



we are
blooming

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blooming

teamwork is the key to succes

blooming inspires. blooming drives. With our three locations, the blooming hotel, Het Hof and Beach, blooming gives you the opportunity to upgrade your meeting your event or your party in a unique way. The activity that you choose depends on the size of the group, the purpose of the activity (relaxation, learning to work together, etc.) and the location which you prefer.

For every meeting and for every group of people we can offer you a fitting activity. blooming collaborates with multiple different (local) professionals. This means that the activity is always led by a personal, passionate, guide who will inspire the group.

booking an activity

Our sales department would love to discuss the different options with you. Depending on the size of the group, the weather conditions and your wishes we will put together an exciting program with the activities of you choosing.

Contact us via yourbusiness@weareblooming.com or call us on (+31)072-5820520.





contents

4	expedition blooming
5	Wim Hof Fundamentals
6	bootcamp & teambuilding
6	Qi Gong
6	yoga
7	blooming escape room
8	bootcamp & teambuilding
9	blooming escape room
10	drawing and painting workshops
12	mountain biking
12	rent a bicycle
13	hike and bike tours
14	pure beach event
15	breaking the waves

blooming activities

expedition blooming

Team spirit and concentration are put to the test with these six game elements .

Building Bamboo

Who build's the highest tower? Who makes the most beautiful sculpture? You can only use bamboo and rubber bands.

Slingshot challenge

Who will build a good slingshot as quickly as possible and be able to shoot the various balls into the teammates' hoop?

Watercours

Be the first to fill the bucket, a relay race where the trick is to waste as little water as possible?

Tangram

Lay down 7 pieces of jigsaw in the depicted form as quickly as possible.

Laddergolf

Score as many points as possible by throwing the bolos onto the rack of the other team.

Portable Radio Puzzle

Give instructions via the portable radio to solve your puzzle as quickly as possible.

price 6 till 20 persons

price from 20 persons

minimal groupsize

duration

location

€ 24⁵⁰ p.p.

€ 19⁵⁰ p.p.

from 6 persons

2 hours

at the beach & hotel

weareblooming.com





Wim Hof Fundamentals

Put yourself in the expert hands of a certified WHM instructor to learn the 3 pillars of the Wim Hof Method.

The Wim Hof Method is a science-based method that consists of three components: Breathing techniques, cold training, mind-set/focus.

Health, resistance, energy and stress are part of all of René Valk's programs. René Valk is a certified instructor to teach the Wim Hof team building workshops. Breathe in and live it up!

Workshop Powerbreathing

The energetic start of every meeting. Connect with your body through correct breathing and thus ensure better concentration during the meeting.

price per person	€ 32 ⁵⁰
group size	15 persons or more
duration	1 hour
location	blooming hotel

Workshop Powerbreathing & Stress management

A combination of the Powerbreathing workshop and the partial cold workout (arms and legs); Icebox Experience.

price per person	€ 37 ⁵⁰
group size	15 persons or more
duration	2 hours
location	blooming hotel

Workshop Wim Hof Method Full Experience

Discover how to use oxygen and exposure to the cold to optimize the body and mind, and learn about the underlying physiology. (Icebox Experience) (arms and legs only is also possible)

price per person	€ 57 ⁵⁰
group size	15 persons or more
duration	4 hours
location	blooming hotel

The above rates include VAT and are only valid in combination with a meeting package. The workshops can also be booked without a meeting arrangement. Please contact us for the rates.

quiting is not an option

bootcamp & teambuilding

Group sports in the beautiful surroundings of Bergen, under the guidance of a top athlete and nature guide from Bergen.

Keep yourself and your team vital with our personal trainer's sports classes. With exercises, training principles and team-building activities, you will create an energetic, healthy and successful meeting. Start the workout with a bootcamp session or interrupt an intensive meeting with a team-building activity. The training sessions by our trainer are tailored to the group and your needs. You can choose from the following themes;

boot camp is an intense and creative way to train your body and mind. The sessions consist of conditioning and muscle exercises using your own body and the elements of nature. The intensity of the workouts are tailored to the group. The boot camp classes can be held indoors and outdoors. There are no excuses!

With the **teambuilding activities** of our personal trainer you work in a fun way on way to work better together and create a good group dynamic for during the meeting. With a teambuilding lesson, you will improve your competences such as communicating and organising.

