

# Metropole Hotel

VENUE & SPA



Inspiration for Your Next Corporate Retreat



## YOUR CORPORATE RETREAT IN THE **HEART OF WALES**

The Metropole Hotel and Spa, tucked into the rolling hills of Mid-Wales, offers more than just a venue. It's a retreat in every sense.

Here, your team can gather without distraction, reflect with clarity, and reconnect over experiences that go far beyond a meeting room. Whether you're planning strategy, nurturing team culture, or simply pausing to breathe, we'll help you build a stay that restores and inspires.

Whether focusing on business goals or recharging, the peaceful environment will leave your team **rejuvenated, motivated, and ready for success.**

## WHAT IS A CORPORATE RETREAT & HOW TO BOOK YOURS

A corporate retreat is more than a meeting, it's an opportunity to step away from routine, **recharge as a team**, and spark new ideas. At The Metropole Hotel & Spa, your team can connect more deeply with each other and with Wales through unique experiences like water sports, wine-tasting, yoga, and bushcraft. Blend these with soft skills training, such as effective communication led by our recommended coach, for a retreat that balances growth with relaxation. It's time together that goes beyond the boardroom: **meaningful, memorable, and tailor-made** for your company and culture.

### Step One → Get in Touch

Get in touch with your ideas; include potential dates, group size, and what you'd like your retreat to include. You can use our brochure for inspiration!

### Step Two → Tailored Proposal

We'll create a tailored proposal featuring suggested local partners for your team-building experiences. Once you're happy with the options, we'll confirm availability and costs, then send you a finalised quote. We will handle payment and coordination with your selected third-party partner, so all communication, arrangements, and billing are kept in-house.

### Step Three → Confirm & Finalise

Once confirmed, we'll send you over your contract, itinerary, and our T&Cs. We will stay in touch to finalise all the details - like timings, rooming lists, and any extras.

### Step Four → Enjoy

Arrive with your team and relax - our experienced team will be on hand throughout your stay to ensure your retreat runs smoothly from start to finish.



## WHY CHOOSE THE METROPOLE?

### **A Restful Night's Stay**

With 109 en-suite bedrooms, each individually styled with nods to our Victorian history, your team will enjoy a restful nights stay. Preferential corporate rates are available for your retreat.

### **Space to Recharge**

Residential guests receive complimentary access to our Rock Spa & Health Club, including a newly refurbished Technogym, 18-metre heated pool, sauna, steam room, and whirlpool. Therapy treatments can be booked in advance.

### **Flexible Event Spaces**

Our 12 function rooms are designed to flex around your retreat goals - whether you're hosting collaborative workshops, reflective team sessions or informal networking.

### **Access & Parking**

Free parking for up to 140 vehicles, including 3 EV charging points. All function rooms are fully accessible.

### **Location**

Located in the historic town of Llandrindod Wells, the Metropole Hotel and Spa is surrounded by beautiful landscapes, mountains, and lakes, offering the perfect backdrop for inspiring team-building and focused work.







## ACCOMMODATION & RETREAT CATERING

Our traditionally styled rooms, from cosy singles and classic doubles to spacious suites, offer comfort, character, and elegant furnishings that reflect the hotel's timeless charm.

Enjoy two distinctive dining experiences: the refined Radnor & Miles Restaurant for fine dining, or the relaxed Spencer's Bar & Brasserie for more informal meals.

All residential packages include a **hearty** full Welsh breakfast each morning and an evening meal in our Radnor & Miles restaurant. Private dining rooms are also available on request.

Our set delegate packages include a variety of lunch options, from light sandwich platters to hot buffets and packed lunches for day trips. We can also arrange breakfast bars with granola stations or breakfast baps, soft drink stations, and drinks receptions. Whatever your team needs, our Chef and Events Team will work with you to create your bespoke retreat.

OUR PARTNERS & EXPERIENCES

**be inspired**

## THE ELAN VALLEY (DWR CYMRU)

CYCLING | GUIDED WALKS | TOURS

Discover the stunning Elan Valley with tailored experiences ideal for reconnecting teams and refreshing mindsets. Choose from ranger-led walks to iconic sites like Nant y Gro Dam, or a guided tour of Pen y Garreg Dam for a deeper understanding of this remarkable landscape. Energise your group with electric, mountain or trail bike hire, or opt for a three-hour guided ride. Private estate tours and bespoke packages can be shaped around your team's goals. Self-guided walk books are also available for flexible, reflective exploration. Contact us to build your perfect team day.



## ELAN VALLEY LODGE

TEAM BUILDING | BESPOKE ACTIVITIES

The Elan Valley Lodge offers engaging team challenges designed to inspire collaboration, creative problem-solving, and shared fun, all ideal for away days or corporate retreats. Choose from fast-paced competitions like Team Labyrinth, strategic adventures such as Orienteering Poker, or immersive full-day experiences including team maze ball, quizzes, puzzles, and more. All sessions are fully facilitated, with equipment provided and timings tailored to your group's schedule. Whether onsite or out in the landscape, each activity strengthens teamwork. For full session details, please contact us directly.







