

# Wild Wellbeing Days

*Get back to nature with our exciting range of team building and away day packages*



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# What are Wild Wellbeing Days?

Time spent outdoors is scientifically proven to improve our mental wellbeing and increase productivity.

We offer an exciting range of team building and mindfulness activities across a host of stunningly wild spaces in central London locations.



Discover



Connect



Reset

# Outline of the Day

**Day Delegate Packages** start from £65+VAT per head and team building activities are priced separately.

Choose from full day or half day venue hire options.

We recommend the following programme:

09:30	Delegate arrival
10:00	Team meeting
12:00	Lunch
13:00	Team building activity*
16:00	Wrap up and delegate departure

\*activities range in length from 1-2.5 hours



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# Walthamstow Wetlands

 Tottenham Hale

 Meeting room facilities

 Stunning waterside views

 211 hectare nature reserve

## Activity Options

GPS SCAVENGER HUNT

Explore the wildness of the wetlands with this outdoor activity trail, compete the digital challenges to collect team points

*\*from £30 pp*

BUSHCRAFT SKILLS

Use bushcraft skills to turn water from the stream into a hot cuppa, develop outdoor skills and connect with nature

*£25 pp*

TERRARIUM BUILDING

Create your very own miniature indoor garden in a glass vessel, learn about the plant ecosystems of moss, ivy and ferns

*£27 pp*

ELEMENTS YOGA

A dynamic and creative class, grounding the universal principles of the elements.

*£20 pp*

*Please note: All prices above are exclusive of VAT. Activities are subject to host availability.  
\*GPS Scavenger Hunt is subject to additional set up fee*



# Camley Street Natural Park



Kings Cross



Meeting room facilities



Canal-side views



1 hectare nature reserve

## Activity Options

KOKEDAMA

Learn the Japanese art of creating your very own hanging garden to take home

£50 pp

PERFUME BAR

Blend aromas and select scents to create your own unique natural perfume

£46 pp

MACRAME

Immerse yourself in the basics of this ancient craft and take home your own beautiful boho creation

£45 pp

ELEMENTS YOGA

A dynamic and creative class, grounding the universal principles of the elements.

£20 pp

GPS SCAVENGER HUNT

Explore the local neighbourhood with this outdoor activity trail, completing digital challenges to win

£15\* pp

*Please note: All prices above are exclusive of VAT. Activities subject to host availability  
\*GPS Scavenger Hunt is subject to additional set up fee*



# Woodberry Wetlands



Finsbury Park



Café facilities



Stunning lake views



11 hectare nature reserve

## Activity Options

GPS SCAVENGER HUNT

Explore the wildness of the wetlands with this outdoor activity trail, compete on digital challenges to collect team points

from  
£30\* pp

*Please note there are no meeting room facilities at this location, so we recommend only half day options. We can reserve a table in our covered outdoor seating area and pre-order lunch from the café.*

*All prices above are exclusive of VAT. Activities subject to host availability.*

*\*GPS Scavenger Hunt subject to additional set up fee*



# What's included in the Day Delegate Package?

## Venue Hire

*Use of venue and facilities from 09:30 – 16:00*

## Arrival Refreshments

*Tea, coffee and Danish pastries*

## Lunch

*Chef's selection of seasonal fillings on artisan breads and bagels, crisps and fresh fruit*

## Afternoon Tea Break

*Tea, coffee and cake selection*

Unlimited filtered water throughout

## **£65+VAT per person**

Minimum numbers:

Camley Street Natural Park – 40

Walthamstow Wetlands – 15

Woodberry Wetlands – Not currently available



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