In **personal training sessions**, each participant sets a goal. This can be anything. From endurance to strength, but also stress management or ability to concentrate. Our trainer gives personal advice and tips and puts the activities together so that each participant can achieve his or her personal goals. This can be done individually but also in pairs or with a group.

price up to 12 persons	€ 215 per hour
duration	75 minutes
price 13 - 30 persons	€ 285 per hour
duration	90 minutes

The sports lessons can be held indoors and outdoors. This can be at blooming hotel, but also on the beach or in the forest.

all locations | weareblooming.com





blooming activities



blooming escape room

Can you solve Dr. Carl's puzzle? The blooming escape room (or route) sends you deep into the woods, in search of Dr. Carl's cabin.

The escape room at blooming consists of a walk of 1.5 to 2 hours through the forest on the grounds of blooming hotel. The route starts at the reception desk, where participants are given a tablet. Dr. Carl, who gives you directions via the tablet, sends you deep into the forest and takes you past several assignments that you must complete in order to continue. When you, as a group, complete the assignments and puzzles correctly, you will arrive at Dr. Carl's Cabin. This is where the end game begins. You can only leave the escape room at blooming when you have successfully completed the tasks of the end game.

price for 2 persons	€ 60 per group
price for 3 persons	€ 75 per group
price for 4 persons	€ 90 per group
price 5 - 6 persons	€ 100 per group
group size	groups from 2 to 6 persons
duration	1,5 à 2 hours
location	blooming hotel <i>(outside)</i>



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drawing & painting

drawing and painting workshops

The drawing and painting workshops by our “house” artist Inge Koetzier van Hooff bring out the artist in you in an educational and fun way!

draw each other

This workshop is creative, educational, lively and informal. Suitable for all ages and levels of experience. You see and draw each other differently - with an artist's eye. You'll learn to look at each other differently, focusing on details so you learn to recognize the beauty of imperfections. The result is a series of smooth and highly original sketches of each other.

price to 4 persons	€ 305
price 5 to 15 persons	+ € 70 per person
duration	2 hours

portrait drawing

A workshop where you will learn a comprehensive basics of portrait drawing. You will practice portrait drawing in instructive, relaxed and creative ways.

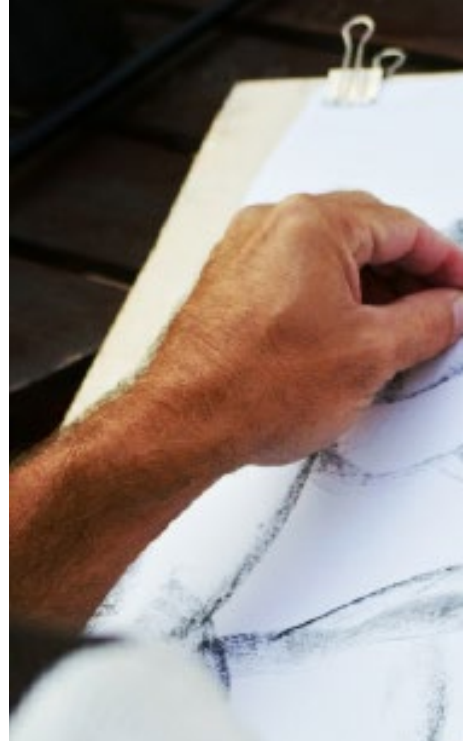
price to 4 persons	€ 325
price 5 to 15 persons	+ € 75 per person
duration	2 hours

still life | flowers & leaves

Inspired by the beautiful forest around blooming. Learn to loosely put the beautiful leaves and flowers on paper. You will learn to draw and paint with special pencils. Learn to look and experiment with colors.

price to 4 persons	€ 305
price 5 to 15 persons	+ € 70 per person
duration	2 hours

all locations | weareblooming.com





blooming activiteiten

draw tour

During the Draw Tour, you will view and draw your surroundings like an artist. We always alternate a few minutes of walking with a few minutes of drawing. You will learn to look carefully and sketch smoothly, developing not only your drawing skills but also your powers of observation. In case of bad weather, the drawing tour can be done inside the hotel. A creative and inspiring workshop.

price to 4 persons	€ 305
price 5 to 15 persons	+ € 70 per person
duration	2 hours

wine & drawing

A workshop where you learn to draw and paint a Burgundian still life while enjoying delicious wine and nuts. In a relaxed and instructive way you will learn to look, build your drawing and paint what you see.

price to 4 persons	€ 405
price 5 to 15 persons	+ € 110 per person
duration	2,5 hours

**price includes the workshop, three glasses of blooming wine & nuts*

*

*all prices include VAT - for large groups the price is on request
Workshops can be held in the meeting room.
Prefer another room? Then please take into account room rental.*

all locations | weareblooming.com

blooming activities

mountain biking

One of the most beautiful mountain bike trails in the Netherlands is located at only a stone's throw away from blooming hotel.