## THE ELAN VALLEY: DARK SKIES

ASTRONOMY TOURS | PLANETARIUM

Elan Valley Estate is a designated International Dark Sky Park, the first privately owned, publicly accessible site worldwide – with silver-tier status protecting 45,000 acres from light pollution. This creates a unique, pristine setting perfect for stargazing and team reflection. The Elan Valley Trust offers guided dark sky walks and can arrange a pop-up planetarium at the hotel, including talks on the night sky and Welsh star mythology. For an inspiring, memorable team experience under the stars, contact us to connect with the Dark Sky team.



## FARMERS' WELSH LAVENDER FARM

GUIDED TOUR | WILD SWIMMING

Founded in 2003 by philosopher Bill Newton-Smith and journalist Nancy Durham, Wales' first lavender farm transformed a sheep farm into a thriving aromatic haven. Enjoy guided tours of the fields, take a refreshing wild swim on-site, or rent the charming barn for intimate corporate meetings. Pre-booked snacks and drinks are available, while the farm's luxurious lavender products feature in The Rock Spa and make thoughtful team gifts. Immerse your team in this serene setting to connect with nature and Welsh heritage in a memorable way.



## BLACK MOUNTAIN ADVENTURES

### OUTDOOR ACTIVITIES | PROBLEM-SOLVING

Black Mountain Adventures offers bespoke team-building experiences tailored to your team's goals, size, and budget. From half-day activities to multi-day development courses, their sessions combine outdoor adventure with meaningful skill-building to boost communication, confidence, and collaboration. Choose from raft building, high ropes, ziplining, archery, mountain biking, canoeing, gorge walking and more. Mix and match for a full-day programme or select a single standout experience, all designed to energise and unite your team in an unforgettable way.



## KERRY VALE VINEYARD

### WINE TASTING | GUIDED TOUR

We've partnered with Kerry Vale Vineyard, located just an hour away on the Welsh-Shropshire border, to offer inspiring vineyard tours perfect for team outings. Alternatively, enjoy unique self-guided tours and wine float tastings here at The Metropole, complete with expert tasting notes from Kerry Vale. We can also arrange for a vineyard specialist to host an internal tasting and talk. Plus, our Head Chef provides wine-pairing suggestions to complement our menus, creating a memorable, shared experience for your team.







## UP COACHING WITH DAVE JONES

COACHING | SOFT SKILL DEVELOPMENT

We're proud to partner with an experienced leadership and management coach who has helped our own team thrive. He offers flexible on-site courses tailored to your group's needs, ideal for fitting between activities. Topics include leadership styles, team development, emotional intelligence, conflict resolution, effective communication, coaching and mentoring, sales techniques, and continuous improvement. Sessions range from two hours to full days, with customised content to match your goals and schedule. For the full list and pricing, please contact us today.



## LEARN OUTDOORS

BUSHCRAFT | CAMPFIRE COOKING | CRAFT

Learn Outdoors/The Wilderness Project offers hands-on outdoor experiences designed to reconnect your team with nature, build confidence, and inspire mindful living. Led by skilled professionals, sessions include fire lighting, spoon carving, knife skills, navigation, campfire cooking, and more. Whether for personal growth or meaningful team bonding, these immersive activities provide a grounding and memorable retreat experience. Choose from two-hour tastings, half-day workshops, or full-day sessions, all tailored to suit your team's objectives, just share your interests with us.



## FOUND FOOD - FORAGING WALES

### FORAGING | OUTDOOR ACTIVITY

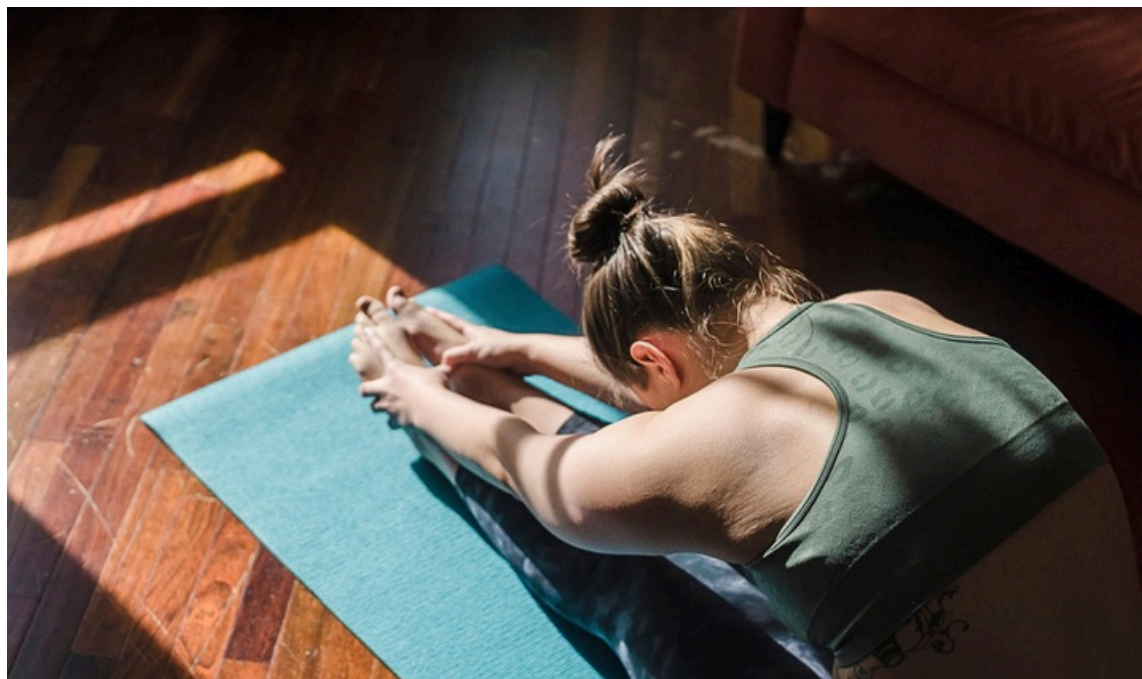
Found Food offers immersive foraging experiences that connect your team with nature through wild ingredients, flavours, and local folklore. From gentle three-hour introductions to full-day forage-and-cook adventures, each session encourages mindfulness, curiosity, and a deeper sense of place. Group wild food talks and tailored collaborations with kitchen, bar, or spa teams are also available. Sessions can be adapted to fit your retreat schedule and focus. Pricing varies by format, please contact us to explore the best option for your group.



