



Corporate Adventures

Are you looking for the perfect way to motivate and inspire your colleagues and gain valuable training while having fun? Then Inside Out Experience has the perfect program/activity for your group. From improving communication to building confidence in each other we can design a program to meet your specific needs.

Team building Challenges



From completing tasks as a large group, to working in small teams in timed events we have a large variety of challenges that we can put together to meet your teams goals. When you begin your inquiry with us we will provide you a list of activities that we feel would best help your team reach their goals. From trust walks to human juggling we guarantee everyone will have fun while learning/enhancing their team skills.



Survival Skills Program



Get your group out of the office and learn some lifelong skills that can be used through work or leisure activities. The program can be designed to be competitive or relaxed. We use these skills to emphasize problem solving, communication, trust, adapting to change and evaluating risk. This is the ultimate experience which can include shelter building, fire starting without matches, navigation, stretcher building and plants that can be used for medicinal purposes.

Rafting and Pegging

This program involves rafting down our Kananaskis river while working as a team to complete different tasks in a competitive manour. The participants are required to use skills of communicating, decision making, effective planning, and problem solving which will highlight the importance of developing and maintaining team relationships. This program is run with a trained professional guide in the boat at all times and can only be booked between mid May to late September.



Combination and Customized Packages



With all of our team building and corporate events, we are able to tailor the day to best suit your needs. Whether it is to develop team cohesion, get individuals thinking outside the box or just to have fun after a few days of meetings, we can provide just the right experience for your team. Many of our events can be combined with hikes, mountain biking trips, horseback riding or white water rafting trips. We also offer BBQ lunches and dinners, call for more details.



Contact our office to inquire further or to make a booking

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