



Corporate Retreat Package

Rate: \$375 per person, per night (Monday-Thursday)
Based on a 15 person, 2 -night minimum.

Includes: Exclusive use of Silver Springs' facilities, including conference room, private accommodations, 6 delicious and healthy meals, 2 nutrition breaks, complimentary wine & beer with dinner, and snacks and refreshments.

We prefer two-night stays but can accommodate 1-night stays at \$449 pp, per night.

A deposit of \$100/pp upon booking will secure your dates and allow us to book staff. We accept Visa, M/C and American Express. The balance will be due upon arrival.

Sample Itinerary

Monday

After 4 p.m. Arrivals

7:00 p.m. Appetizers/ Meet and Greet

8:00 p.m. Healthy Buffet Dinner

Tuesday

8:00 a.m. Hearty Breakfast

10:30 a.m. Nutrition Break

Meetings

12:30 p.m. Healthy Buffet Lunch

Meetings

- 2:00 p.m. Activity of Your Choice (see options below, additional charge applies)
 6:30 p.m. Healthy Buffet Dinner

Wednesday

- 8:00 a.m. Hearty Breakfast
 Meetings
 10:30 a.m. Nutrition Break
 12:30 p.m. Working Lunch – served in Conference Centre
 Meetings
 3:00 p.m. Departure

Room Descriptions

Room Number	Max Occupancy	Description
ROOM 1 – Main House	3	King bed + single + ensuite
ROOM 2 – Main House	2	Queen bed with ensuite
ROOM 3 – Main House	4	Queen bed with queen pullout sofa + ensuite
ROOM 4 – Main House	3	Queen bed + single + ensuite
ROOM 5 – Main House	2	Queen bed + ensuite + large sunroom. Only room on main level of main house.
ROOM 6 – Main House	2	Queen bed + Shared bath
ROOM 7 – Main House	2	King + fireplace + Dbl Jacuzzi ensuite
ROOM 8 – Main House	2	Queen bed + in-room sink + shared bath
ROOM 9 – Event & Conference Centre	4	2 Queen beds + full bath with Jacuzzi (not an ensuite)

ROOM 10 – Event & Conference Centre	2	Queen bed + ensuite
ROOM 11 - Event & Conference Centre	2	Queen bed + ensuite
ROOM 12 (Apartment) – Event & Conference Centre	3	Queen bed + single
ROOM 13 (Apartment) – Event & Conference Centre	2	Queen bed
ROOM 14 & 15 (Apartment) – Event & Conference Centre	4	Master with separate entrance. Twin-King bed (two twins connected together) + kitchen (studio style), full bathroom with separate small bedroom (rm 15) with two twin beds.

Apartment: Includes: 4 bedrooms, 3 bathrooms, full kitchen, living room with television and gas fireplace. Also note that the apartment is the lower walkout level of the event and conference centre, and ceilings are approximately 6.5 feet high. Apartment can be split into separate areas with separate entrances – Rooms 12 and 13 on one side and rooms 14 and 15 on the other.

Notes: Slippers are advised for the meeting space, as well as hiking shoes, insect repellent and appropriate clothing for outdoor activities.

Activity Options:

* Some options depend on instructor availability and/or weather conditions.

1. A gourmet cooking class with Guest Chef with an educational health and wellness twist. Includes dinner and wine.

\$100/pp

2. Horseback Riding - One or Two Hour trail ride at well-known stables

half-hour from Silver Springs. Transportation included.

1 hour - \$55 pp, 2 hour - \$90 pp

3. Guided Hike to Metcalfe's Rock - \$30 pp

Visit <http://www.ontariotrails.on.ca/trails-a-z/metcalfes-rock> for more details on this local treasure

4. GROOVE Dance: The GROOVE is an approach to teaching dance that challenges the idea that dancing is too hard or too intimidating. It abolishes dance fears of a dance program being too 'free' or too choreo heavy. Participants are taught a few SIMPLE moves, then they are guided to make it bigger, badder and better while adding their own flair. Instructor Tyler Boyle will introduce you to a fun and free way to exercise and express yourself, no matter what age you are! One hour class \$15 pp (10 person minimum)

5. Yoga Class: We work with instructors of all different types of yoga and skill levels. We can offer a 1-hour yoga class of your choice, with a qualified instructor for \$15 pp.

6. A newly designed Silver Springs outdoor Great Canadian Trivia Challenge on the subject of Food & Nutrition. This option combines mildly vigorous outdoor activity with competition and an educational awareness of super foods. The group pairs up; and over an hour they visit 7 trivia stations, set up in challenging places, ending up at the campsite with a roaring bonfire to score and celebrate with complimentary beer and wine. \$50/pp.

7. A one-hour "hands on" culinary contest - the group pairs up and competes with a unique set of appetizer ingredients to be assembled for all to taste. The secret ballot voting for the winning pair is based on taste and presentation. \$40/pp and BYOB

8. A scenic, guided cycling tour with phenomenal views of the Beaver Valley. Medium-level ride with slight inclines. You supply your own bike and helmet (some bikes available upon request). Please note: this tour is best for hybrid bikes, not road bikes. \$35/pp

RMT Massages: We can offer massages between 4-7pm on arrival day

and during the slotted activity time on the second day, depending on which activity(s) you choose. Types of massages offered are: Swedish, Relaxation, Deep Tissue, Indie Head Massage and Corporate Massage.

20 min Corporate Massage (fully clothed) - \$50

45 min massage of your choice - \$90

1 hour massage of your choice- \$115