

Back-to-nature

Team activities

zOOMERS

Luxury back-to-nature experiences



Overnight at the beach



Overnight at the forest



With an experienced guide on
adventure



Reconnecting with your team
in nature



Unburdened from A to Z



Dinner at the forest or beach





Bushcraft - Fire Guaranteed

A one-hour workshop where you and your team will learn how to make a guaranteed fire with materials from nature. Because what do you do when you only have one match left? And what do you take with you on an expedition into nature to make sure you can make a fire anywhere?



Bushcraft - Cutting techniques for convenience

A one-hour workshop where you will learn some handy cutting techniques that will help you learn how to make a pot hook. A pot hook is a handy cooking device made of branches cut in a certain way to adjust the height of a kettle over a flame.

When the water is boiling, a good tea can be made with it. This is then poured through a tea strainer into a mug.



De Hooge Weide - Guided nature walk

When the nature in our farm meadow is at its most beautiful De Hooge Weide organizes excursions in its nature reserve in Bakkum Noord. This unique nature reserve is normally not accessible but led by our guides we organize some excursions. The tour lasts approximately 1.5 to 2 hours and you will see various parts of the area and get explanations about the plants and animals that live here.



Wim Castricum - The Wim Hof Method

Under the guidance of a certified Wim Hof instructor, learn about the 3 pillars of the Wim Hof Method: Breathing Technique, Cold Training and Mindset/Focus. Find out how you can optimize your body and mind through oxygen and cold and what physiological processes underlie this. The Wim Hof breathing session is also a short cut to total relaxation. The ice bath experience provides a pure moment in contact with yourself and a sense of victory.



Stichting oerij - Cycling or walking in nature

Feel like going out after your meeting? One of the guides of Stichting Oerij will gladly take you on a walk through the beautiful countryside of Castricum. This can be done by bicycle or on foot.



Bosw8ter - Different natural activities

At Bosw8ter has fun activities to get out and about during the digests. Think of a photography workshop with mobile, a nature lecture or a nature experience walk. A delightful combination of nature, photography and stimulating entertainment.



Corning with Gjalt

Gjalt from De Natuurnatuurlijk takes you on a special excursion and teaches you to discover the sea in a unique way. During the dredge fishing, which takes about 1.5 to 2 hours, you will be fishing along the waterline with a long trawl net, making for surprising catches and discoveries.



Rascha - Wild plant walk

Learn to distinguish the major plant families on an educational walk. Experience recognize active contents such as bitter, mucilage, tannic acid. Encounter the energetic signature of different plants.