



## **TEAM BUILDING ACTIVITIES AND INCENTIVE IDEAS**

#### **ADVENTURE**

- Rally Car Experience (Cyprus Rally Itineraries)
- Classical car Experience
- 4x4 self-driving treasure hunt
- Buggy off road tours
- Quad bikes
- ATV off road tours
- Mountain bike tours
- Motor bike tours
- Drift Go-karting
- Golf

- Horse Riding
- Football
- Shooting
- Bowling
- Tennis
- Hiking and Trekking (rural routes / E4 European Long Distance Path)
- Nordic walking
- Snow Skiing
- Village bus rally

- Cycling
- Athletic competitions at the ancient stadium
- Climbing
- Orienteering
- Camel Riding
- Donkey Riding
- Clay pigeon shooting
- Archery
- Ancient Olympics
- Karting







### **NATURE**

- Jeep Tours through the National Parks of Akamas and Troodos
- Camping in the forest
- Bird watching
- Tree planting
- Rose distillation
- Essential oils distillation
- Geological Routes (Troodos Geopark)

- Nutrition Workshops
- Herbal Treasures of Cyprus
- Nature study (Flora and Fauna of Cyprus)
- Honey harvesting
- Fruit picking
- Olive picking







#### **LOCAL CULTURE & TRADITION**

- Cypriot Folk Art: chair making, pottery making, engraved decoration of the gourd, basketry, woodcarving, lace embroidering etc
- Cultural routes (Antiquity Route, Aphrodite Route, Hiking Routes, Cycling Routes)
- Active art experience: painting, photography, mosaic making etc
- Ancient Greek Drama competitions
- Archaeological digs

- Participation in ancestral village life
- Experience local festivals and events (Ancient Greek Drama Festival, Flower Festival, Village Festivals (panigiria), etc
- Play traditional games with locals
- Agrotourism (Exploring villages and rural life)







## **SEA & BEACH ACTIVITIES/SPORTS**

- Boat cruise
- Beach Olympics
- Catamaran & Boat Building competition
- Yacht Charters
- Beach Barbeque
- Sailing Regattas
- Water sports: water ski, jet ski, wind surfing, sailing, parascending, kite surfing, fly board, hoverboard
- Speed Boat trips to secluded coves

- Catamaran tour
- Kayaking
- Canoeing
- Scuba Diving
- Beach parties
- Fishing
- Pirate yacht cruises
- Sand sculpting
- Beach Games







## **GASTRONOMY & THEME NIGHTS**

- Cyprus cuisine cooking workshops (traditional dishes, sweets, homemade bread)
- Haloumi cheese making
- Chocolate workshops
- Preparation of traditional products (e.g pasteli, palouzes, spoon sweets, soutzoukos, carob syrup etc)
- Fun dine rounds- using different restaurants for starters, main course and dessert
- Ancient Greek symposium
- Themed nights (Cyprus folkloric night, Mythology night etc) ancient Roman -Greek night at archaeological sites, museums etc)
- Dinners aboard of catamaran and yachts
- Village fiestas







# Wellness / Spa

- SUP Yoga
- Salt therapy
- Hammam experience
- Outdoor yoga sessions
- Spa treatments

