

Conferences | Team Building | Corporate Incentives



Interlaken

Resort and Conference Center





Meeting Facilities

The Vineyard Room

The Interlaken's meeting and conference facilities are designed to meet all of your corporate needs. With numerous separate and distinct settings, along with our gracious and personal service, we will provide the right meeting room and furnishings for your group.

Our six conference and meeting rooms offer complimentary wifi, computer outlets, audiovisual equipment and access to our 24-hour business desk.

The Vineyard Room - NEW!

We've made some changes in our Vineyard Room to make it an ideal meeting space for groups of 20 to 80 people. With ceiling to floor windows allowing an abundance of natural light, this room has 1,400 square feet of space and can be set up in a variety of ways depending upon your preferences. Black-out blinds deliver the darkness as needed during all video/computer presentations. The Vineyard Room's glass doors open onto our new outdoor deck area — perfect for attendees to gain some fresh air during break time or gather for cocktails at the end of the day.

Continental Room and Patio

Accessible off the lower lobby in the Main Building, as well as from the lawn and gardens, the Continental Room is a 30-foot x 30-foot meeting room with gas fireplace and 9-foot ceilings. French doors lead to the Continental Patio, a perfect indoor/outdoor meeting space with three walls of sliding glass windows that open to a slate terrace with views of manicured gardens. The Continental Patio serves as the ideal coffee break location, breakout room or location for a casual BBQ dinner or private reception.

Atrium:

Our 900-square-foot Atrium with skylights, huge windows and a touch of elegance, provides a comfortable U-shape for 15 to 55 people with seating in three-quarter round style.

Tented Pavilion:

Our largest and most unique space, the Tented Pavilion accommodates 20 to 160 people and has the ability for projector/screen presentations. This permanent tent structure over a beautifully designed brick terrace is surrounded by lush country gardens, and in open air during warmer months.

Will Rogers Room I & II

Located off our lower lobby in the Main Building, this room is L-shaped and can be divided into two separate meeting rooms, perfect for breakout sessions. With 1,500 square feet of space, natural light, and 9-foot ceilings, this room can accommodate many different style room sets.

Sunnyside Boardroom

Sunnyside is our grand Victorian House located within walking distance of the Main Building and offers 12 guest rooms (11 with king beds, one with queen bed), and a private boardroom. The conference table seats 14 and offers a private living room as well as a wrap-around covered porch.



“In my 30 years of meeting planning, I have never experienced the level of service and attention to detail as I did at the Interlaken Inn.”

- Sharon S. Bruce, Executive Director, CASBO

INTERLAKEN CONFERENCE FACILITIES AT A GLANCE

Location	Dimensions	Square Feet	Theatre Style	Classroom	3/4 Banquet Rounds	U-Shape Style	Banquet Style
Vineyard Room	50 x 28	1400	100	62	80	40	96
Tented Pavilion	40 x 60	2400	225	150	150	60	225
Atrium	20 x 45	900	50	45	55	20	50
Will Rogers I & II	60 x 25	1500	100	65	90	45	120
Continental	30 x 30	900	60	40	55	24	60
Patio	26 x 30	780	50	32	24	22	40
Sunnyside	14 x 23	322	N/A	N/A	12	N/A	N/A



Unique Meeting Venues



In addition to our traditional meeting rooms, we invite you to experience a more natural setting. Interlaken's unique meeting facilities make your conference more productive and memorable when you take your meeting outside to refresh the senses, inspiring creativity.

We can set these locations with tables, chairs, coffee breaks — whatever you need for a comfortable, effective work space. Table and chair configurations can be adapted for groups of five to fifty people. For your convenience, we always provide an inclement weather back-up location for your meeting.

Lakeside Lawn:

Gorgeous views of our spring-fed mountain lake is a welcome backdrop for any strategic planning session, out-of-the-box training or brainstorming meeting. This scenic lakeside venue is perfect for up to 50 people.

