group's choice

- **Team Scramble**
Captain & Crew Golf Tournament
Location: Golf Course
- **Group's Choice**
Pick Your Own Format
Location: Golf Course

Tennis Lessons & Group Clinic or Round Robin

- **Individual Tennis Lessons:** \$80 per hour
- **Clinic with the Tennis Professional:**
\$80 / hour (Includes court fees)
No limit on number of participants.
- **Round Robin Event:** \$65 per hour
(Does not include court fees)
No limit on number of participants.

Tennis Professional: Michael Brady

(413) 841-7786



FITNESS & WELLNESS

Our fitness staff is here to accommodate your group or individual participant. Conferences and meetings leave little time for the extras. We will work with you to extend our availability and accommodate your schedule.

We can arrange fitness classes to suit your time constraints and accommodate groups of up to 20 in our studio. Whether you prefer to start your day with a healthy work out, pick up your energy between sessions, or work off the stress of your day in the evening the spa is steps from your door.

Zumba, Pilates, Spin, Whole Body Fitness, Body Sculpt, Aqua Classes or a class designed especially for your group.

Yoga classes of all levels and practices are excellent team activities. If the weather permits, classes can be taught on one of our many beautiful landscaped lawns.

50 minutes: \$40

80 minutes: \$60

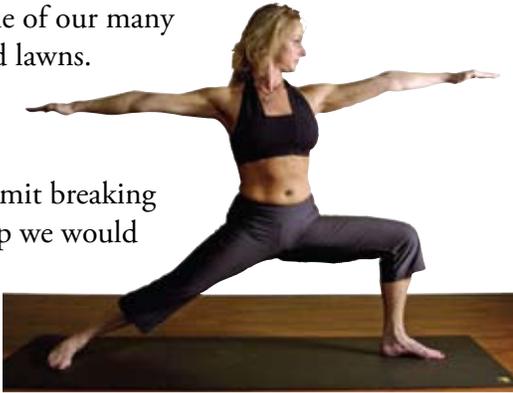
If time does not permit breaking away from the group we would be happy to send an instructor

to you. Midday stretch, medita-

tion and more can be arranged at your convenience.

\$50 per hour

Limit of 6 participants per class for spinning.



Hikes

Enjoy a leisurely hike in the fresh Berkshire Mountain air or challenge your group to an advanced scramble in one of our more demanding locations. Allow at least 2 hours for this activity to accommodate transportation.

\$50 per hour (up to 3 hours) per instructor

1 instructor per 10 participants

Volleyball

Select teams or enjoy an open game, either way you are sure to have some fun and bring your team together.

\$50 per hour with instruction

Tai Chi

Reduce stress and improve your health with the ancient art of Tai Chi. Revive your group with a break that will focus on calming the mind while bringing clarity and releasing tension. Attend in our fitness studio, outdoors in a beautiful Berkshire setting (weather permitting), or let our instructor come to you for a break in your day. This activity is suitable for all fitness levels.

30 minutes: \$50; 60 minutes: \$100

Wellness Discussions

Enjoy an informational session during your lunch break. Learn the truth about skin care and body products, discover the spa in your pantry with simple at-home recipes, how to decipher a nutrition label, what is wellness, the art of breathing and more.

\$50 per hour

Desk Top Relaxation

There are literally thousands of options that can bring some form of relaxation to your day, from food to yoga to talking a walk. The question is: Are you making a good choice? There are online meditations to simple breathing techniques, from the yoga studio to a retreat, but have you thought about the Desk Top Option? Offer a unique and practical element for your group. It may feel like it is a bit out of the box - but isn't that where you want to be?

This can be done in a 15 minute break or a full one hour session and is guaranteed to bring the group to a better place. 60 minutes: \$75



TEAM CHALLENGES

Try - A - Thon

Do you need a break from the ordinary and something to talk about for years to come? Get everyone in on the game and see what happens when creativity crosses with laughing out loud! Take a walk on the fun side; you'll be glad you did and more importantly your group participants will share something that will bring them back to your meetings energized and ready to take on their next challenge.

- **Over Easy** - The First leg: The incredible edible egg. Teams will be given an assortment of building materials to send your egg from the table to the pan. Get the egg to land in the pan ready for frying and move on to the second challenge.
- **Sticky Wicket** - The second leg: This will take a good eye and lots of hands. Each team member will complete the course on their own with the grand finale being a team effort; completing the course with one hand from each team member on the mallet at all times. Keep your eye on the ball but keep your hands to yourself. Once you are through the stickiest of wickets, you are on to the water challenge.
- **Water Delivery** - The third leg: A water brigade like no other. This challenge will take gentle hands for your team to transfer water from one bucket to the other with a sponge. Be ready to get a little wet (but we do all have to take one for the team from time-to-time). For an indoor challenge, your team will transfer rice from one bucket to another, which is not as easy as it sounds.
- **Pizza Delivery** - The home stretch. Just mix flour and water to form your best flatbread flying disk, add toppings - no anchovies please, and let'er fly. Get the 'pizza pie' into the circle without touching the rope before the other teams and you win! Not much to brag about but think of the stories you will tell.

