AUBERGE GODEFROY
HÔTEL • SPA • GOLF

# Team Building Activities

| On-Site Activities

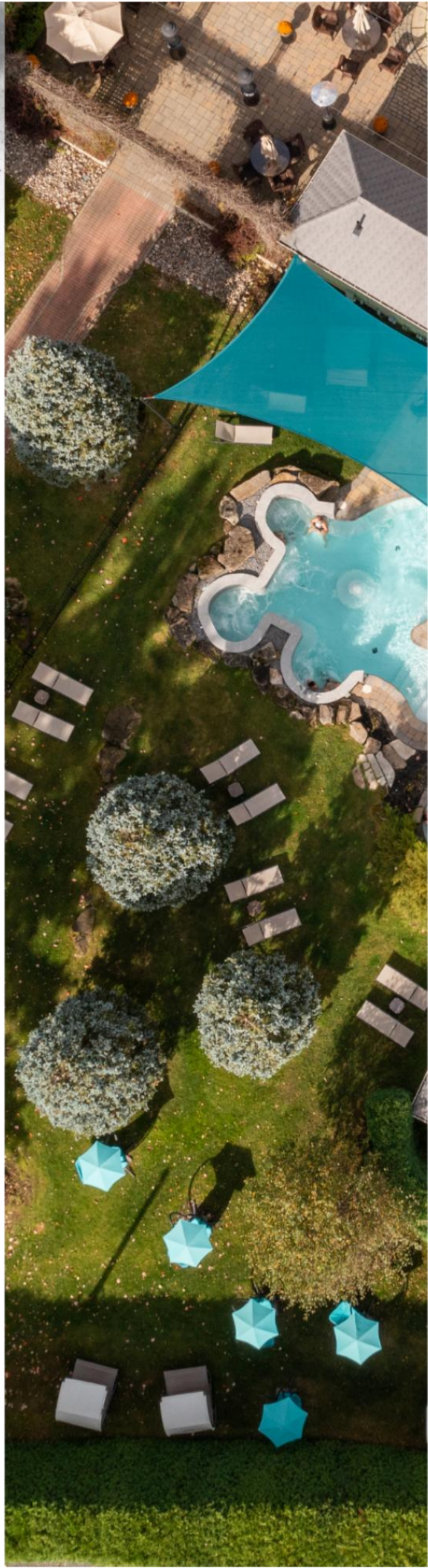
| Mixology Workshop

| L'Aventureux Activities

| Tea Discovery Workshop

| Yoga Workshop

| Nearby Activities



**Auberge Godefroy** | 17575, boul. Bécancour, Bécancour (Québec) G9H 1A5 | 1 888 422-1620

# On-Site Activities

Make the most of your stay by discovering the many activities available on the hotel grounds. Between relaxation, outdoor fun and shared moments, everything is in place to help your team unwind and enjoy a corporate experience that is both dynamic and entertaining.

## COMPLIMENTARY OUTDOOR ACTIVITIES

Volleyball | Badminton | Horseshoes | Petanque | Bean bag toss
Washer toss | Soccer | Bike

## GOLF ($)

Perfect your swing at the Club de golf Godefroy, located directly in front of the hotel, or discover one of our 8 partner golf courses nearby. An ideal activity to combine relaxation, enjoyment and friendly competition in the heart of a remarkable natural setting.

## ESPACE AQUA-DÉTENTE

Accessible to staying guests, our indoor and outdoor four-season Espace Aqua-Détente invites you to slow down and enjoy a true moment of rejuvenation. Pools, hot tubs, heated natural spas and saunas create the perfect atmosphere to unwind and extend the wellness experience throughout your stay.

Complete your relaxation experience with professional health treatments and massages provided by the experts at the hotel's Amerispa. **($)**

## OUTDOOR FIREPLACE

Gather your team around our large outdoor fireplace for a warm and inviting end-of-day experience. Add specialty coffees or digestifs to enhance the evening, and extend the atmosphere with live music from one of our guest performers.

Specialized Coffee | **14.**/drink
Hot Chocolate | **4.**/drink
Digestif | starting at **12.**/drink
Live Musician (3 hours) | **rate to be confirmed**



Service and taxes not included. Prices subject to change without notice.

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# Mixology Workshop

Immerse your team in the creative world of mixology with an interactive workshop led by the experts from L'Expérience Cocktail. Known for their immersive and people-focused approach, their team creates unique moments in both intimate settings and large-scale events.

Combining expertise, creativity and active participation, this workshop invites participants to discover the art of cocktails in a dynamic and approachable atmosphere. An original and engaging activity that encourages interaction in a festive and welcoming environment.

Expérience
SERVICE DE BAR

## MIXOLOGY CHALLENGE (TEAM BUILDING)

A dynamic cocktail workshop where participants compete in teams through a fun and interactive format.

This activity encourages collaboration, creativity and team spirit in an energetic and engaging atmosphere.

Duration : 90 to 120 minutes
**900.** base fee, plus **40.** per person.
Minimum 25 participants.

## COCKTAIL BAR (HAPPY HOUR)

A refined bar experience where a professional mixologist prepares a selection of 4 themed cocktails inspired by the moment.

A welcoming and elegant formula, ideal for socializing and enjoying a relaxing moment with colleagues.

Duration : 180 minutes
**900.** base fee, plus **15.** per drink.
Maximum 90 participants.

The workshop may be enhanced with a canapé service starting at **12.** per person.
Our team will be pleased to share our recommendations with you.

For any activity held in your private room, a 60-minute setup and preparation period is required.