Sunnyside Porch:

Our Victorian's wrap-around porch overlooks a span of lawn and woods, suitable for up to 8 people.



Team Building Activities



“The group is still talking about the photo safari and how much they enjoyed it!”

- Sharon

Choose from several exciting team building programs and activities, designed to fit into your meeting’s agenda. Select the perfect overnight or day program to fulfill your teambuilding needs. All programs are executed by our fun and professional staff, and utilize our extensive grounds, lakes and surrounding wilderness. Our corporate team building encompasses a wide variety of interests and skill levels, and provides a rewarding experience for each member of your organization — regardless of their physical condition, age or gender. All team building activities are tailored to group size and can be run in two hours.



Photo Safari

The Interlaken’s Photo Safari is the most fun you can have — and still call it team building. This interactive event stirs competition between teams, and builds camaraderie among individuals.

Each team is provided a digital camera and a list of items, locations and ‘scenes’ around the resort’s property. The task — to work cooperatively to find and take a photo of their team interacting with the location or item within 90 minutes.

At the end of the Safari we conclude by viewing each team’s photos and deciding as a group whether they get the points and the team with the most points wins! The photos get put onto a CD for your group to take back to the office.

Approximately 1.5 hours in length.

Groups of 10 to 75 | \$45++ per person



Rafting Expedition

Problem-solving, negotiating, time-keeping and observation skills are all needed to complete this activity - but most of all you need to want to have fun!

A team consists of 6-10 people each and they are responsible for building a water-worthy raft able to stay afloat with participants aboard.

We provide all the items necessary; however, teams must bargain and perform tasks to acquire their items from our "Raft Trading Post". Once the trading is completed, teams will assemble their rafts and name their vessel.

The final portion of this exercise is to test the crafted rafts at our gorgeous lake front! Each team will select three crew members to race against the other teams. Of course our judges will have medals and special awards to be handed out at the completion of the race.

Groups of 12 to 75 | \$55++ per person



Culinary Challenge

You've seen the various Culinary Reality Shows on television, now put your group's culinary expertise and ability to work together to the test!

The group is divided into teams at the beginning of the challenge and given a work station with limited ingredients and one secret ingredient available to all.

They are asked to don their aprons and devise a two course menu which they will then have to cook together as a team within a limited amount of time. As any Chef knows, the kitchen is an ever-changing environment - you never know what challenges may be presented to overcome as a team.

While cooking they are judged by our Chef and Management Team on creativity, use of ingredients, plate presentation, taste and teamwork.

Groups of 10 to 75 | \$75++ per person



Radical Race

Perfect for groups ranging from 10-100, the Radical Race motivates individuals with tasks such as a culinary challenge, a blind wine tasting, tent building and much more!

While searching for clues and performing tasks, team members must work together using their skill and knowledge to solve riddles and problems. The Interlaken Radical Race has proved to be a great way to build strong relationships between team members.

The Radical Race exercise can be designed to suit your group's needs, taking both your time and agility into consideration.

Groups of 10 to 100 | \$50++ per person



Team Olympics

An exciting way to enhance camaraderie within your company, the Team Olympics activity involves numerous tasks for your players to challenge themselves with.

Be prepared to be taken out of your normal day to day element! Interlaken coordinators will divide your group into teams who will then devise a team name, create a Team Flag and Chant, and then it's off to the first activity. Team Olympics can be customized to suit your group's needs taking into consideration the amount of time your agenda allows (Team Olympics requires a minimum of an hour and a half). At the finish, Interlaken Coordinators will award medals based not only on who the winning team of each activity as well as a Team Spirit Award!

Sample Tasks: Canoe Race, "Dizzy, Izzy" Bat (Yes, the traditional version!), Interlaken Tug of War, Ping Pong Ball Challenge, The Burlap Hop, Frostbite and Twisted Dodgeball.

Groups of 10 to 75 | \$65++ per person





Praxis Engagement Workshops

with Mary B. O'Neill, Ph.D.

