

CAVE B INN & Spa

Recreational and Team Building Activities for Groups





Cave B Inn & Spa Group Activities

We are pleased to offer an à la carte menu of customizable activities both recreational and team building in nature that planners can choose from to augment their meeting content. The guides and instructors included here have all been selected by Cave B because they offer quality programming expertly integrated with the larger Cave B Inn experience.

A member of the Cave B Inn & Spa team will work with you to identify the programming that best suits your group's needs and goals, and will coordinate with the program providers to ensure a smooth planning process for a successful event.

Sales Inquiries:

Alyssa Stielstra: astielstra@columbiahospitality.com
(206) 269-4128



Cave B Estate Winery à la carte group activities

Cave B Estate Winery is an award-winning boutique winery; a top ten award winner at the 2010 & 2011 Seattle Wine Awards. Groups with all levels of wine knowledge are invited to indulge in these wines and others, each crafted by esteemed Winemaker Freddy Arredondo.

Standard Wine Tasting:

Guests will taste through several current release estate wines, all grown on property and crafted by Winemaker Freddy Arredondo. This is a great activity for people with all levels of wine knowledge, whether you're just being introduced to wine or enjoy exploring new wines.

Pricing:

1-10 People: \$6.00/person, includes logo glass
(will taste through six to seven wines)
10+ People: \$6.00/person plus \$100 supply fee, includes logo glass
(will taste through four to five wines)
Duration: 1-20 people (30-45 min.) 20+ people (45-60 min.)
Minimum: None
Max: 50 (Groups over 50 may be accommodated with pre-approval)
Hours: Preferred bookings during hours of operation.

"Stump the Chump" Blind Wine Challenge:

Participants will be presented with four to five varietals cleverly disguised in plain brown bags. Then they will be challenged to taste through each of the disguised wines and attempt to identify the varietals. It's a fun and whimsical event, with just the right edge of competitiveness for colleagues.

Pricing:

1-10 People: \$10.00/person
10+ People: 10.00/person plus \$100 supply fee
Duration: 1-20 people (30-45 min.) 20+ people (45-60 min.)
Minimum: 4 people
Max: 50 (Groups over 50 may be accommodated with pre-approval)
Hours: Preferred bookings during hours of operation.

Wine Blending Experience:

Spend an hour in our Winemaker's shoes, tasting and blending your own custom wine blends. Participants will taste through four varietals in their pure form, then will be given some "tools of the trade" for measuring percentages and blending based on personal preference.

Pricing:

1-10 People: \$20.00/person
 10+ People: 20.00/person plus \$100 supply fee
 Duration: 1-20 people (45-60 min.) 20+ people (60+ min.)
 Minimum: 4 people
 Max: 50 (Groups over 50 may be accommodated with pre-approval)
 Hours: Preferred bookings during hours of operation.

Barrel Tasting:

Get a sneak-peek of our future releases as they are still aging in barrel. Tasting straight from the barrel and learning about the art behind the winemaking process is a truly unique experience. *Includes standard tasting.

Pricing:

1-10 People: \$20.00/person
 10+ People: 20.00/person plus \$100 supply fee
 Duration: 1-20 people (45-60 min.) 20+ people (60+ min.)
 Minimum: 4 people
 Max: 50 (Groups over 50 may be accommodated with pre-approval)
 Hours: Preferred bookings during hours of operation.



Art Program

Paint a Masterpiece: Level One

Choose from an array of images by past masters and create your own artist's masterpiece. Our personal in-house artist, Brianan Stanley, will guide you step by step during your creative journey, providing you with the tools to continue this wonderful hobby.

Pricing: \$65/person, includes canvas (Paint & brush available for use during class. Painting kit available for purchase to take home.) Duration: 3 hours

Paint a Still Life: Level Two

Re-create your favorite Cave B wine in your own still life. Learn the techniques of the artist (using three brush sizes) while making the painting your own.

Pricing: \$75/person, includes canvas (Paint and brush available for use during class. Painting kit available for purchase to take home.) **Duration:** 4 hours



Knife Painting: Level Three

Achieving a thick texture rich in color, blending, and detailing are the main goals of palette knife painting. Create a landscape painting of the inspirational views at Cave B Inn & Spa using this wonderful technique; larger canvas used.

Pricing: \$90/person, includes canvas, cheese & wine plate (Paint and brush available for use during class. Painting kit available for purchase to take home.) **Duration:** 4 hours



Team Building Programs

Evergreen Escapes Eco-Adventures

Cave B Inn & Spa has teamed up with eco-adventure travel experts Evergreen Escapes to offer compelling guided adventures and team-building activities amidst the stunning terrain of the Columbia River Gorge and Columbia Valley Wine Country.

