

ACTIVITIES

Team Building and Beyond



CAPE REY™
CARLSBAD
A HILTON RESORT



So many activities, we may have to hand out badges.

From outdoor activities like paddle boarding, surfing and nature walks to culinary “throw-downs” and bloody mary making contests — there’s plenty of ways to stir the mind, body and soul. The Cape facilitators and interactive event designers will craft an event or afternoon out that is as adventurous as you are.

C A P E R E Y · C A R L S B A D C A L I F O R N I A

1 PONTO ROAD · CARLSBAD CA · 92011 · T: +1 760 602 0800 · F: +1 760 602 0805 · E: meet@CapeRey.com · W: CapeRey.com

ACTIVITIES

Outdoor & On The Shore



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From paddle boarding and surfing to volleyball and nature walks — see how much more you'll accomplish in shorts.

On the Water

Get outside, put your feet in the sand and enjoy the view. Dive into the best activities Southern California has to offer, such as paddle boarding, kayaking and even deep sea fishing.

\$75 per person and up

Oceanfront Hospitality

Sometimes it's just more fun to be outside. Take the ocean by storm and we'll have your haven ready at the shore. Complete with tents, lawn chairs, bottled water and soft drinks.

Pricing varies
Based on availability
Ask about additional catering options

Nature Walks Games & More

Join Cory Hawkins, of the California State Parks, as she guides you through our unique and special coastal habitat. It's sure to amaze! Choose from the following walks:

San Diego Ecosystem Walk · Shell Walk and Talk · Whale Watching · Kelp: Growing Big and Strong

\$15 per person
Based on availability.

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Wellness

Become one with “the Cape” in wellness classes or mini spa sessions to ease that tension either before or after a full day in the classroom.



Cardio Boot Camp

Using the High Intensity Interval Training (HIIT) method you can burn 500 - 1,000 calories in one class with a mix of strength training, cardio, and circuit training! All equipment provided

\$20 per person
60 minutes · Minimum of 10 guests

Mini Spa Sessions*

Reward your team members to a “melt-down” session, having our therapists come to your banquet room for a little neck and shoulder re-invigoration. Works wonders!

\$25 per person
Minimum of 10 guests

Yoga Classes

Many yoga students discuss the benefits of yoga with terms such as decreased stress levels, lower blood pressure, clarity of mind, increased concentration levels and an overall feeling of well-being. Yoga helps strengthen your back, gain flexibility in such problem areas as hips and shoulders, and even helps you learn how to relax and renew your energy. Explore yoga as a group with a personal yoga teacher to create a customized experience.

\$20 per person
Minimum of 10 guests

Boxing Boot Camp

Get hooked on a workout that will burn fat, tone your entire body & knockout stress! Gain strength and power while burning calories in a fun & high energy environment. All equipment to be provided (mitts, gloves, etc.)

\$20 per person
60 minutes · Minimum of 10 guests

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Culinary



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Host a Cape Kitchen “throw-down” with one of our exciting culinary challenges. Create a decadence all your own with the cake popping challenge or have your team saying “Allez cuisine!” with Iron Chef style competitions.

Cape Rey’s Chopped Kitchen

Could there be a more ideal way to build teams other than through food and fun? Teams that cook together stay together, and this is an enjoyable way to teach your group new concepts, build company morale and bond through learning, laughing, and food preparation. The Cape pantry has everything teams need to craft their spin on a few foodie favorites. Teams choose a name and present to the judges table.

Salsa + Guac + Margaritas

Everyone thinks theirs is the best, now you get to prove it!

\$70 per person

Cape Pop Challenge

Build 1, or build 6! Use sprinkles, gimmies, frosting and more to make fun and tasty sweet treats.

\$40 per person

Spa Sips to Savor

Design spa inspired cocktails and appetizers from farmers market finds and aromatherapy elements.

\$55 per person

Ultimate Bloody Mary Bar

Think unique, tasty, and eye-catching. Extra points for playful garnishes!

\$55 per person

Chili Cook-off

Choose a heat level and signature technique to put your stamp on this culinary classic.

\$70 per person

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School of Adventures

Looking for more?
Upgrade the impact with half day
outings and coastal field trips.
It's learning mixed with inspired fun.



Board Meetings

Take your half day meeting on the road! We have the best surf spots picked out and will put you in the hands of true San Diego surfers. You'll learn etiquette, form, and you'll get introduced to the authentic surf culture of San Diego. Whether you are checking the waves, eating burritos while watching whales spout over the Pacific, or simply enjoying one of our classic multi-color sunsets, on this adventure you will feel just like a local.

\$179 per person and up
*Approximately 2.5 to 4.5 hours | Includes transportation, equipment, and snacks
Lunch and event photographer is additional*

Wellness 101

Clear your mind and recharge your spirit along the stunning coastal cliffs. Renowned local wellness expert Stacy McCarthy leads you through mindful living in the way you think, move, and eat. Learn strong, safe and healthy yoga practices to balance and invigorate your body, while calming your mind. Take the group on a beachside walking meditation and afterwards, be treated to a sampling of the most powerful superfoods on the planet!

\$89 per person
*Minimum of 5 guests
Approximately 3 hours*

Coastal Cruisin'

It's super-SoCal to enjoy the coast by bike, especially with an expert to lead the way! We've picked out a local cycle-savvy guide for that perfect ride around coastal North County San Diego. From water and pitstop snacks, to transportation and bike rentals, we will have your group completely prepared for the excursion. A pedal through paradise can't be beat.

\$99 per person
*Minimum of 5 guests
Approximately 3 hours*

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