With Praxis Engagement, cultivating and sustaining meaningful employee engagement in your organization can be a fun and interactive learning experience. Dr. Mary B. O'Neill is an award-winning college instructor, organizational trainer and career coach, entrepreneur, and writer. With a doctorate in philosophy, she combines cutting edge theory and practice on relevant workplace issues with other disciplines, including philosophy, psychology, neuroscience, and literature. The result is an engaging workshop where participants leave better able to bring their work performance to the next level and gain deeper insight into their own human experience.

All Praxis Workshops: 35 person minimum | \$59++ per person | Duration: 2 hours



Improving Professional Communication

It's not communication if you're not being heard or understood. This workshop focuses on the importance of effective communication in the workplace. It allows participants to explore where they are on their own communication continuum, what kinds of communication are most pertinent to their roles in an organization, how this genre differs from others we employ in our lives, impediments to speaking and writing well, and simple hacks to greatly improve the clarity, structure, and accuracy of our communications.

Depending on group size, this can include a private coaching session that examines an employee's previously produced writing sample. These one-on-one sessions can

unearth individual strengths, impediments, and solutions to effective communication.

Cultivating Purpose in the Workplace—and Out

Humans need to believe their work, however defined, has meaning. This workshop is a multi-disciplinary investigation into purpose at work and everywhere else. Increasing a sense of purpose or "skin in the game" is critical to employee engagement, satisfaction, and retention. Participants will explore why purpose is so important to us as human beings, how it can enhance performance and well-being, and realistic individual actions they can take to enhance and sustain a sense of purpose in work and life.



Happiness Hacks for Living Well

Happiness is more than an emoji! This workshop emerged from Dr. O'Neill's oversubscribed college course on the subject. In a short span of time, participants will explore definitions of happiness and well-being, be exposed to theories and best practices about happiness from multiple disciplines, examine their own lives through the lens of an appreciative inquiry model, and learn life hacks or baby steps to take them along their own personal continuum from less happiness to more.

Any Given Monday: Behavioral Ethics in the Office

Unethical behavior costs an organization money and reputation. Yet it happens and good people do bad things. In this workshop, participants will explore ethical theories (yes, there will be a small dose of philosophy), research in neuroscience and psychology that impact ethical behavior and the incremental nature of unethical acts. We'll explore ethical blind spots we all share and how to be more mindful of them so we can set up structures in our organizations and lives to limit their occurrence.



Executive Leadership Skill-Building Programs

Beyond the Ropes

All the benefits of a low ropes course without the restrictions! The activities below simulate low ropes course elements, but trees and cables aren't necessary. As an added bonus, most challenges can be done indoors or out and therefore all year long. You only need a flat grassy field or suitable indoor space at Interlaken, some brainstorming and creative thinking by your team members, and the desire to have a challenging fun time!

- Chasm Crossing
- Portable Spider's Web
- Beach Ball Blast
- Cat's Cradle
- Balloon Chair Challenge
- Ski Trek

\$75++ per person for groups of 25 or more.
Smaller groups are individually priced



The "Pit Stop" Track Program

This exciting team building program at Lime Rock Park is offered exclusively by the Interlaken Inn.

It may be difficult to focus at your morning meeting at Interlaken, but work must be done before play. When your morning session at the Interlaken is over, our staff will deliver a deli lunch to each team as they begin to work on developing their Team Logo (also known as Livery) that will

be placed on their race car and judged for neatness and creativity. There is one hour to complete this task – and that includes eating – so use your time wisely. Your group will then head to the Lime Rock Park Chalet and the next set of tasks begins. Once the requirements are met and the car is ready to go, let the driving on the Autocross begin!