This activity can be done with groups from 20 and up and modifications can be made to accommodate seasonal and inclement weather conditions.

Most groups complete the Try-A-Thon in two hours but it could be longer with larger groups.

\$95 for up to 50 participants

\$150 for groups with more than 50 participants

Rock-Paper-Scissors Tournament

That's right, the way we once made the most important decisions in our lives can be part of your experience with your group.

This simple and familiar decision maker has been used for centuries with the first record dating back to the Hun Dynasty in China. According to the Chinese Ming Dynasty writer Xie Zhaozhi's book *Wuzazu*, which contains the first known mention of the game, the game dates back to the time of the Chinese Han Dynasty (206 BCE - 220 CE) when it was called shoushiling. (Source: Wikipedia)

Choose from a single or double elimination and we'll crown a champion. All participants will receive an instruction card of what-beats-what to take home to challenge their family and friends. The winner will take home a Ro-Sham-Bo Champion tee shirt and strategy book.

Allow 2 hours for this activity with up to 50 people. For groups with more than 50 participants, allow up to 3 hours. \$95

If you would like, a Rock-Paper-Scissors tee shirt can be given to each participant for an additional \$20 each.

Scavenger Hunt

Indoor and outdoor scavenger hunts can be designed specifically for your team. From historical facts to indigenous finds, hidden treasures and brain benders, we will send you searching for answers and seeking clues. Teams of all sizes can participate in this fun and challenging experience. Time frames can be adapted to your schedule. Fees start at \$50+ based on length of time and group size.



FAVORITE FACILITATORS



Drumming - The Rhythm of Teamwork

John DeKadt teaches drumming workshops for group that include techniques, specific rhythms, and various world percussion traditions. Workshops can be tailored to your groups. Drums provided. Activity can be indoor or outdoor; outdoor preferred.

Duration: Generally 1¼ hours

www.johndekadt.com

Charity Bike Build by Quixote Consulting

Experience teambuilding for a great cause, facilitated by Quixote Consulting.

Duration: 2-4 hours

www.quixoteconsulting.com

Casino Night

Your group will enjoy games that are popular in famous casinos around the world. Craps, roulette and poker tables are provided by VTA Entertainment. Prizes provided by the client. Generally done after dinner.

Duration: 2-3 hours

www.vtaentertainment.com

Social Dancing

Experience the fun and excitement of social dancing with professional instruction by Emily Fox. Group lessons on Ballroom, Swing, Latin Dances and the Two-Step are available. Beginners welcome.

www.emilyfoxtrot.com

Personal Style and Team Development

A fun look at the benefits and challenges of working on a team with (gasp!) people who are not like you! Includes a DISC Style Assessment and highly interactive session focusing on the team's strengths and areas of potential development. Leave with an action plan for how to work better together. www.dianabrooksassociates.com

Nutrition Workshops

Learn about nutrition and ways to manage your weight, boost your energy level and prevent disease with Lori Reamer, RD, author of "Food That Fits." 413-443-4198



OFF-SITE ACTIVITIES

Mild Adventure

Horseback Riding

Aspinwall Equestrian Center in Lenox offers professionally run trail rides under Western tackle on gentle, well maintained horses. www.berkshirehorseback.net

Canoe Tours & Scenic Trips

Guided Canoe tours of the Housatonic's untouched beauty. www.berkshirecanoetours.org

Adventure Parks (Seasonal)

Jiminy Peak offers an Aerial Adventure Park with 5 courses for different ability levels, consisting of rope bridges, ladders, cargo nets, zip lines and more. All courses are self-guided and every person is snapped into a guide line. Catamount's Adventure Park provides 9 courses of cross bridges, climb ladders, obstacles and zip lines, with fun for all ability levels. Participants are fitted with harnesses and gloves and led through a safety demonstration. www.jiminypeak.com, www.catamounttrees.com

Fishing

Private, pristine Palmer Brook Lake covers 125 acres and offers some of the best Largemouth Bass "catch & release" fishing in the region. Fishing gear and fully-equipped fiberglass bass boats are available. For experienced and novice fishers. No fishing license required. www.berkshirerefishing.com

Greylock Discovery Tours

Explore the Berkshires through adventures in hiking, bird watching, canoeing, cross-country skiing, biking and walking. www.greylockdiscoverytours.com

Hot Air Ballooning

Worthington Ballooning specializes in customized flights above the Berkshires. Reserve in advance: 413-238-5514.