Activities range from such adventures as rock climbing and snowshoeing, to tamer pursuits such as wine touring and bird watching, to imaginative custom team competitions that combine orienteering, tracking and problem solving.

Whatever the activity you choose, your group will be led by highly professional and knowledgeable naturalist guides. Evergreen Escapes and Cave B Inn & Spa will work with you to design safe and rewarding experiences that meet your team's goals.

Sample Activities:

Rock Climbing

Perched atop the canyon rim at Cave B Inn & Spa, one can view evidence of the two of the most significant geologic events in the history of our region. Get up close and personal with geology and challenge yourself mentally with an introduction to rock climbing.

Paddling

Paddle down the ancient Columbia River spotting for Eagles and finding evidence of giant lava flows and apocalyptic floods. Imagine looking up at towering basalt columns interspersed with lush riparian areas home to otters, beavers and herons.

Cycling

With incredible scenery and rolling terrain, cycling around Cave B Inn & Spa is an ideal way to experience the beauty of Central Washington. Cruising past the vines that produce world class wines, you'll explore wildlife areas and witness geologic marvels.

Custom Adventures

The Evergreen Escapes team can design an experience tailored to the needs of your group. An example of this style of program:

"The Dinosaur of Cave B Inn"

In the dramatic surroundings of the Columbia River Gorge we split into search teams and start tracking the brachiosaurus, the world's largest known dinosaur! Participants use map and compass skills combined with GPS units to assist in tracking down "fossils." Each participant has the opportunity to either climb up or rappel down a basalt spire in hopes of discovering clues. Several metaphorical obstacles will need to be overcome, such as navigating the safest and quickest route. Only by working as a team will the adventure be successfully completed.

Goal: Facilitate fresh new perspectives on working together as a team while being educated on sustainability and conservation and experiencing the outdoors. Pricing for these adventure activities is dependent on group size and needs. Your Cave B Inn & Spa sales manager can quote you the price for your chosen activity.



Hiking

Our Property Hiking Guides will lead you all the way to the Columbia River, with information on the hike, flora, and fauna and expert guidance available to you. Or, take a self-guided hike on our River Hike, with access to further trails for all ages and abilities. During the summer months we recommend hiking early in the morning, before the heat of the day.

Pricing:

Guided Hike: \$15/person, duration: 2 hours

Self-guided Hike: Free



Fishing Program

Worley Bugger Fly Co. offers a variety of exciting fly fishing adventures throughout the year across Washington State. Join us, as we explore the wild streams, rivers and still waters of Central Washington.

Introduction to Flycasting

Learn several flycasts and unique knots during our professional on site instruction with our Worley Bugger Staff.

Pricing: \$60/person **Duration:** 1 1/2 hours



Guided Fishing Trips at Sandlakes

Enjoy 1,600 acres of private bass fishing at six different lakes just 30 minutes from Cave B Inn & Spa. Catch and release fishing only. Flyrod and reel provided.

Pricing: \$250/person

Flyfishing Trips on the Yakima River

Full day tour, barbeque or deli lunch and beverages. Catch and release fishing only. All flies and gear provided.

Pricing: Full Day: \$325/1 Angler, \$395/2 Anglers

Half Day: \$300/1 Angler, \$325/2 Anglers.



Travel to Sketch

Creative Consulting and Team building

with **Melanie Corey-Farrini, AIA**

These Travel to Sketch team building activities will help your group learn about individual creative problem solving skills, as well as expressing and communicating creative approaches to problem solving within a team. There is no art background necessary for any of these activities – only your imagination and childlike curiosity!

The Scavenger Hunt

Learn to Observe in a Whole New Way

Participants: 6-20

Objectives: Problem Solving, Critical Thinking, Communication **Duration:** 4 hours

This event empowers each participant to embrace their unique way of seeing the world and all of its elements. Using a CONTAINER of ARTIFACTS that includes illustrations, photos, sketches, and materials - participants are randomly placed in teams of 2-3 and begin the hunt to find the location of each artifact in the architecture and landscape. Using problem solving and critical thinking, each team will decide why they feel their found location is a match to the Artifact in hand. This also involves communicating through creative logic and supporting the basis for solutions.

Communication:

Communication is key to solving this event because of the need to assess many potential solutions. Frequently, good ideas are discarded because of the way they are communicated. The use of artifacts provides a forum for creative and supportive communication.

It becomes clear that some individuals tend to control the communication. Discussing why this is so, whether it benefits the team and how it impacts the group is an important dialogue to have after the event is completed.

Problem Solving and Critical Thinking:

In this event, these are almost one in the same. Participants will be required to put on their thinking caps to come up with unique new ways of looking at a simple task. This is frequently required at work, but many times it is difficult for both groups and individuals to see alternative solutions.

