

# TEAM BUILDING

BE INSPIRED,  
BE CHALLENGED,  
BE CONNECTED.



LANSDOWNE  
RESORT

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Lansdowne Resort's teambuilding activities are designed to encourage collaboration, inspire creative solutions and establish unity within the workforce.

The diverse assortment of exercises cater to any mission and can be tailored to meet the requirements of your team's outing.

Enjoy Lansdowne Resort's teambuilding and depart feeling refreshed, bonded, and stronger as a team!



## Paint & Pinot

Group Size: 8 minimum  
Cost: 65/person  
Duration: 2 hours

Sip, create and have fun with local Loudoun County artists, as your team is inspired and guided towards creating a masterpiece. Your team will paint while enjoying a selection of premium local wine.



## Boat Float

Group Size: 10-100

Cost: 50/person

Duration: 1.5-2 hours

Teams are given materials to build a boat large enough to hold one of their group members as they try to keep the boat afloat and captain the vessel across the pool first.



## Scavenger Hunt

Group Size: 10 minimum

Cost: 60

Duration: 2 hours

Teams use the GooseChase app to take photos and videos all along the property. They will find clues and complete activities to earn points. The team with the highest total points wins!



## Lansdowne Trivia

Group Size: 20-200

Cost: 45/person

Duration: 1.5-3 hours

Challenging trivia questions from music, movies, Virginia history and more! Customized by Charm City Trivia to fit your organization's vision, culture and growth. Add a variety of options including Human Bingo or Trivia Bingo for an extra twist that everyone will enjoy!



## Nature Walk

Group Size: 10-30  
 Cost: 30/person  
 Duration: 1-3 hours

A guided walk on the Heritage Trail along the Potomac River puts you inside the Virginia landscape as you walk, talk and bond as a team.



## Wine & Zen

Group Size: 10 minimum  
 Cost: 40/person  
 Duration: 1 hour

Unwind with a vinyasa flow and pinot. This yoga and wine class is the perfect opportunity to get outdoors, relax and stretch while enjoying a glass of wine. Personalized instruction, yoga mat and one glass of red or white wine is included.



## Meeting Breaks

Group Size: 10 minimum  
 Cost: 20/person  
 Duration: 30 minutes

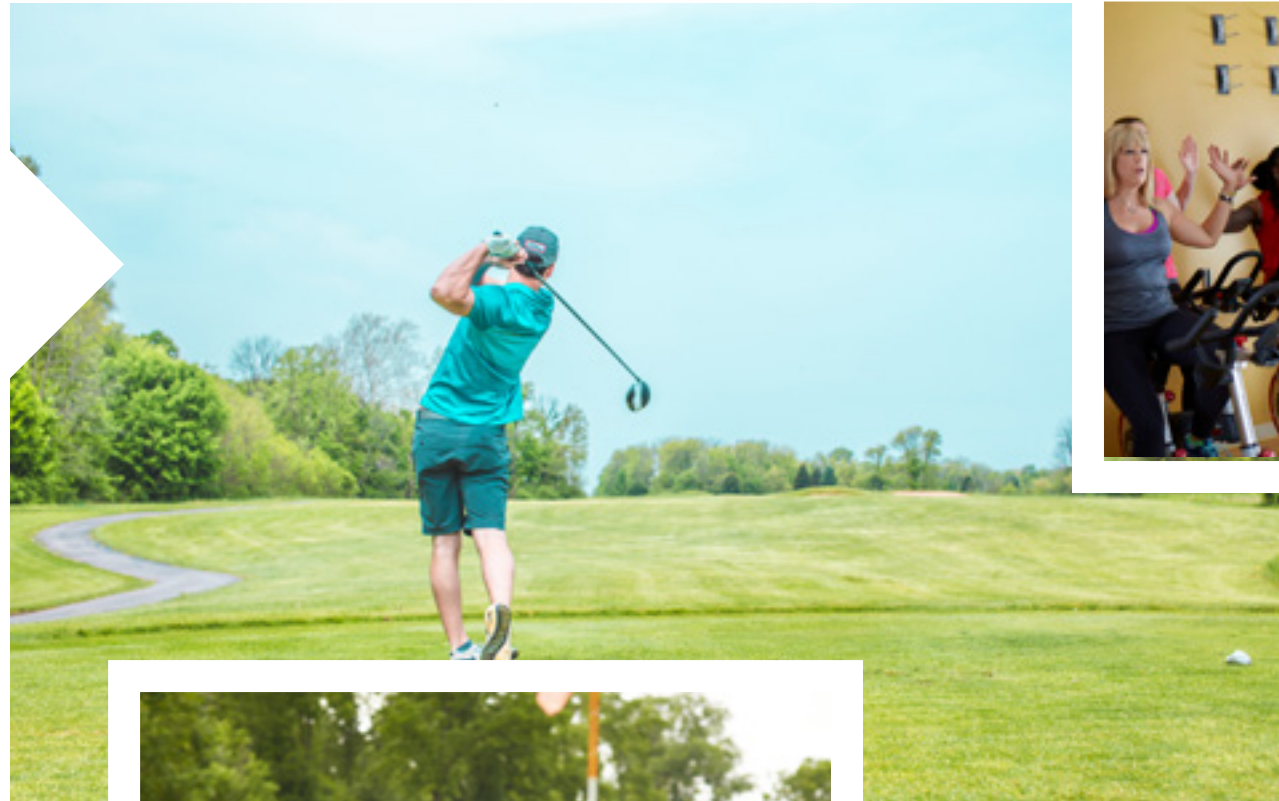
Choose from one of our three quick meeting breaks to allow your attendees to refresh.

