



INSPIRATION FOR YOUR MEETING

IN COOPERATION WITH





In nature, there are neither walls, desks nor chairs, but room to move and unfold. Nature affects us both mentally and physically, in a completely different way than when we are indoors. We are further away from disturbing elements, which makes us more present and open – both to each other and to new input. We use the surroundings as a framework for experiences with both high and low pulse, as well as as motivation to cultivate movement and communities. Breathe in the air and move outside with us.

TEAM WALKS // Digital experience walks >>>

In our walks, a "digital treasure map" is used as a platform. Using a GPS system, you as a team (4-6 people) must navigate the area around the Castle to find digital and/or physical records. The posts can consist of questions, photo assignments and/or staffed team assignments facilitated by one or more of our instructors. Each entry triggers points if the task or question is answered and completed correctly. You can be an unlimited number of participants, as the main material is digital. A really good way to activate everyone from start to finish, regardless of whether there are 15 or 500 of you. A pleasant and inclusive team activity that activates the participants without requiring a sweat. The content can be advantageously built as a company walk, where the questions, in addition to fun facts, can deal with a new strategy or your company's core values, so that these are experienced in a new and fun packaging. In an informal way, you link common experiences to your professional subject and create a meaningful connection to the stay. The content can also focus on you getting to know each other more personally. The activity can end with a cool award show before/during your dinner. You just sit back and enjoy the entertainment.

MTB SOCIAL RIDE >>>

If you are ready to experience the forest from its best side, a mountain bike "social ride" offers both technique, fun exercises, as well as tips and tricks. We always start with a good introduction to the bike and plan the trip based on your group. Difficulty, route, duration and obstacles are tailored.

CUMBALL TOUR >>>

The activity can be built as a race around Hørsholm / Rungsted around Kokkedal Castle, where the participants as a team must transport themselves from A to B on different means of transport and in different ways. The activities are fun, challenging and varied. The stages must be completed one by one, and the teams are guided by an instructor from place to place.

HIKE >>>

Experience nature at a leisurely pace on a guided hike from Kokkedal Castle, where along the way you will experience the most beautiful view of Øresund, golf courses and the forests around the castle. When you walk, it eases your mind and often it is easier to talk and open up on a walk n' talk.





We have experienced that if you really want to move something forward, you must start by creating the framework for the unique working communities. It does not absolutely require long-term strategies and large setups but can take place in informal and cozy settings - here are our suggestions for activities that can be carried out over a few hours.

FRESH AIR FOR THE AGENDA

Get control of the indoor climate. The easy solution is to open the window, but the sustainable one is to ventilate the colleagues. We would therefore like to inspire you to use the surroundings and outdoor facilities as a setting and space for replenishing energy and to link the professional content to physical activities, so that the content can be devised, experienced, and memorized in a fun and different way. We can inspire you to get today's program out and live. Set the bar high (with a view of the treetops) so that you get the most out of the hours allocated. Even if you want to stay indoors, we can help you with the facilitation of your program. Let us inspire you on how you can work with your strategy, your new team, your personal leadership or whatever is on the agenda. We think creatively and innovatively and can help you break out of the usual ways of thinking and behavior patterns.



LASER CLAY PIGEON SHOOTING 🏰

Authentic shotguns are used, which have been modified and fire with infrared radio signals. When a shooter hits the clay pigeon, this is recorded on an electronic scoreboard. Laser clay pigeon shooting can also be used in the dark, as the "pigeons" can become luminescent.

CROSS COUNTRY & BUNGEE 🏰

Endurance training, strength, and coordination, with different training stations where the landscape controls the intervals. Strength and cooperation, where you work in pairs with a Bungee elastic. An active hour where the heart rate rises. For everyone, regardless of training level.

POLO TEAM BUILDING 🏰

Everyone can join – even if you've never ridden before. Calm, well-trained horses and an experienced team ensure a memorable activity that really shakes up the team. Can be arranged all year round both inside and outside. We adapt the package to suit your needs.

GOLF FOR FUN 🏰

Only an 8-iron shot from the Castle is Kokkedal Golf Club. With "Golf for Fun" you get lessons from a professional golfer. Everyone can participate, both the novice who has never held a golf club in his hand and the semi-professional who can adjust his shot. We also offer other types of golf events.



EXPERIENCE THE FREEDOM WITH SAILING 🏰

You can become an active part of the sailing or simply enjoy the fresh sea air while the wind carries the boat forward. The possibilities are many and together we plan the sailing according to your wishes and needs. On the boat there are also SUP boards, kayaks etc.



PRIVATE RENT OF THE CASTLE'S POOL AREA

Enjoy the Castle's Wellness area, which offers an elegant pool, sauna, cold water shower, as well as a unique shower with light and aromatherapy. Slippers and a beautiful, soft loaner bathrobe for each participant are also included.

AQUA FITNESS

General training of the whole body where we use tools to achieve greater resistance in the water. The 28 degrees makes for a pleasant workout, as the muscles are softened by the warm water.

 Activities with this label must be booked directly with Kokkedal Castle Copenhagen

Contact us at +45 4422 8006 or booking@kokkedal-slot.dk for more information.

We collaborate with several providers of activities in addition to those we offer ourselves, so it is important that you contact us in good time so that we can plan your activity.



Activities with this label must be booked directly with Running26

Running26 tailor activities that focus on activating both body and mind with experiences that strengthen your community and support your agenda. All activities are planned based on an initial dialogue and matching of expectations with you, so that a magical day is created with a focus on relationships and mutual curiosity, which is the x-factor present in successful teams that must achieve an ambitious goal together.

See more inspiration at running26.dk or send an e-mail to hyde@running26.dk

