

# HOTEL CAN XIQUET & EVENTS CENTRE

Spaces to disconnect, innovate and grow

BUSINESS PRESENTATION



WE PROPOSE YOU  
**SESSIONS TO**  
**DISCONNECT**  
FOR CREATE, INSPIRE  
AND GROW





THE PERFECT COMBINATION  
BETWEEN  
**OUR SPACES**  
&  
**ACTIVITIES ADAPTED TO THE**  
ENVIRONMENT



DISCOVER  
OUR  
PACKS FOR  
GROUPS

CAN XIQUET

HOTEL RESTAURANT





SESSION N° 1:



Nature as  
source of  
inspiration

# BOTANICAL AND CORPORATE WORKSHOP

## TEAMBUILDING IN NATURE

- **Description** :

A pleasant walk in natural surroundings where, strolling through forests, meadows and along Mediterranean cliffs at the Hotel, you will discover the infinite lessons that nature can give us to be efficient in life and also at work.

The Activity will be taught by a Botanist.

- **Methodology**:

This is an easy, short walk with between six and eight stops where we engage in different demonstrations and activities.

- **Duration**: 1,5-3h

- **Number of people**: minimum 15 pax

ACCOMMODATION  
WITH  
BREAKFAST

+

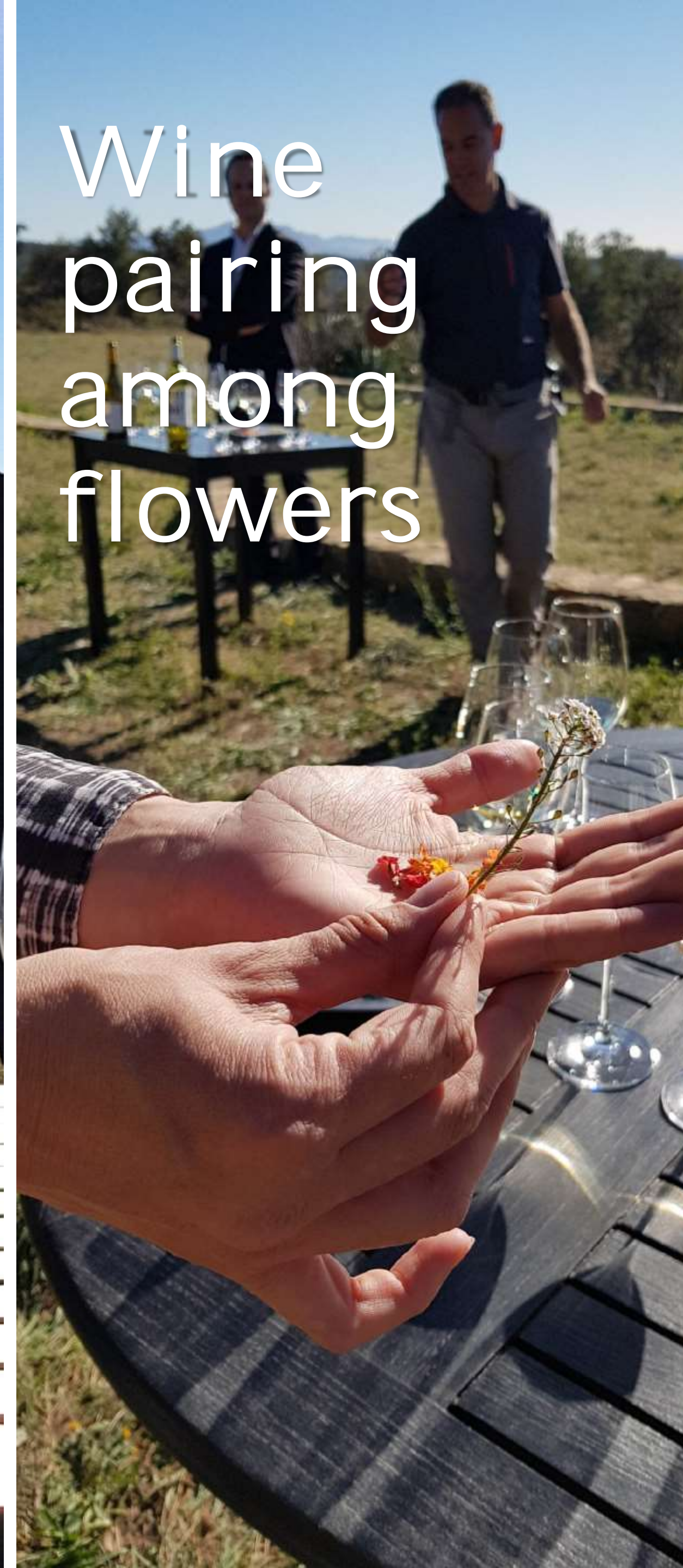
ACTIVITY

- Check our rates at [events@hotelcanxiquet.com](mailto:events@hotelcanxiquet.com)