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# L'Aventureux Activities

Step outside the ordinary with the immersive experiences offered by L'Aventureux. Through captivating themed scenarios, these activities encourage collaboration, communication and team spirit, while inviting participants to challenge themselves in a fun and unexpected environment.

## GPS RALLY : INVESTIGATION

Find 12 hidden clues scattered throughout the course in order to identify the culprit behind a crime. Be the fastest team to uncover the suspect.

**Goal :** Encourage communication by allowing everyone to share their ideas.

Duration : 120 minutes
**1 135.** / group (49 participants or fewer)
**1 415.** / group (50 to 99 participants)
**1 675.** / group (100 to 149 participants)

## GPS RALLY : THE MISSIONS

Develop a fast and effective strategy to complete 10 missions in order to recover clues and access codes for various locked chests located at base camp.

**Goal :** Demonstrate the importance of each person's contribution and teamwork within a group.

Duration : 120 minutes
**1 235.** / group (49 participants or fewer)
**1 515.** / group (50 to 99 participants)
**1 795.** / group (100 to 149 participants)

## ADVENTURE RALLY : OPERATION D-K-D

Decode a secret message delivered by a fearless scout, uncover the mystery of an enigmatic chest... and much more !

**Goal :** Encourage collaboration among participants while developing problem-solving skills.

Duration : 120 minutes
**1 285.** / group (49 participants or fewer)
**1 625.** / group (50 to 99 participants)



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# L'Aventureux Activities

## ULTIMATE CHALLENGE : PUT YOUR TEAM TO THE TEST

Dive into an adventure where each team must complete a series of exciting challenges and missions. Some obstacles require solving puzzles before taking on physical tasks. Skill, speed and teamwork will reveal each team's hidden strengths and abilities.

**Goal :** Stimulate collaboration, collective thinking and the ability to overcome challenges as a team.

Duration : 120 minutes
**1 675.** / group (24 participants or fewer)
**1 865.** / group (25 to 36 participants)

## INDOOR ACTIVITY: TRAPPED

Deactivate trapped capsules and uncover clues that will help identify the culprit using a countdown device hidden inside a mysterious briefcase. An activity that will keep participants engaged until the very end.

**Goal :** Encourage communication and leadership in order to solve challenges together.

Duration : 75 to 90 minutes
**1 445.** / group (30 participants or fewer)

## INDOOR ACTIVITY: THE INN'S SECRET

A secret chest has been discovered, but no one has managed to open it. Search for clues and decipher the codes to uncover the solution.

**Goal :** Strengthen team cohesion by encouraging participation, focus and collective involvement.

Duration : 60 minutes
**655.** / group (15 participants or fewer)
(only one group possible)

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# Tea Discovery Workshop

Invite your team to explore the world of tea through an immersive workshop led by the passionate experts at Urbanithé. This experience highlights the famous English Breakfast blend, renowned for its richness and comforting character.

Through a guided sensory experience, participants discover the origins, aromas and traditions surrounding this timeless classic. A welcoming and engaging activity, ideal for encouraging conversation and strengthening connections.

URBANIthé

## 5-STEP EXPERIENCE

Welcome and introduction
Sensory tea discovery workshop
The perfect infusion challenge
Tea pairing with 3 traditionally inspired English bites
Quiz and conclusion

Duration : 90 minutes
**290.** base fee, plus **22.** per person.

The workshop may be enhanced with an assortment of sweet bites and chef-inspired creations influenced by English tradition, starting at **15.** per person.

For any activity held in your private room, a 60-minute setup and preparation period is required.



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# Yoga Workshop

Offer your team a moment of renewal with our yoga workshop, guided by Catherine Beaudoin. This practice combines postures, breathing, meditation and relaxation for a complete experience that promotes overall well-being.

Through this restorative break, participants are invited to reconnect, enhance creativity and improve focus in a calming and peaceful atmosphere.

## YOGA & MEDITATION

Breathing techniques
Physical postures
Stress management
Relaxation
Balance and well-being

Duration : 60 to 90 minutes
15 participants or fewer : **420.** fixed rate.
More than 15 participants : **28.** per person.

Workshops may be enhanced with a healthy break option :
Fresh fruit salad
Vanilla Greek yogurt
Granola and fruit coulis
Salted almonds (23 g pack)
Almond beverage (original or chocolate)
**14.** per person

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# Nearby Activities

Just a few minutes from the inn, the POP Museum, the Old Prison of Trois-Rivières and My Enigma offer immersive experiences ideal for enriching your corporate stay. Blending culture, collaborative challenges and themed activities, these experiences encourage teams to step outside their comfort zone, strengthen bonds and see their colleagues in a new light.

## POP MUSEUM
### (SELF-GUIDED TOUR)

WEBSITE

The POP Museum of Trois-Rivières showcases the identity of Quebec society and invites you to explore its diverse exhibitions.

In teams or individually, discover at your own pace the many themed worlds of Quebec's popular culture.

## OLD PRISON
### (THEMED EXPERIENCE)

WEBSITE

Inside the old prison, transform your team into a 1920s-era jury. You must deliberate on a criminal case in which a man is accused of murder, based on a true-crime that took place in Trois-Rivières at the beginning of the 20th century.

An experience where each participant's ethics and moral judgment are put to the test.

Duration : 120 minutes

## MY ENIGMA
### (ESCAPE GAMES)

WEBSITE

Will you trigger the security system or create a distraction?
Will you hide behind the curtain or inside the closet?
With the help of your colleagues, you have a limited time to outsmart the characters and decide on the best way to escape.

Duration : 60 minutes



For pricing and information, please contact our partners directly.

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