

ACTIVITIES AT NÄÄS FABRIKER

We have many different activities to experience at Nääs Fabriker. We have gathered examples of activities that we recommend during your stay with us.

Please contact us for more information.



ONLY AT NÄÄS FABRIKER

GOLDEN EDGE PACKAGE

Put a golden edge on your stay! We offer an affordable Golden Edge package that includes upgrading to a more significant room type: superior, deluxe corner room or deluxe loft room and a welcome drink (sparkling wine)

PRICE: SEK 250/PERSON

WELLNESS AREA

Enjoy various sauna concepts, warm outdoor pools with jetties out into the lake and lovely lounge environments for relaxation both outside and inside.

HOTEL GYM

Our hotel gym offers treadmills, stationary bikes and cross trainers. Create your own training program with endless exercises.

OUTDOOR GYM

Warm up at our 300 meter long walking trail before running a strength workout on the 8 different stations at our outdoor gym.

BICYCLES

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

BOULE

Close to the hotel's outdoor terrace, there is an opportunity to play boule on our boule ground. The equipment is available at the reception.

SHUFFLEBOARD

Challenge your friends by playing shuffleboard, a game that suits all ages regardless of prior knowledge.

SHOPPING

The shops at Nääs Fabriker offer fashion, interior design, delicacies, childrens room interior and wooden toys.

MASSAGE AND OSTEOPATHY

On the area you find both massage and osteopathy at Nyans and Noh Clinic.

LEATHER WORKSHOP (30-60 MIN)

A creative moment in the craft spirit at Regale Industrisömnad. Together, you will create your own unique key- and napkin rings in leather.

PRICE: SEK 375/PERSON (MAX 12 PERSONS) MIN. SEK 3 500

WORKSHOP IN WOOL (60-90 MIN)

Feel at 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, glueing, braiding and tying. PRICE: SEK 450/PERSON (MAX 8 PERSONS) MIN. SEK 3600



NÄÄS FABRIKER



TRAINING

YOGA (60 MIN)

We offer different kinds of yoga, please contact us for more information.

PRICE: SEK 180/PERSON (MIN SEK 1 800)

OUTDOOR TRAINING (60 MIN)

A form of training with extreme efficiency, tough and fun training- outdoors!

PRICE: SEK 2 200 + SEK 70/PERSON

TRAIL RUN

It's no wonder why trail running is popular. It is a heart-pounding, adventurous experience that gives the concept of "less is more" a true meaning.

PRICE: SEK 495/PERSON - MINIMUM SEK 4950

(1 RUNNING GUIDE PER 12 PEOPLE IS INCLUDED)

SEK 2 200 FOR AN EXTRA GUIDE IF REQUESTED

RUNNING AROUND TOLLERED

Nääs Fabriker's surroundings are perfect for running. Choose between three distances; 2,5 km, 5,4 km and 8 km. Find your running map at the hotels reception or download the trails through Runkeeper.



ACTIVITIES ON THE LAKE

STAND UP PADDLE BOARDING (SUP)

Try one of the fast growing water sports.

PRICE: SEK 200/SUP PER HOUR

CANOEING

Rent canoes and enjoy a ride on the lake Sävelängen.

PRICE: FROM SEK 300/PERSON



ADVENTURE

PRISONERS AT THE FACTORY (1,5H)

Compete in teams with different challenges and win keys. The goal is the treasure-chest.

PRICE: SEK 325/PERSON (MINIMUM SEK 4 500)

MISSION COMPLETED (1,5H)

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 foto challenges.

PRICE: SEK 375/PERSON (MINIMUM SEK 6 900)



THE BATTLE OF THE TREASURE (2H)

Bid on competition tools in an auction, the prizes in the team battles give clues to the treasure.

PRICE: SEK 375/PERSON (MINIMUM SEK 6 900)

BUILD A COASTER CAR (2H)

Build a coaster car from crossbars, ropes and wheels. The fastest one wins.

PRICE: SEK 1 750/COASTER CAR (MINIMUM 3 CARS AND 15 PERSONS)

RAFTING (2H)

Build a raft. When all rafts are ready, everyone compete in a race on the lake.