## SESSION N° 2:



## Wine pairing among flowers



## WINE PAIRING AMONG FLOWERS

### GASTROBOTANICAL & CORPORATE WORKSHOP

- **Description** :

A wine pairing with Mediterranean wild flowers and wines. A unique and original approach to bring natural landscape and its history to the palate by using wine. Activity led by the botanist of Celler de Can Roca and a sommelier.

- **Methodology**:

It is a quiet walk to learn because we are the land par excellence of aromatic plants. And a tasting of four wines from the wineries closest to the hotel paired with the flowers that we have known during the walk.

- **Duration** : 1,30 - 3h.

- **Number of people**: minimum 15 pax

ACCOMMODATION  
WITH  
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## SESSION N° 3:



## Forest baths and tibetan bowls

# FOREST BATHS AND TIBETAN BOWLS EXPLORING THE ALBERA

- **Description** :

Shinrin-yoku or "Forest Therapy" is a Japanese technique to overcome stress. Several studies have shown that exposure to nature positively affects neuropsychological effects through changes in the nervous system.

- **Methodology**:

The Forest Bath combines MINDFULNESS practices in nature and is accompanied by a concert of gongs combining the sounds of Tibetan bowls and the sounds of nature. Sessions will be held in the surroundings of the Hotel.

- **Duration**: 2h.

- **Number of people**: minimum 10 people.

ACCOMMODATION  
WITH  
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ACTIVITY

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## SESSION N° 4:

## Mindfulness

# MINDFULNESS WORKSHOP FOR COMPANIES PRACTICE FULL ATTENTION

- **Description** :

The Mindfulness workshop teaches us techniques to achieve full attention.

- **Methodology**:

Through different exercises we will learn:  
Concentration and reduction of distractions. •  
Effectively manage the energy used during the day. •  
Increased awareness. •  
Prioritize tasks. •  
Reduction of stress •  
Making correct decisions. •  
Enhance our intuition and creativity.

- **Duration**: 2h (we also organize retreats of more than one day under petition)

- **Number of people**: minimum 10 pax

ACCOMMODATION  
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## SESSION N° 5:

## Showcooking with local product

## SHOWCOOKING LEARNING CULTURE & LOCAL PRODUCT

- **Description** :

The cooking workshops are a relaxed and informal activity to make known the gastronomy and products of l'Empordà. We propose a healthy and simple cuisine with Km0 and organic products from small local producers.

- **Methodology**:

Sessions in which the chef cooks 5 elaborations while the group observes and collaborates. The dishes can be tasted later. To choose between: Rices / Tapas / Fish / Marinated / Wines and cheeses / Secret ingredient (Includes beverages)

- **Duration**: 2h.

- **Number of people**: minimum 20 people.

ACCOMMODATION  
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SESSION N° 6:



Masterchef  
& cocktail  
dinner

# MASTERCHEF & COCKTAIL DINNER

WE COOK ALL TOGETHER

- **Description** :

We will remake the successful television program MASTERCHEF, a dynamic and participatory cooking contest.

- **Methodology**:

Starting from a common Empordà product for all participants, each team will have to prepare the recipe proposed by the chef. The activity will be dynamized by a coacher. The workshop includes: snacks and drinks bar during the activity. Rental of all material. Cocktail dinner of 10 pieces per pax.

- **Duration**: 4h.

- **Number of people**: minimum 20 pax

ACCOMMODATION  
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## SESSION N° 7:

### Winemaker for a day

# WINEMAKER FOR A DAY WORKSHOP IN A WINERY OF CANTALLOPS

- **Description:**

The activity is carried out in one of the wineries of Cantalops. 10 minutes walking from the Hotel.

- **Methodology:**

First we will start with a visit to the winery for 30 minutes. Activity: through a fun game for teams, an expert sommelier will guide us to feel like winemakers for a day teaching us how to decide the coupage of a wine, the end point of a long journey of months of work, effort and dedication. We will finish with a tasting of wines from the winery.

- **Duration** : 2:30 h.