Mountain Biking

Bike self-navigated or guided riding excursions in nearby Kennedy Park or at October Mountain and Beartown State Forest. Rentals are available at www.arcadianshop.com

White Water Rafting, Rock Climbing & Kayaking

Experience these outdoor activities with highly-trained professional guides to point out historic and natural features. www.zoaroutdoor.com

Local Sightseeing Tours

Berkshire Cultural Tour

Explore local culture and history with a tour that begins at Tanglewood; visits Chesterwood, the former home of sculptor, Daniel Chester French; the Norman Rockwell Museum; and ends with lunch and shopping in historic Stockbridge. www.greylockdiscoverytours.com

Berkshire History Lecture

Local historian and author, Dr. Carole Owens, brings the history of the Berkshires alive. Her lectures can be tailored to the special interests of your group. Examples include the Eighteenth Century, the Gilded Age, Berkshire Writers, or Art and Architecture: Berkshire style. 413-298-3952

Shopping

Antique Shopping

Over 60 antique shops are within 30 minutes of Cranwell. www.berkshires.org

Premium Outlets

Sixty designer outlet shops offer great savings and a delightful food court in nearby Lee. Call to confirm your arrival date and they will arrange discount coupons and shopping bags for your group. www.premiumoutlets.com

Theme Events

Chocolate Springs Café

Enjoy a group tasting of handcrafted, European-style gourmet chocolates with Joshua Needleman, a CIA trained chocolatier. www.chocolatesprings.com

Hancock Shaker Village

"Shaker Dinner and Song Tour" includes a four-course meal, tour and program of music. Hard cider is served but no alcohol is permitted. www.hancockshakervillage.org

The Mount

The home of Pulitzer-prize winning author Edith Wharton is located just 5 minutes from Cranwell. Discounted rates and special touring options, including private after-dark ghost tours, for groups of 10 or more. www.edithwharton.org

The Norman Rockwell Museum

Receptions and dinners (of up to 300) may be held in the museum buildings or on the grounds. www.nrm.org

Shakespeare & Company

Their staff can help you create a theatrical event, theme dinner or staged environment. www.shakespeare.org

Tanglewood

Let Cranwell's Kitchen prepare picnic baskets or utilize Tanglewood's on-site catering. www.tanglewood.org

CULTURAL ATTRACTIONS

Performing Arts Venues

Barrington Stage

Performing in their newly-renovated theatre in Pittsfield, BSC stages year-round productions and originated the Tony Award-winning “25th Annual Putnam County Spelling Bee.” www.barringtonstageco.org

Berkshire Theatre Festival

Founded in 1928, the Stockbridge theatre is one of the oldest of its kind in the United States and the longest-running cultural organization in the Berkshires. The summer festival includes world premieres, contemporary works and classic plays. www.berkshiretheatregroup.org

Capitol Steps

From July to August, the nationally-acclaimed American political satire and song parody troupe comes to Cranwell. The show promises to hit both sides of the aisle and the songs will change with the scandal of the day. www.cranwell.com/entertainment

The Colonial Theatre

This Gilded Age playhouse and vaudeville theater was recently restored and currently thrives as a year-round performing arts center in nearby Pittsfield. www.berkshiretheatregroup.org

Mahaiwe Theater

One of the oldest surviving theatres in the country, the year-round performing arts center presents music, dance, theater, and classic films, as well as popular Metropolitan Opera “Live in HD” broadcasts. www.mahaiwe.org

Jacob’s Pillow

The Pillow is a registered National Historic Landmark and home to America’s longest running international dance festival with more than 50 dance companies and 200 performances, talks, and events from mid-June to August. www.jacobspillow.org

Shakespeare & Company

With a core of over 150 artists, Shakespeare & Company stages hundreds of performances year-round, only 5 minutes from Cranwell. www.shakespeare.org

Tanglewood

Open mid-June through August, this summer home of the Boston Symphony Orchestra is the world’s premier summer music festival, presenting a virtually unmatched array of Boston Pops, jazz legends and popular artists. www.tanglewood.org

Museums and Historic Sites

Berkshire Museum

Open year-round, this nearby museum offers a unique blend of exhibitions, fine art galleries, and attractions, including a touch tank and aquarium. www.berkshireremuseum.org

Chesterwood

Located in Stockbridge, Chesterwood was the country home and studio of Daniel Chester French, sculptor of the Lincoln Memorial. Open May through October. www.chesterwood.org

The Clark

This Williamstown museum welcomes visitors year-round to experience its collections of European and American art in an intimate setting of profound natural beauty. Free admission November through May. www.clarkart.edu