PRICE: SEK 3 000/RAFT (MINIMUM 3 RAFTS AND 20 PERSONS)

NÄÄS FABRIKER



CULTURE AND CULINARY

CHEESE AND BEVERAGE TASTING WITH HUGO ERICSON OST

For a long time, the family business Hugo Ericson Ost has been present at Nääs Fabriker. The price includes six different cheeses, three beverages (two of them is wine), as well as bread, biscuits, fruit and jam.

PRICE: SEK 500/PERSON (MIN PRICE SEK 5 000, FOR GROUPS 8-20 PERSONS)

WINE TASTING

A tasting of selected quality wines, primarily from Italy and South Africa (Champagne). Served with selected snacks.

GLASS AND WINE TASTING

We taste selected quality wines from Italy and South Africa (Champagne). Everyone who attends gets a glass to bring home as a memory.

PRICE: CONTACT US FOR PRICES AND MORE INFORMATION ABOUT THE TASTINGS.

HISTORICAL WALK

A guided walk through the industrial town's central parts with stories about the residential and factory buildings. You will learn about the history of the fabric and the life in Tollerred.

PRICE: SEK 3 200



COOKERY STUDIO

Welcome to our fantastic cookery studio! Up to 16 people can prepare food dishes here together with our skilful chefs and confectioners. A gastronomic evening for all! Choose between three different concepts:

- COOKERY STUDIO ALL IN
- FRENCH RUSTIC LUXURY
- ENGLISH "PUBGRUB"



BEER TASTINGS AND ACTIVITIES

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 new concept Pizza on Tap at our combined bakery and brewery Bröd & Malt.

BEER TASTING

We start with a review of the brewery's beer 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 end with beer tasting upstairs.

PRICE: SEK 395/PERSON (MINIMUM 10 PERSONS, MAXIMUM 25 PERSONS)

PIZZA ON TAP

We serve stone oven-baked sourdough pizzas 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 16 PERSONS. CONTACT US FOR MORE INFORMATION.

NÄÄS FABRIKER



MUSIC AND PAINTING

MUSIC QUIZ WITH LIVE BAND

Quiz that may be combined with music entertainment.

PRICE: FROM SEK 13 500

LINE DANCE (2H)

Learn how to line dance. No previous experience needed.

PRICE: SEK 325/PERSON (MINIMUM SEK 4 500)

CHORAL PRACTICE

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 8 300

SURPRISE PAINTINGS (1,5H)

A positive and creative activity where your conference purpose may be the theme.

PRICE: SEK 395/PERSON INCL. FRAME (MINIMUM SEK 4 500)



LECTURES & WORKSHOPS PRICE ON REQUEST

GREGOR SCHILL, SCHILL COACHING AB

WE MAKE EACH OTHER GREAT - What stages are we going through - and how can we do it smoothly? The lecture/workshop includes: • From group to a highly efficient team • Diversity's strengths and challenges • Different behavioral styles • How to meet, support and collaborate?

SMART LEDARSKAP WWW.SMARTLEDARSKAP.SE

Smart ledarskap supports leaders, groups and organisations to be more effective with the concept of the Swedish National Defense College.

- Development and well-being through communication and feedback
- We are facing change - everyone on the train
- How to handle conflicts - theory and tools
- We need to cooperate better - group development

[UL - DEVELOPING LEADERSHIP \(3,5 DAYS\)](#)

[IL - INDIRECT LEADERSHIP \(3 DAYS\)](#)

MENTAL TRAINING - TO OPTIMIZE HEALTH & PERFORMANCE

- Thought, feelings and behaviours • Inner states • Mental basic rules and key skills
- Stress and stress handling • Performance psychology • Western vs Eastern Mental Training

NORVY BRANDIN & TARA HUNNEWELL - THE NOW

MEDITATION/BREATHWORK

This workshop explores the power of meditation and breathing to calm the nervous system and reduce stress. Participants can expect to leave feeling peaceful, clear headed, and centered.

STAY CONNECTED

Want to create a harmonious and productive workplace? Participants are offered powerful tools that can be used to stay in a connected state every day, resulting in a joyful and thriving workplace.

CPR WITH DEFIBRILLATOR - CPR CENTER

There are over 10 000 sudden unexpected cardiac arrests in Sweden each year and only 5-6 percent of them survive. Through a course with CPR Center you will be trained to provide first aid to those who have suffered from acute illness or accidents.



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