- **Number of people:** minimum 20 pax

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## SESSION N° 8:

# Cocktail workshop made in Empordà



## PERSONALIZED COCKTAIL WORKSHOP 100% ALBERA PRODUCT

- **Description :**

cocktail contest to discover the products of the area (Gin, Wine) and enhance the creativity of the teams. In total 3 BEVERAGES PER PERSON + 1 COCKTAIL CREATED BY THE GROUP will be served.

- **Methodology:**

an expert Barman will explain 5 cocktails. The teams will have to choose one and perform it. The winning team will be chosen by the invited Barman.

- **Duration:**. 3,30 h.

- **Number of people:** minimum 15 people.

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## SESSION N° 9:



## Orientation Games



## ORIENTATION GAMES DISCOVER THE ALBERA WITH A TREASURE HUNT

**Description** : An incredible way to discover the Albera and the autochthonous nature promoting teamwork through group orientation games. The Activity will be conducted by a Coacher specialized in companies.

• **Methodology:**

Using an app and a Tablet, the teams will have to perform several tests and unlock them by geolocation.

- Multi-answer questions,
- Photo / Video,
- Balance challenge
- Physical exercises of teamwork.
- Minigames (puzzle, matching, hidden word, memory ...)

• **Duration** : 2-3 h.

• **Number of people:** minimum 15 pax

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SESSION N° 10:



nARTural

# NARTURAL

## WORK WITH THE ELEMENTS OF THE ENVIRONMENT AND STIMULATE YOUR CREATIVITY

- **Description** :

Three different workshops encompassed under the art of creating. With creativity as a guiding thread, we will be able to obtain a lot of information regarding how each of the participants can improve. These activities will be led by a professional as well a facilitator.

- **Methodology**:

Through natural elements found in the environment (soil, sand, cork) we propose 3 different workshops. To choose between:

- Ceramic
- Painting
- Sculpture

- **Duration**: 2-3 h.

- **Number of people**: 10 people.

ACCOMMODATION  
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## SESSION N° 11:

## Surfing the landscape



# SURFING THE LANDSCAPE

## LEARNING WITH AROMATIC PLANTS

- **Description:**

Discover one of the most beautiful and best preserved corners of the Alt Empordà, surrounded by menhirs, dolmens and megalithic constructions. You will learn the amazing uses and properties on the plants and there you will prepare with them your own *olfactory capture*.

- **Metodology:**

- Walk-gathering
- Megalithic Monuments
- Distillation of plants
- Elaboration of an olfactory capture.
- **Duration:** 3-4 hours.
- **Number of people:** mínimum 10 pax.

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# DISCOVER MORE SESSIONS TO DISCONNECT



## BURRICLETA / E-BIKE

We propose you to enjoy a landscape that falls in love, the Albera in Cantallops, discovering paths where you will be captivated by the colors of a 100% Empordà landscape, pedaling without tiring.

**Minimum number of people:** 10 pax.

ACCOMMODATION  
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ACTIVITY

## YOGA CLASSES

Vinyasa yoga classes of 1.5 hours duration by a teacher certified by the European Yoga Alliance and the association Prem. **Minimum number of people:** 10 pax.

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# DISCOVER MORE SESSIONS:



## CREMAT & HABANERAS

To learn about the culture and traditions of the land, the teams will have to make a Cremat (typical drink of the Empordà) and a Habanera with content linked to the company. They will have the help of a team of musicians for the artistic and gastronomic part. **Duration:** 1,5-2h. **Minimum number of people:** 15 pax.

ACCOMMODATION  
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+

ACTIVITY

## FUNNY OLIMPIC GAMES

Based on a Olympics team work, we propose to challenge the team with a sequence of teambuilding exercises of about 20 minutes each.

**Duration:** 2-3h. **Number of people:** minimum 15 pax

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ALL ACTIVITIES ARE  
CARRIED OUT IN OUR  
**EVENTS CENTRE  
& HOTEL**

There is no need for transportation and you can combine  
them as you wish.

# Events Centre :



# Hotel :





# LOCATION:

**We are in Cantallops. Alt Empordà. Catalunya.**

We are the hotel montain with sea views of l'Empordà:

- 20 minutes from Figueres
- 55 minutes from Girona
- 60 minutes from Roses
- 40 minutes from Perpignan

Contact us to offer you a personalized  
service:

[events@hotelcanxiquet.com](mailto:events@hotelcanxiquet.com)

(+34) 972 554 455

[www.hotelcanxiquet.com](http://www.hotelcanxiquet.com)

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