“Imagination Consulting”

Participants: 6-20

Objectives: Problem Solving, Critical Thinking, Communication. **Duration:** 4 hours (can be combined with another Travel to Sketch Activity)

We start the event by learning about ancient architectural columns and their language, system of order, and the rules that were used in creating them. We imagine all the possibilities of creating another “language” and ask the participants to break up into teams of 2 to 3. Using the idea of substantiating decisions and communicating rules, procedures, and processes for accomplishing goals, we ask the participants to imagine and create their own column design by creating their own rules and methods of creating.

We then move to using imagination to create a 3-dimensional cardboard creation of negative and positive “space,” building your own place to “be” and forming the order of how the 3-dimensional pieces are placed together. At the end of the exercise, the participants will have a 3-dimensional sculpture that will remind them about how important it is to always imagine the possibilities.

Communication:

Communication is key to solving this event because of the need to assess many potential solutions. Imagination can be rewarded and integrated as a normal part of idea creation and problem solving with others in a team. If ideas can be voiced at the beginning of a project or process, then potential building of more ideas can be accomplished by allowing varying ideas.

Problem Solving and Critical Thinking:

Participants will be required to put on their thinking caps to come up with new ways of looking at a simple task. The group is challenged to discover efficiencies that may not have been identified in the past. By taking a task and using other methods of problem solving, new and improved processes can be implemented and celebrated by the team.



“Sketch Your Own Way”

Participants: 4 -15 (we can offer this activity for as few as 2 with pre-approval)

Objectives: Communication, Creative Thinking, Creative Empowerment that can be applied to Problem Solving. **Duration:** 2 to 4 hours (can be combined with another Travel to Sketch activity)

The class begins with discussing the benefits of sketching as a method of slowing down to observe those things often missed. This can easily be translated into other areas in work such as diagramming problems, carefully listening to problems and solving with unique and often overlooked approaches, and giving people the confidence to solve problems in unique ways while often surpassing the goal or shifting to look at unexpected solutions.

We start with simple ink to paper techniques of loosely drawing what each individual participant sees. Each participant will choose to sketch something they feel is unique and important, and will have a chance to share and express their reasoning. We discuss the idea of finding a location to sketch from what you find interesting and having an inner conversation about the subject to sketch, its elements, and your time allotment (relating to communication and project management). In teams of 2, we venture out to the Cave B Inn landscape and winery tasting room to sketch varying points of view – at the same time you receive input on your personal sketch expression.

Communication:

Communication is key in this exercise to sharing with others your unique way of solving problems and your approach to seeing environments differently. *

Problem Solving and Critical Thinking:

The method of looking at a subject that will be sketched in problem solving that can be used in everyday work life. Before jumping into a problem, different angles can be contemplated, reviewed on paper or within your head, and solutions can then be brought about in a systematic and purposeful way.

Travel to Sketch Pricing:

Activities	Number of participants	Price per
1 activity (4 hr.)	4 - 9	\$300
2 activities (6* hrs.)	4 - 8	\$390
1 activity (4 hr.)	9 - 13	\$240
2 activities (6* hrs.)	9 - 13	\$330
1 activity (4 hr.)	14 - 20	\$210
2 activities (6* hrs.)	14 - 20	\$300

*Note - 6 hour courses include the “Sketch Your Way” activity
Prices include all materials and supplies, which will be provided by the instructor.

In all of the above activities, Interesting things happen:

Part of the communication in all of these activities involves the facilitator, as the group will continually ask the facilitator for more direction. As the group gets no additional information from the facilitator, they will begin to understand that thinking outside-the-box will be necessary to get them to their goal.

This brings up the important issue of unwritten rules. A valuable point of discussion revolves around what other unwritten rules may be inhibiting the group and their work.

About Cave B Inn & Spa

Poised 900 feet above the Columbia River near Quincy, Washington, in the heart of Columbia River Wine Country, Cave B Inn & Spa is surrounded by estate vineyards, fragrant orchards and thought-provoking beauty, making it a truly extraordinary meeting venue.

Cave B Inn & Spa offers over 4,800 square feet of conference space, including three formal meeting rooms, the largest accommodating up to 250 guests. The Estate Room, an elegant indoor space with a sweeping window wall, reveals stunning river gorge views. The resort also offers multiple outdoor venues, including the 2,250 square foot Piazza, a lawn surrounded by a full perimeter of beautiful grapevine trellises, and the outdoor rooftop Cavern Theater. Neighbored by The Gorge Amphitheater, situated on one of the most dramatically beautiful cliffside locations in Washington State, Cave B Inn & Spa is surrounded by an environment nature-made for celebration and inspiration.

For more information about our property, please visit: cavebinn.com

Sales Inquiries:

Alyssa Stielstra: (206) 269-4128

astielstra@columbiahospitality.com



344 Silica Road NW, Quincy, WA 98848
(509) 785-2283