

## Team building activities

Check out the full list of activities available to make your meeting more than just a PowerPoint. Our adrenalin fuelled activities will push your team out of their comfort zone and test their limits. From Rodeo Rafting on the Olympics standard white water course to Paddleboarding testing core strength on our lake - there is something for everyone!

**Rodeo Rafting** - an outright blast of thrilling white water action

**Hydro speeding** - pit your skills against each other to see who's the master of the rapids

**Raft Building** - a great recipe for team bonding!

**Explore Paddleboarding** - it's harder than it looks but such fun

**Rafting Unleashed** - rapid fun that gets the adrenalin flowing

**Hot Dogs** - buddy up and canoe like an Olympian (well almost)

**Water Wipeout** - one for the big kids who just love mucking around on the water

**Explore Kayaking** - not ready for the rapids these flat water session will see you powering through the water in no time



Brand new meeting spaces

# OUT OF OFFICE

## at Lee Valley White Water Centre

Take your team for a day out they'll never forget! Whether it's meeting rooms or activities, we've got plenty on offer just a stone's throw from London.



Find out more information at [better.org.uk/lee-valley](https://better.org.uk/lee-valley) or contact [LVwhitewaterevents@gll.org](mailto:LVwhitewaterevents@gll.org)

Operated by  
**BETTER**

On behalf of  
**Lee Valley Regional Park Authority**



Take a look at what's available to hire from our selection of meeting spaces. Why not combine it with an activity to give your team a day out they won't forget?

### Additional Facilities

Catering options - Car parking - Free Wi-Fi - Private terrace  
- Dedicated breakout space and refreshment room



### Wet Classroom

A cosy meeting space overlooking our 10,000m<sup>2</sup> lake which is great for training sessions or blue sky thinking with natural daylight as well as heating.

#### Capacity

Boardroom - 24  
U-shape - 20  
Classroom - 12  
Private dinner - 20  
Reception style - 40  
Theatre style - 40

Size  
45m<sup>2</sup>

#### AV Spec

- 65" widescreen HD TV



### Whole Meeting Room

A large meeting area which is great for hosting presentations, receptions, parties and celebrations with natural daylight, located on the first floor with heating and cooling.

#### Capacity

Boardroom - 36  
U-shape - 30  
Classroom - 40  
Private dinner - 50  
Reception style - 125  
Theatre style - 125

Size  
118m<sup>2</sup>

#### AV Spec

- Video conferencing solution with 70" widescreen HD TV and 360 sound output
- Optimal HD audio technology and noise suppression
- Bluetooth connectivity



### Conference Room A

A flexible meeting space with natural day light, located on the first floor with panoramic views of the course and surrounding areas.

#### Capacity

Boardroom - 24  
U-shape - 40  
Classroom - 40  
Private dinner - 30  
Reception style - 60  
Theatre style - 60

Size  
62m<sup>2</sup>

#### AV Spec

- Video conferencing solution with 70" widescreen HD TV and 360 sound output
- Optimal HD audio technology and noise suppression
- Bluetooth connectivity



### Conference Room B

A flexible meeting space with natural day light, located on the first floor with panoramic views of the course and surrounding areas.

#### Capacity

Boardroom - 20  
U-shape - 30  
Classroom - 30  
Private dinner - 25  
Reception style - 50  
Theatre style - 50

Size  
52m<sup>2</sup>

#### AV Spec

- Video conferencing solution with 70" widescreen HD TV and 360 sound output
- Optimal HD audio technology and noise suppression
- Bluetooth connectivity