

ACTIVITIES

Team Building and Beyond



CAPE REY™
CARLSBAD BEACH
A HILTON RESORT & SPA



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 salsa-making contests — there’s plenty of ways to stir the mind, body and soul. The Cape facilitators 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 to 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 & More

Join California State Parks Rangers as they guide 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.



Beach Body Bootcamp Mini Spa Sessions

Using the High Intensity Interval Training (HIIT) method you can burn 500 - 1,000 calories in one class with a mix of functional exercises focusing on core and ending with stretching and flexibility. All equipment provided.

\$20 per person
50 minutes · Minimum of 15 guests

Reward your team members to a “melt-down” session, having our therapists come to your banquet room for a 10 minute 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. Select from a variety of practices: Vinyasa, Flow, Ashtanga, Sculpt or Meditative.

\$300 per session
50 minutes · Maximum 25 guests per trainer

Teambuilding Bootcamp

Get hooked on team and partner workouts that will burn fat, tone your entire body & knockout stress! Break the ice and bring on the competition in a fun & high energy environment alongside your team. All equipment provided.

\$20 per person
50 minutes · Minimum of 15 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.

Cape Pop Challenge

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

(10-50 guests)

\$40 per person

Salsa + Guacamole

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

(12-30 guests)

\$75 per person

\$175 Facilitator also required.

Street Taco Challenge

Design a signature taco with your pick of ingredients. See who comes up the winner!

(12-30 guests)

\$80 per person +
\$175 chef attendant fee
\$175 Facilitator also required.

Granola Anyone?

Housemade granola by you! Make it the way you want it. When you’re ready, our chef’s will bake it up and send you home with a jar to share with family and friends.

(10-30 guests)

\$55 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.

Wellness 101

Clear your mind and recharge your spirit along the stunning coastal cliffs. Renowned local wellness expert Minh Nguyen 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

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-saavy 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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Board Meetings



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We've partnered with SurfRide to bring 40+ years of authentic surf culture into the heart of our resort. Take your meetings on the open water with customized surf lessons.



Board Meetings

Experience SoCal like a local. Take the team for surf lessons at some of the best surf spots on the San Diego Coast. You'll learn basic surfing skills and techniques from experienced SurfRide instructors.

Private Lessons: 1 hour = \$75, 2 hours = \$120

Semi-Private Lessons (2 people): 1 hour = \$60 per person, 2 hours = \$90 per person

Group Lessons (3-6 people): 1 hour = \$50 per person, 2 hours = \$75 per person

2-hour Surf Lessons with Transportation to and from Cape Rey Carlsbad

Private \$150 | 2-3 people \$125 per person | 4-6 people \$100 per person

For groups over 6 people, call for availability and pricing. Includes board and wetsuit. All instructors are CPR and First Aid Certified.

Rentals Only

For those who just need the gear...

Surfboards: 1/2 day = \$15, Full day = \$25, Additional day = \$15

Wetsuits: 1/2 day = \$10, Full day = \$15, Additional day = \$10

BodyBoards: 1/2 day = \$10, Full day = \$15, Additional day = \$10

Swim Fins: 1/2 day = \$5, Full day = \$10, Additional day = \$5

Cruiser Skateboards: 1/2 day = \$10, Full day = \$15, Additional day = \$10

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