8 person minimum | \$450++ per person Mon - Fri | \$525++ per person Sat - Sun | Insurance and use of Miatas included

Leadership in Motion

The fast paced environment we work in leaves little time for reflection. Gilman Performance Systems, Inc. and Interlaken Inn have partnered to bring you Leadership In Motion, a powerful leadership development workshop. This exciting new program focuses on the specific tools and experiences that successful leaders need for themselves, their teams, and their organizations to succeed in the chaotic, ever changing, often unpredictable world in which we work and live. Participants will drive racecars at Lime Rock Park track to experience true Leadership In Motion, focusing on the immediate, as well as the curves down the road. The program affords participants practice to be a high performance leadership engine in a highly competitive environment, while maintaining a calm and focused mind steady at the wheel.



phone: (203) 740-9767 | email: info@gpsadvantage.com | www.gpsadvantage.com | www.yourbestmeeting.com

Off-Site Team-Building and Meeting Options

Take your team for some high-flying adventure at the **Catamount Adventure Park**. Challenges include aerial bridges, ladders, obstacles and zip lines.

Put your group behind the wheel of a Mazda Miata at **Lime Rock Park**, the well-known 1.53 mile, 7-turn course that has challenged some of the world's best drivers since 1957. Exhilarating and a favorite!

Explore subterranean caverns with an experienced Spelunker, construct and traverse a two-line bridge (Tyrolian Traverse) over a 65-foot high river gorge with **Above & Beyond International**

Sporting Clays Shooting and more corporate retreat options at **Orvis Sandonona** located in Millbrook, NY

Taste & Tour:

Sip outstanding regional wines at **Millbrook Winery**. **Millbrook Vineyards** is a superlative, award-winning vineyard with a broad range of wines, including Gewürztraminer, Chardonnay, Tocai Friulano and Cabernet Franc. Also nearby are **Cascade Mountain Winery** and **Haight Vineyards**, both offering tours and tastings of their wines. Enjoy a "Spirit Flight" at Litchfield Distillery. Lastly, for those bourbon aficionados, there is a bourbon tour and tasting available at **Hillrock Estate Distillery** in Ancram, NY. Sample fine teas at **Harney & Sons Fine Teas** located just minutes from the Interlaken in Millerton, NY, the

home of **Harney Tea**, recently selected as the official tea of Buckingham Palace.

The Great Outdoors:

Our complimentary trail guide describes over 25 different hiking routes to scenic and interesting destinations including legs of the famous **Appalachian Trail**. You may enjoy rafting, canoeing or kayaking with **Clarke Outdoors** on the Housatonic River with whitewater if you wish. Or try any of the numerous trail or mountain biking adventures, fly fishing with the expert guides from **Housatonic River Outfitters** on some of the most highly regarded stretches of water, or hiking some of the incredible legs of the Appalachian Trail that passes through town. There are miles and miles of walking and hiking trails nearby. Visit **White Memorial Conservation Center** area with access to Bantam Lake and 35 miles of public trails, as well as the **Harlem Valley Rail Trail**, a nicely maintained and mostly level 22 mile trail for walking, biking or inline skating.

Skip Barber Racing School:

Since 1975, **Skip Barber Racing School** has operated a fully integrated system of racing school, driving schools, corporate events and special projects across North America, including **Lime Rock Park** which is just 6 minutes from Interlaken! No other organization delivers such a combination of high quality instruction, equipment, facilities and memorable experience. Skip Barber Racing School Programs offered include one, two or three-day racing schools, teen safety and winter clinics.



Interlaken's Campfire Meeting, held lakeside, is extraordinary and often referred to as the "game changer" by our corporate groups.





Accommodations

Main Building

40 Guest Rooms

First Floor: 20 Double Queen Rooms

Second Floor: 10 King Rooms and
10 Double Queen Rooms

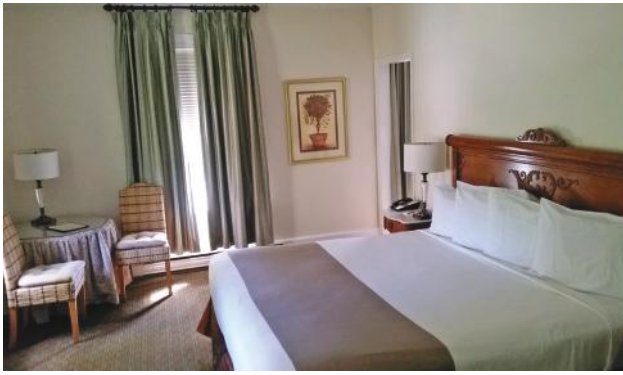


Penthouse Suite

Located on the private second floor of the main building, our Penthouse Suite features:

- King bed
- Linear fireplace in living room area
- Private bathroom with soaking tub and granite shower; his & hers granite sinks
- Flat-screen 50" TV
- French doors opening to private tranquility rooftop deck with hot tub
- Desk with personal computer with high speed internet





Sunnyside House

Our 125-year-old Victorian House features:

- 12 private guest rooms (11 with king beds; one with queen bed)
- Private boardroom accommodating 14
- Private living room
- Wrap-around covered porch



Countryside House

Our English Tudor-style house features

- 8 private guest rooms with king beds
- Private baths
- Flat screen TV
- In-room coffee makers
- High-speed WiFi



Townhouse Suites

Our 2-bedroom Townhouse Suites include:

- Full kitchen and dining area
- Laundry facilities
- Living room with fireplace
- Loft bedroom with a king or 2 queen beds
- Queen sleeper sofa in the living room
- 2-1/2 baths
- Outside deck facing the courtyard and swimming pool



Woodside Executive Suite

The newly remodeled Woodside Suite features

- Private outside entrance
- Extra spacious room with sitting area, two 25" TVs, fridge, microwave, DVD and one king bed
- All-granite shower in bath
- Doors open to a private patio with hot tub.

Basha Cottage

This private two-bedroom cottage is located at the edge of the woods within walking distance of our main building and features:

- Private deck with hot tub for four
- Two bedrooms with king beds and private connecting baths, each with granite and tile showers
- Flat-screen TVs in living room and both bedrooms
- Full kitchen and dining area
- Living room with Linear fireplace
- Screened-in porch



Lakeside Cottage

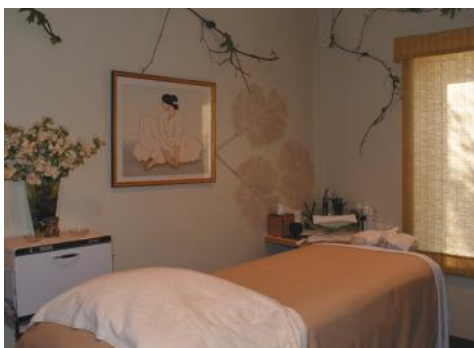
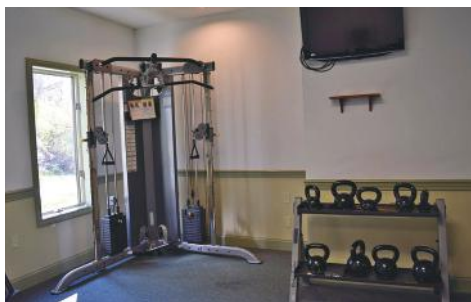
Secluded from the main property with its own private lakefront, this rustic cabin is available from May to October and includes

- A king size bedroom
- Living room with sleeper sofa
- Kitchenette
- Screened-in porch overlooking the lake
- A fire pit at the water's edge.



Amenities & Recreation

- Our on-site **Ellora Spa** offers therapeutic massage, facials and advanced skin care, spa packages and pilates
 - **Gift Shop** in the Main Building
 - Authentic farm-to-table seasonal cuisine served 7 days a week in our acclaimed **Morgan's Restaurant**
 - Game Room with pool table, ping pong and air hockey
 - Card and game tables
 - Exercise Room with treadmill, stair climbers, free weights, bicycles
 - Outdoor Heated Pool
 - Outdoor Tennis Courts & Pickle Ball Courts
 - Outdoor Ping Pong
 - Outdoor Life-sized Chess
 - Basketball half-court
 - Volleyball and Badminton nets
 - Croquet, bocce, horseshoes & corn hole
 - Lake Beach
 - Golf practice facility
 - Canoes and Kayaks
 - Pontoon Boat Rides (additional fee)
 - Group Stand-up Paddle Boarding (additional fee)
- and...
- Wireless Internet Access
 - Electronic Door Locks
 - Business Desk
 - Room Service
 - Free Parking