Hancock Shaker Village

Once an active Shaker community, the village is now home to the premier collection of Shaker buildings and artifacts, set amongst acres of farm, woodland and pasture. Open seasonally. www.hancockshakervillage.org

MASS MoCA

Housed in a restored 19th century factory, the Massachusetts Museum of Contemporary Art is the country’s largest center for contemporary visual and performing arts and is open year-round. www.massmoca.org

The Mount

The Mount was the home of Pulitzer-prize winning author Edith Wharton, who designed the house and gardens with the same intelligence and sensitivity that distinguished her writing. Open May to October. www.edithwharton.org

Norman Rockwell Museum

The year-round museum preserves, studies and communicates the life, art and spirit of Norman Rockwell, housing the world’s largest and most significant collection of the artist’s work, including more than 500 original paintings and drawings. www.nrm.org

Ventfort Hall Mansion and Gilded Age Museum

This imposing Jacobean Revival-style mansion was built in 1893 for Sarah Morgan, the sister of J. P. Morgan, is listed on the National Register of Historic Places and was the setting for the 1999 film “The Cider House Rules.” www.gildedage.org

WINTER ACTIVITIES



Cross-Country Skiing & Snowshoeing

Over 10 kilometers of groomed trails. Ski and snowshoe rentals are available.

Skiing

Downhill skiing is nearby at Jiminy Peak, Butternut, Bousquet and Catamount ski areas.

www.jiminypeak.com, www.skibutternut.com,
www.bousquets.com, www.catamountski.com

Snow Tubing

Butternut Mountain offers a 7-lane Tubing Park and dedicated handle lift, while Bousquet has 5 tubing chutes and an easy-to-ride Magic Carpet lift back up the hill.

www.skibutternut.com, www.bousquets.com

Festival of Trees

The Berkshire Museum hosts this favorite annual holiday event featuring over 300 creatively-decorated trees designed by the community, from November to January.

www.berkshiremuseum.org

Main Street Stockbridge at Christmas

Norman Rockwell's famous painting is recreated every December with special events and activities, including horse drawn rides, a visit from Santa, house tours, caroling, and a holiday concert.

www.stockbridgechamber.org

CHILDREN'S ACTIVITIES

Bisque, Beads and Beyond

Partake in ceramic and bead classes at this pottery studio and bead shop.

www.bisquebeadsbeyond.com

Face Painting by Bria

Perfect for small or large groups, face painting services include paints, non-metallic glitters, a skilled artist, and rainbow umbrella for outdoor events.

colormyheart.weebly.com

Hancock Shaker Village

The seasonal village consists of 20 restored buildings, Shaker furniture, a historic "living" farm, and activities for all ages. The popular Baby Animals program is held each spring.

www.hancockshakervillage.org

Make Your Own Sundae Bar

Cranwell presents a wide selection of ice cream flavors, toppings, sauces and fresh fruits to make your own sundae.

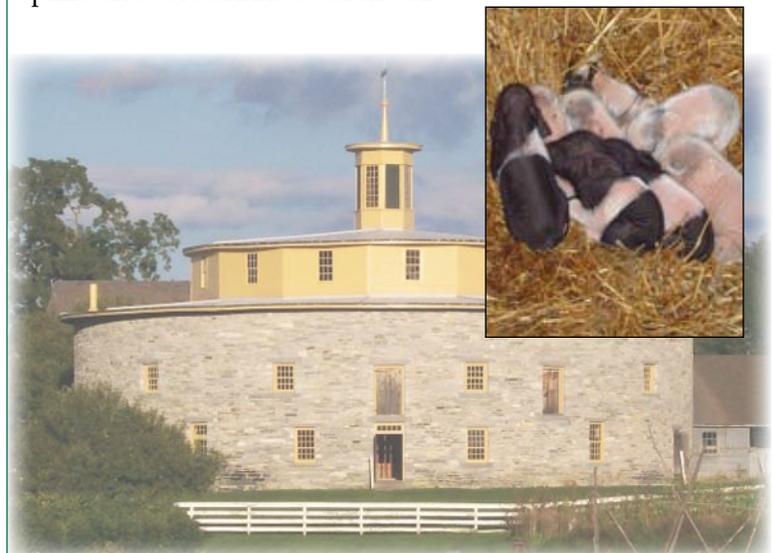
Mountain Adventure Park

Jiminy Peak features a mountain coaster, alpine super slide, giant swing, rock climbing wall, and trampoline with bungee cords and a swivel harness.

www.jiminypeak.com

Pizza and a Movie

Children can enjoy an age-appropriate new release with pizza and soft drinks at Cranwell.



Photos courtesy of Hancock Shaker Village, Pittsfield, MA