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CONTACT:
Dan Bolognani
Interlaken Inn
74 Interlaken Rd.
Lakeville, CT 06039
(860) 435-9878 / (860) 435-9878 fax
email: info@interlakeninn.com

**TEAM BUILDING ACTIVITIES:
ON TIME AND UNDER BUDGET.**

**Interlaken Announces “In-House” Corporate Team Building With
Flexible Running Times And None Of The Sticker Shock.**

LAKEVILLE, CT May 1, 2008... Interlaken Resort & Conference Center in Northwest CT unveiled its menu of “in-house” team building activities. These new programs are customizable to run in a specified amount of time, making it easy to integrate into an existing meeting itinerary. Because Interlaken staff provides the team building events, the cost-per-person is significantly lower than traditional programs provided by outside facilitators.

Kristy Barto, Interlaken’s Corporate Sales Manager, created the program in response to meeting planner’s need for effective team building, while allowing the rest of the meeting’s agenda to remain intact. “We’re sensitive to the fact that our clients are holding offsite meetings less frequently, and they have to pack a lot into their agenda” she stated. “We’ve found a way to provide some structured excitement in even the most crowded itinerary”.

Interlaken’s Event Services staff delivers any of four different team building events, including the Radical Race, Team Olympics, Culinary Challenge and the Raft Expedition. Each activity utilizes the resort’s extensive campus, lakes and wooded areas to create exciting and challenging scenarios. The combination of on-site staff and programs further reduce costs and time by eliminating the need for transportation and outside facilitators.

“We have a great setting for corporate team building” Barto exclaimed. “The lakes, the woods and our location in the Southern Berkshire Mountains is a real advantage when it comes to providing a unique experience for our guests.” Available for the summer / fall 2008 season, these activities can be tailored for groups ranging from 10 -100 people.

The Interlaken Inn (www.InterlakenInn.com) is located in historic Litchfield County, Connecticut, in the foothills of the Berkshires and nestled between two picturesque lakes. The property offers 80 first-class guestrooms and award-winning dining. The Interlaken features extensive resort, recreation and fitness facilities. It is located adjacent to Hotchkiss Golf Course that is recognized as one of Connecticut's most scenic and challenging courses, and near Route 7, Connecticut's renowned antique route. The Interlaken Inn is two hours north of New York City, and three hours East of Boston on Rt. 112 (Interlaken Road) in Lakeville, Connecticut. Recently the historic property completed an extensive renovation of all its facilities, including its century-old original Victorian building.

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