1. **Yoga**  
 This session teaches simple but effective postures that focus on stretching and breathing techniques.
2. **Stretch**  
 Basic stretches designed to clear the mind and relieve stress between meetings.
3. **Nutrition**  
 A personal trainer from Lansdowne Resort's Health Club will speak about nutrition and the benefits of a healthy lifestyle.

## Golf Olympics

**Group Size:** 10-36  
**Cost:** 100/person  
**Duration:** 1.5-3 hours

Experience 9 holes of creative golf shots, adding a fun twist on traditional hitting techniques. Hit with your opposite hand, take a shot from a bunker, or finish putting with a pool stick. Golf Olympics can be enjoyed by all levels.



## Foot Golf

**Group Size:** 8 minimum  
**Cost:** 65/person  
**Duration:** 3 hours

Golf played with a soccer ball. This is for 'non-golfer groups' who want to be outdoors enjoying our beautiful golf courses. Pricing includes golf cart, fees and soccer balls. Beverage carts are an additional fee.



## Fitness Classes

**Group Size:** Sizes vary based on class  
**Cost:** 15/person & 25/person (150 room fee)  
**Duration:** 30 mins/60mins

The Lansdowne Health Club will arrange a private class to rejuvenate your group for productive meetings. Options: Yoga, Zumba, Barre, Power 1/2 Hour, Lunch Crunch, TRX, Spinning, PiYo, and Full Throttle CrossFit.

## Bike Ride

**Group Size:** 10 minimum  
**Cost:** 60  
**Duration:** 1 hour

Enjoy a guided bike ride on the Heritage Trail along the Potomac River.



## Group Games

**Options:** Foosball, Ping-Pong, Chess, Jenga, Connect 4, Cornhole, Tabletop Shuffleboard, Beach Volleyball, Horseshoes, Tennis, Pickleball & Basketball



## Guac Off

Group Size: 15  
 Cost: 60/person  
 Duration: 1.5 hours

Teams are given basic guacamole ingredients. Then, to add a little spice to the mix, teams are asked trivia questions. For every correct answer, the team is given an additional ingredient to jazz up their guacamole and judged by our culinary experts.



## Chef's Mystery Basket

Group Size: 20-75  
 Cost: 200/person  
 Duration: 2 hours

Split into teams of 5-6 people and work with your mystery basket of ingredients to make a culinary creation to be enjoyed by all for dinner.



## Chili Cook Off

Group Size: 20-200  
 Cost: 95/person  
 Duration: 1.5 hours

Competitors prepare their own chili recipe to be taste tested by an expert panel from Lansdowne Resort's culinary team.



## Cake Off

Group Size: 10-50  
 Cost: 100/person  
 Duration: 1.5 hours

Teams of 5 to 8 compete head to head to build the ultimate copy-cat cake. With help from our Pastry Chef, these cakes can be themed to fit your dinner or event, served as a dessert station.



## Sunrise Chef

Group Size: 10-50  
 Cost:  
 Duration: 1.5 hours

Compete to create the ultimate omelette as judged by our culinary experts.

## Charity Putt-Putt

Group Size: 20-200  
 Cost: 60/person,  
 15/each additional person after 20  
 Duration: 2 hours

Putt-putt with a philanthropic twist. Divide into teams with each team designing their own miniature golf hole using nonperishable packaged goods and cans. Play the course, keep score, have fun and serve the local community. All packaged goods used to build the course are donated to charity!



## Build a Bike

Group Size: Any Size  
 Cost: 100/person  
 Duration: 1 hour

Each member of your team will build a bike or wagon that will be donated to charity. This philanthropic experience brings people together by sharing in an activity for a great cause.