You will discover the beautiful dune area of Schoorl and Bergen under the guidance of a professional guide. You'll start by learning how to control the mountain bike before you'll start the challenging ride. Helmet, water bottle and a strong bike that suits your length are included. Experience is not a requirement.

price clinic	€ 40 ⁰⁰ per person
price bike rent	€ 28 ⁰⁰ per person
group size	1 to 10 persons
duration	1,5 - 2 hours
location	blooming hotel

rent a bicycle

Explore the surroundings of blooming on two wheels. We have the following types of bikes in our range;

e-bike	30 ⁰⁰ per day
city bike (3 gears)	15 ⁰⁰ per day
mountainbike	28 ⁰⁰ per day
electric mountainbike	42 ⁵⁰ per day

renting bikes

Please contact us in time to reserve bikes. We need at least 2 days to reserve the bikes for you.





out of the box, into nature

hike and bike tours

There is a lot to see and so in the beautiful surroundings of Bergen.

This can be experienced in various ways, under the guidance of a nature guide that knows the whole area:

culture and art (walking & cycling)

Bergen is originally an artists' village. The village's location, surrounded by forest, dunes and sea, inspired many painters, writers and architects. During this tour, you will get to know this wonderful culture.

history (walking & cycling)

Experience the story of Bergen with this route full of experience and character.

nature (walking & cycling)

A trip through woods and dunes around and near blooming hotel, Het Hof or from the hotel to the beach.

architecture (bicycle)

During the cycling tour you will discover special examples of the architecture Bergen and Bergen aan Zee are known for.

price 1 hour

€ 75⁰⁰ per guide*

price 1,5 to 2,5 hour

€ 100⁰⁰ per guide*

group size

max 10 persons per guide

location

blooming hotel



the place to beach

pure beach event

An athletic beach program with eight games. Which team will perform the best? Only one team can win!

Beach volleyball

Have you paid close attention to the matches of European champions Nummerdor and Schuil?

Ultimate Frisbee

This combination of rugby and frisbee doesn't require strength, just effort..

Sand sculpting

What are you going to build? A castle? A dragon? Or something else completely?

Flag-Football

American football, but without the suits and the tackles. Bring the ball across the back line without your flag being grabbed by someone of the opposite team.

Tug-of-War

Who's the strongest in the sand?

Powerkiting (max 15 persons)

A professional will teach you how to kite with a real, big power kite.

Jeu des Boules

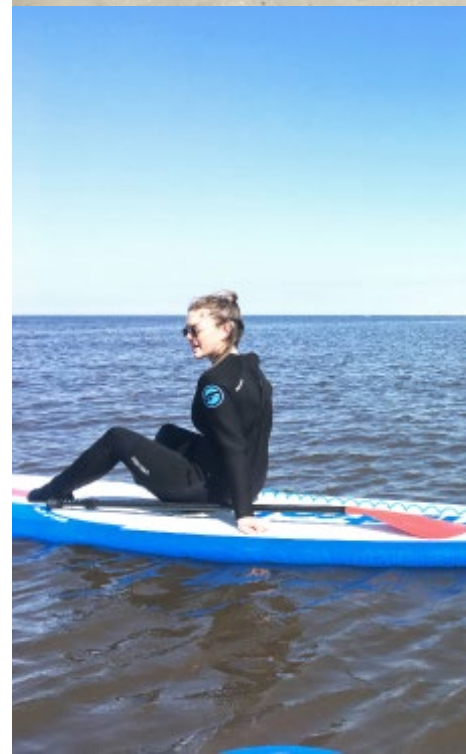
The game with the balls. The point of the game is to throw your ball as close as possible to the smaller wooden ball.

Archery

Learn to shoot a bow and arrow just like Robin Hood!

price per person from 10 - 20 persons	€ 32 ⁵⁰
price per person from 20 - 100 persons	€ 24 ⁵⁰
duration	2 hours

blooming beach | weareblooming.com





blooming activiteiten

breaking the waves

Defy the waves of Bergen aan Zee with these trendy games.

Surfing

After the instructions on the beach, you will go into the sea with the instructor and 'ride' your first waves.

Body boarding

Body boarding looks a lot like surfing, but you stay lying down on your board. First you will break the waves and then you will wait for the perfect wave to bring you back to shore.

Rafting

Work together, paddle fast and keep your balance. Take a breath behind the waves and grab the next one to raft back to shore.

Power kiting

A professional will teach you how to kite with a real, big power kite.

Stand-up Paddling (SUPPEN)

Defy the water with a large surfboard and a long paddle. Learn the basic techniques and make a nice trip along the coast.

