

## Teambuilding activities

We have constructed 5 outdoor activities in the grounds to inspire creativity, innovation, trust and teamwork during your time spent with us here at Missenden Abbey. Nestled within our grounds you will find:

### The Berlin Wall

Using a barrel, a selection of crates and some varying lengths of rope, the team must scale the 'electrified' wall (NB: not really electrified) to reach safety. This exercise involves planning, creative thinking and helps to develop trust between team members.

### The Swamp

Using 3 planks and one length of rope, the team must get themselves and all the equipment from one side of The Swamp to the other, without touching the floor and avoiding all obstacles. This exercise involves problem solving and lateral thinking.

### Up and Over

The team (armed with just ropes and a barrel) must find a way to cross the span of the wooden frame from its highest point down to its lowest point – without touching the ground at any stage. This exercise is all about appreciating one another's strengths, working within and outside of your normal comfort zone.

### Spiders Web

The team must pass through the holes in the web without touching any part of it or disturbing the spider. Teamwork, forward-thinking and dexterity are needed to solve this puzzle.

### Missenden March

The team must negotiate the obstacle course using a very long set of wooden skis. Co-ordination and communication are the key.

Whether you require an hour's ice-breaker or full use of all activities we can help.

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*a place that works for business*



## Contact us

If you'd like to discover just how well Missenden Abbey can work for business, just get in touch. We'll be delighted to show how the unique Missenden Abbey experience can deliver real results.

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**MISSENDEN ABBEY**  
CONFERENCE CENTRE



*a place that works for business*

From the moment you walk through the doors you will be won over by the Abbey's beauty, drama and history. Combining historical atmosphere, modern conference facilities and first class hospitality, this fine 12th Century Abbey is located in the heart of the Chilterns and surrounded by 10 acres of spectacular grounds.

Relax and enjoy croquet, garden games, pitch and putt, and free access to our local golf course. Free Wireless internet access is available throughout the bedrooms, meeting rooms and public areas. With a library, garden room, terrace and bar there are many areas to relax and take in the beautiful Buckinghamshire countryside.

Only 30 miles from central London, with excellent links to Heathrow, M25, M40, M4 and a mainline link to Marylebone a few minutes walk away. Amersham train station is 4 miles away and is served by the Chiltern and Metropolitan line.



## Conferences and Events

With 21 fully equipped conference rooms and 57 en-suite bedrooms, Missenden is perfect for residential training, conferences, day meetings, corporate events, private dining, Team building, Barbeques, Christmas parties and much more.

Our state-of-the-art facilities are complemented by our renowned standards in dining, service and comfort - all delivered at keenly competitive rates.

What sets us apart? Our entire operation is focused on one thing and one thing only – creating an environment that is totally conducive to your business needs. From our onsite technical support team to our free business centre, It's what we do.

## Training and Conference Room Layouts

Conference rooms

| Name              | Dimension | Height | Room set up style / capacity |          |           |         |         |
|-------------------|-----------|--------|------------------------------|----------|-----------|---------|---------|
|                   |           |        | Boardroom                    | U-Shaped | Classroom | Cabaret | Theatre |
| Carrington        | 35' x 35' | 10'4'  | 35                           | 30       | 36        | 60      | 100     |
| Barn Hall         | 50' x 20' | 7'6"   | 38                           | 35       | 36        | 48      | 65      |
| Chiltern 1        | 30' x 20' | 9'11'  | 28                           | 24       | 16        | 28      | 30      |
| Chiltern 2        | 30' x 20' | 9'11'  | 28                           | 24       | 16        | 28      | 30      |
| Chiltern 3        | 30' x 20' | 9'11'  | 28                           | 24       | 16        | 28      | 30      |
| Chiltern 4        | 30' x 20' | 9'11'  | 28                           | 24       | 16        | 28      | 30      |
| Cedar             | 20' x 14' | 9'6'   | 16                           | 8        | 10        |         | 18      |
| Misbourne         | 20' x 14' | 8'10'  | 10                           | 8        | 8         | 10      | 12      |
| Dahl              | 20' x 14' | 8'10'  | 10                           | 8        | 8         | 10      | 12      |
| Library           | 24 x 16   | 9' 11  | 20                           |          |           | 24      | 50      |
| Syndicates 1 – 11 | 20' x 14' | 8' 9'  | 8                            |          |           |         | 10      |



## Delegate rates

**Our 24 hour delegate rate will ALWAYS include:**

- Three course Hot & Cold buffet dinner
- En-suite single occupancy overnight accommodation
- Full English or Continental breakfast
- Air conditioned main meeting room
- Two free syndicate rooms
- All AV equipment
- Fast & free wireless internet access
- Unlimited flipcharts
- Complimentary chilled water, cordials & sweets
- Unlimited tea, coffee, biscuits & fruit
- Three course Hot & Cold buffet lunch
- Delegate name cards, pads & pencils
- Secure car parking, free of charge

**Our 8 hour delegate rate will ALWAYS include:**

- Air conditioned main meeting room
- All AV Equipment
- Fast & Free wireless internet access
- Unlimited flipcharts
- Complimentary chilled water cordials & sweets
- Unlimited tea, coffee, biscuits & fruit
- Three course Hot & Cold buffet lunch
- Delegate name cards, pads & pencils
- Secure car parking, free of charge

## Accommodation

We have 57 En-suite bedrooms, designed specifically for private study. All rooms are equipped with sky television, hair dryer, radio, iron and ironing board, tea & coffee making facilities, direct dial telephone and broadband access.

## Dining

At Missenden we're justly proud of our reputation for good food. Working with the finest produce, our talented chefs create menus that will have your guests talking about Missenden Abbey long after the event is over.

We can also arrange the option of private dining in our Library or one of our dining rooms. If you are spending a little longer with us, let us theme one of your evenings, they can be great fun and leave your delegates with a very memorable experience.