Located in the rolling Litchfield Hills of Connecticut, Interlaken is located on 30 beautiful acres of Traditional New England country gardens, shimmering lakes and manicured lawns. The breathtaking scenery makes Interlaken the ideal place to retreat, regroup and rediscover goals. Our rural and private location, professional staff and unique property will ensure your meeting or team building program is a success.

We are located:

- 2 hours from Manhattan
- 3 hours from Boston
- 75 minutes from Bradley International Airport in Hartford
- 75 minutes from Albany, NY

AMAZING CUISINE

Morgan's Restaurant at Interlaken is led by chefs Daire Rooney and James Corcoran. Together, this well-known husband and wife team have participated in six James Beard Dinners, as well as five Outstanding in the Field Dinners in the Berkshires. Daire and Jim focus on farm fresh food and diversified menus. Interlaken's culinary staff will customize menus to suit your group's needs. Private dining is available in one of several unique dining areas.

CONTACT US

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At a glance

Stay

- 80 guest rooms and suites in five buildings
- 15 unique room types including two distinct houses and two secluded cottages
- **Main Building:** executive floor featuring flat screen TVs and private balcony
- **Countryside House:** 8 private guest rooms, each with a king bed
- **Sunnyside House:** 12 private guest rooms and meeting room
- **Townhouses:** Two-bedroom suites, newly remodeled with fully equipped kitchens, dining area, 2-1/2 baths, laundry facility, living room with fireplace and private deck.
- **Woodside Executive Suite:** Private terrace with large hot tub, all-granite shower, king bed, wet bar area, two flat screen televisions.
- **Lakeside Cottage:** complete privacy on the lake, large screened in porch, king bed, living room, kitchenette, private dock and fire pit at the water's edge.
- **Penthouse:** King bed, sitting area, soaking tub, rainfall shower, bidet, private zen roof garden with hot tub and teak furniture.
- **Basha Cottage:** Two-bedroom cottage with two full baths, fully equipped kitchen, dining area, living room with flat screen TV and fireplace, screened in porch, full deck with hot tub.

Meet

- Six flexible meeting rooms accommodating up to 150 attendees
- On-site Team Building programs include: **Beyond the Ropes, Raft Expedition, Radical Race, Team Olympics, Culinary Challenge, Speak Easy, Photo Safari,** and a few minutes away at Lime Rock Park, **The Pit Stop.** Our **Campfire Meeting**, held lakeside, is extraordinary.
- Our new **Leadership in Motion** is a powerful leadership development program for executives and their teams.
- A dedicated Meeting Planner is assigned to each in-house group to ensure a stress-free event
- A professional support team to handle setup, coffee breaks and AV needs
- Complimentary wireless internet, plus a 24-hour business desk

Enjoy

- Lake Frontage on Lake Wononscopomuc, Connecticut's deepest lake. Canoe, kayak, fish or swim!
- Outdoor heated swimming pool (Memorial Day - Mid September)
- Group stand-up paddle boarding (additional fee)
- Two all-weather tennis courts
- Half Basketball Court and Volleyball/Badminton Net
- Executive Game room with Pool Table, Ping Pong, Air Hockey and a wide-screen TV
- Evening Bonfire with S'mores (weather permitting and additional fee)
- Lawn Games including croquet, bocce, horseshoes and corn hole
- Outdoor ping pong and life-sized chess
- 30 acres of country property to explore and stroll at your leisure
- Walking the Beaver Pond Trail along the shores of Lake Wononpakooc
- Fitness Room with Nautilus Equipment and Kettle bells
- On-site massage services available at ELLORA Spa