Speedboot ride / Banana ride

For the ones who love speed! Ride along with a superfast speedboat. Or challenge the boat driver by staying put as long as you can on the rubber banana. Our boat driver will do everything he can to shake you off!

Price per person from 10 to 20 persons	€ 34 ⁵⁰
Price per person from 20-75 persons	€ 29 ⁰⁰
duration	2 hours

breaking the waves is wheater dependent

we are blooming



blooming hotel

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Landgoed Het Hof

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blooming Villa

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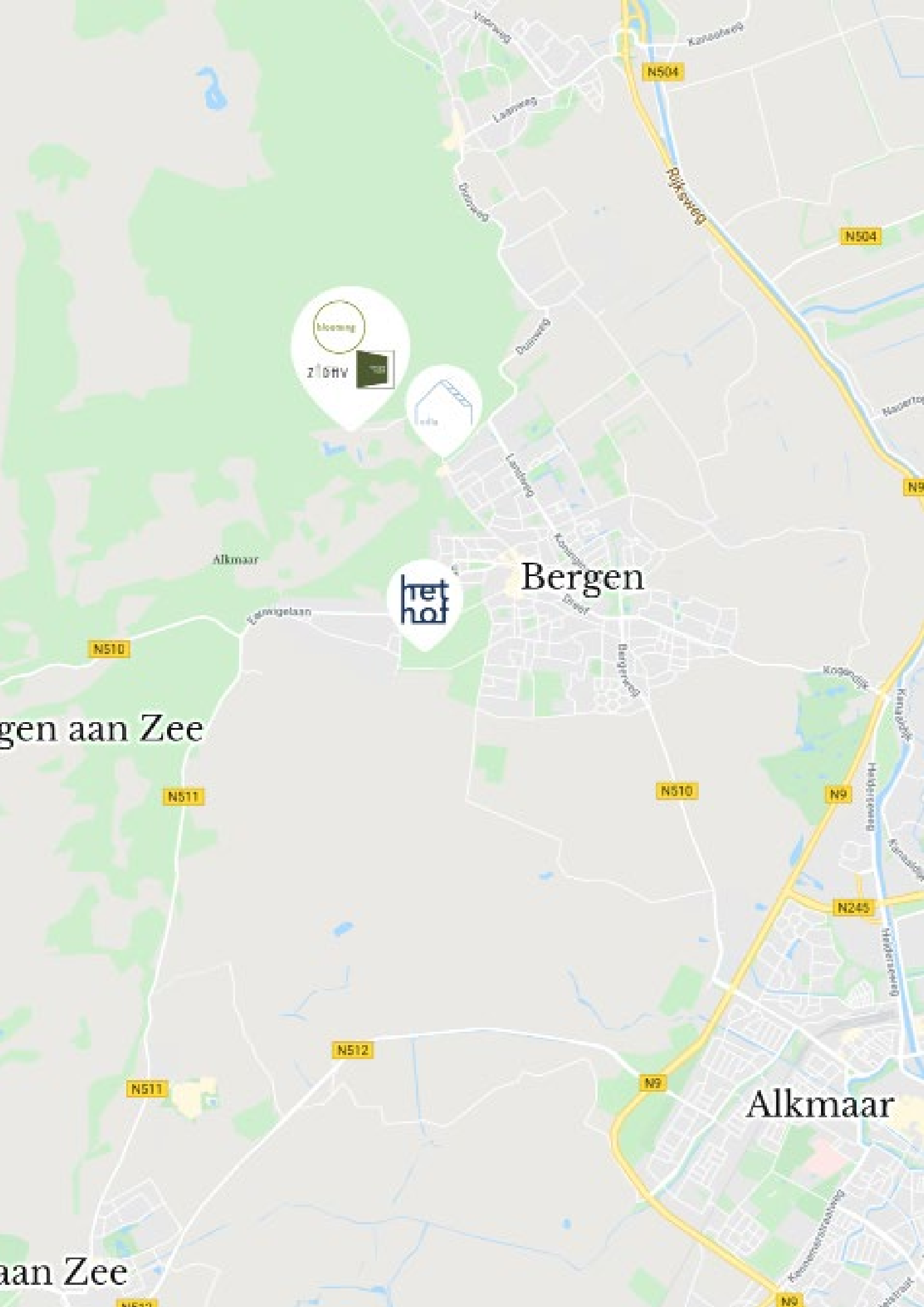
blooming escape room

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Bergen

Egmond a



bloering

ZITHV

het hof

Bergen

Alkmaar

Landweg

N510

Alkmaar aan Zee

N511

N510

N9

N245

N512

N511

N9

Alkmaar

Alkmaar aan Zee

N511

Koningweg

Koningweg

Koningweg

Koningweg

Koningweg