

# ACTIVITIES AT NÄÄS FABRIKER

At Nääs Fabriker there is a lot to do and experience. Below we have collected examples of fun ones activities that we recommend during your stay here with us. Please contact us if you want to know more. All prices are excluding VAT.



## ONLY AT NÄÄS FABRIKER

### BADHUSET

Enjoy various sauna concepts, warm outdoor pools with jetties out into the lake and lovely lounge environments for relaxation both outside and inside. (Free of charge for overnighing conference guests Monday to Thursday.)

### GYM

Our indoor hotel gym is equipped with various machines and equipment, all for a good workout.

### BICYCLES

Explore the beautiful surroundings by bike during April-October. We are happy to recommend you nice tours in the area.

### SUP, KAYAK, PEDAL BOAT, ELECTRIC BOAT AND ROWING BOAT

During the spring and summer season, you can explore the surroundings around Nääs Fabriker on the lake and discover the beautiful environment.

### BOULE

Play boule by the hotel's outdoor terrace April-October. The equipment is available at the reception.

### SHUFFLEBOARD AND TABLE TENNIS

Challenge your friends by playing shuffleboard or table tennis, an game that suits all ages regardless of prior knowledge.

### SHOPPING

Everyone who conferences and stays gets a 10% discount in the shops in the area. Here you will find fashion, interior design and delicacies.

### BOOKABLE TREATMENTS

In the area, there is the possibility to book treatments for a new hairstyle, massage, osteopathy, beauty treatments, as well as physiotherapy.

### RUNNING AND WALKING TRAILS

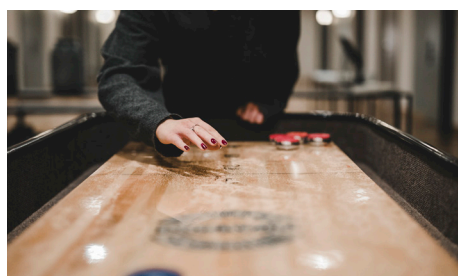
Here you run through beautiful nature and pass through the mill town of Tollered with it's historic buildings. You can find printed maps at the reception or digitally via the Runkeeper app.

### HISTORICAL WALK WITH OUR APP

Discover Nääs Fabriker and the beautiful town of Tollered with our app. Here are texts and images about the history and present of the place. Available where there are apps! Download Nääs Fabriker, the app is free of charge.

### VIP - STAY WITH A GOLDEN PACKAGE

Put a golden edge to your stay! We offer an affordable Golden edge package that includes upgrading to a more significant room type: superior, junior suite corner or junior suite loft room; GOLDEN EDGE + WELCOME DRINK (SPARKLING WINE); SEK 250/PERSON / GOLDEN EDGE + SPA KIT SEK 400/PERSON



## NÄÄS FABRIKER



### **BRÖD & MALT BEER TASTINGS (2 H)**

Are you eager to do a different and fun activity together with your company? Now it is possible to book a Beer tasting and our concept Pizza on Tap at our combined bakery and brewery Bröd & Malt. We start with a review of the brewery's beers and talk about how our circular concept with bread from the bakery and beer brewing works. We explore our small brewery and yeast tanks, and finish with beer tasting upstairs.

PRICE: SEK 316 PER PERSON (MIN 10 PERSONS, MAX 25 PERSONS)

### **PIZZA ON TAP AT BRÖD & MALT (3 H)**

We serve stone oven-baked sourdough pizzas baked together with a tasting of the brewery's beer. Also a guided tour and walkthrough of the brewery.

PRICE: CONFERENCE GROUP SEK 7 000, PRIVATE GROUP SEK 775/PERSON (MIN 10 PERSONS, MAX 25 PERSONS)



### **CHEESE TASTING (1 H)**

We're tasting three cheese families with two kinds of cheese per family – a total of 6 different kinds of cheese inside Gustavas Handel & Kök. During the tasting, we talk about the difference between cheeses from the same family, how they are experienced, as well as facts and history about each cheese.

PRICE FROM: SEK 402 PER PERSON (MINIMUM 6 PERSONS, MAXIMUM 12 PERSONS).



### **WINE TASTING (1 H)**

Choose between a blind tasting of grapes or champagne and sparkling wines.

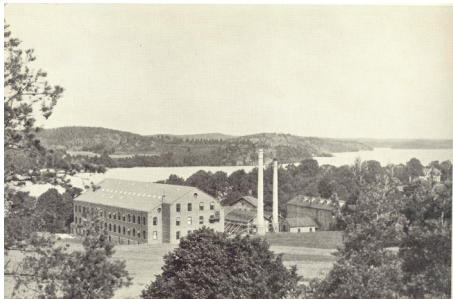
PRICE FROM: SEK 280/PER PERSON (MIN 6 PEOPLE, MAX 40 PERSONS)

### **COOKERY STUDIO**

In the cookery studio, you can book French rustic luxury. Bookable spring 2024.

### **HISTORICAL WALK (TOUR WITH A GUIDE 1,5 H)**

A guided walk through the industrial stories about the residential and factory buildings. You will learn about the history of the fabric and the life in Tollerred. PRICE: SEK 4 200



### **WORKSHOP IN WOOL**

Feel like home in our woolly shop Ullmagasinet and let yourself be inspired to create beautiful, simple and functional products in felted wool. Prepared sets for punching, gluing, braiding and tying. PRICE: SEK 450/PERSON (MAX. 8 PERS.) MIN. SEK 4 500  
TIME: 60-90 MIN

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## **MUSIC, DANCE & PAINTING**

### **MUSIC QUIZ (1 H)**

Quiz with duo. PRICE: FROM SEK 14 500

### **QUIZ (2 H)**

Quiz that may be combined with music entertainment. PRICE: FROM SEK 16 000

### **LINEDANCE (2 H)**

Learn how to line dance. No previous experience needed. PRICE: SEK 325/PERSON (MIN SEK 4 500)

### **CHORAL PRACTICE (2 H)**

Why not end your conference with a choir class that will give you a groovy kick and bring the group together? A real energizer! PRICE: SEK 14.500

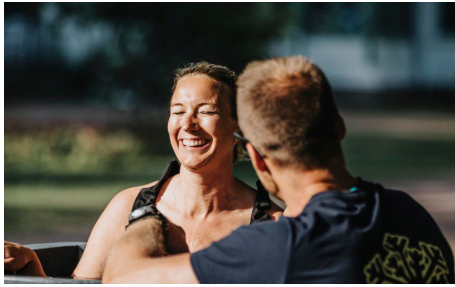
### **SURPRISE PAINTINGS (1,5 H)**

A positive and creative activity where your conference purpose can become the theme. PRICE: SEK 395/PERSON (MIN SEK 4 500)



# **NÄÄS FABRIKER**





## WORK OUT & WELL-BEING

### COLD BATH WITH EMBRACE THE COLD (1,5 H)

Bring your colleagues and get an unforgettable experience where you challenge yourselves while strengthening the team spirit. We start with a lecture where you learn about the positive effects of the cold and how breathing helps you deal with stress in everyday life. After a breathing exercise, you are then going to be coached in 4-degree water for 2 minutes. Customizable layout. (MIN 8 PERS) PRICE: SEK 600/PERSON

### YOGA (1 H)

We offer different kinds of yoga, contact us for more information.  
PRICE: SEK 220/PERSON (MIN SEK 2 100)



### OUTDOOR TRAINING (1 H)

A form of training with extreme efficiency, tough and fun training outdoors!  
PRICE: SEK 2 200+70/PERSON

### STAND UP PADDLE BOARD (SUP)

Try one of the fastest growing water sports right now!  
PRICE: SEK 200/SUP PER PERSON



### CANOE

Rent canoes and enjoy a ride on lake Sävälången.  
PRICE: FROM SEK 325/PERSON

## WE RECOMMEND!

Bring a picnic-bag with your afternoon coffee and experience the beautiful nature by the lake.



## ADVENTURE

### TEAMFABRIKEN (2 H)

Teamfabriken can be compared to an amusement park with 15 unique missions that are carried out in different rooms. You compete in teams and each team's goal is to collect as many points as they can, through good teamwork in their mission.  
PRICE: SEK 395/PERSON (MIN 4 PERS MAX 50 PERS)

### PRISONERS AT THE FACTORY (1,5 H)

Compete in teams with different challenges and win keys. The goal is the treasure-chest.  
PRIS: SEK 340/PERSON (MIN SEK 4 500)

### MISSION COMPLETED (1,5 H)

A fun activity that is energetic, varied and easy to adjust according to the group and your needs. Find codes and places and solve questions, tasks and photo challenges.  
PRICE: SEK 375/PERSON (MIN SEK 6 900)

### THE BATTLE OF THE TREASURE (2 H)

Bid on competition tools in action, the prices in the team battles give clues to the treasure. PRICE: SEK 375/PERSON (MIN SEK 6 900)

### BUILD A COASTER CAR (2 H)

Build a coaster car from crossbars, ropes and wheels. The fastest one wins.  
PRICE: SEK 1 750 /BOXCAR (MIN 3 PSC BOXCARS AND 15 PERSONS)

## LECTURE ADVICES!

We are happy to recommend good lectures. Contact us for suggestions.



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