## WELLBEING ACTIVITIES

### YOGA | SOUND BATHS | WELLNESS

We collaborate with experienced wellbeing professionals offering a diverse range of activities to refresh body and mind. Choose from yoga sessions, calming sound baths, creative 'Zentangle' drawing, immersive forest bathing, and more. Whether indoors or outdoors, these sessions promote relaxation, mindfulness, and connection, perfect for enhancing any retreat or corporate wellbeing programme. Flexible formats and durations ensure a tailored experience to meet your group's unique needs. Caer Bryn Retreats can deliver these experiences onsite or within the hotel for added convenience.







## BEYOND BREAKOUT!

ESCAPE ROOM CHALLENGES | INTERACTIVE

Beyond Breakout delivers immersive outdoor and mobile escape games designed to enhance team cohesion, communication, and problem-solving. Perfect for corporate groups, sessions run from 90 minutes to a full day and can accommodate up to 80 participants. Popular games like Blackout, Magic Portal, and Operation Mindfall provide engaging, themed challenges that encourage collaboration, creativity, and wellbeing. Flexible pricing, catering options, and adaptable locations ensure a fully tailored and memorable team-building experience to suit your group's specific needs and objectives.



## LLANDRINDOD WELLS LAKE

KAYAKING | PADDLEBOARDING | CYCLING

Lakeside Boathouse is an award-winning venue just a five-minute walk from our hotel, offering a wide range of outdoor team-building activities. Perfect for corporate groups, they provide dragon boat racing, kayaking, canoeing, stand-up paddleboarding (SUP), bushcraft sessions, and cycling courses. Facilities also include an ice cream parlour and bike hire. Whether your team seeks to strengthen collaboration or enjoy an adventurous day out, Lakeside Boathouse delivers a memorable experience. Contact us today to create a bespoke package tailored to your group's needs.





## PENRHOS SPIRITS

### SPIRIT TASTING EXPERIENCES

Penrhos Spirits offers artisan gin tasting experiences designed to delight and engage teams through shared discovery and flavour exploration. Ideal for corporate groups, their experiences can take place either within the hotel as a guided tasting or off-site at their Herefordshire distillery. Standard gin tours are hosted on the last Thursday of each month, but bespoke packages are available for private groups on a preferred date.



## IN THE WELSH WIND DISTILLERY

### SPIRIT TASTING EXPERIENCES

In The Welsh Wind Distillery offers authentic Welsh gin, vodka, rum, and whisky experiences tailored for corporate groups seeking a unique and memorable outing. Located on the Ceredigion coast, their award-winning distillery welcomes teams for guided tours or immersive tasting sessions. The Gin Tasting Experience includes a welcome drink, guided tasting of three gins, a behind-the-scenes distillery tour, and a final drink of choice. Internal tasting experiences can also be booked within the hotel.



## GIGRIN FARM

### UNIQUE BIRDS OF PREY EXPERIENCE

Just a short drive from the hotel, Gigrin Farm offers a truly unforgettable group experience. As Europe's largest Red Kite feeding station, it's the best place in the UK to witness these magnificent bird, including the incredibly rare white (Leucistic) kites, in their natural environment. Perfect for team downtime, nature photography, or simply sharing a unique moment together, this world-renowned site encourages reflection, connection, and fresh perspective. A grounding, inspiring activity to complement your corporate retreat in the heart of Wales.



## WANTING MORE?

### CONTACT US WITH YOUR IDEAS TODAY

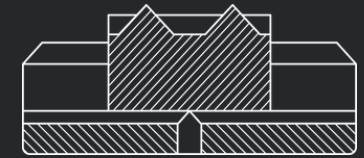
Not spotted the activity you're after? Please check our full list of local partnerships in the index, or get in touch with our team. We have extensive contacts across the area and can organise unique and memorable experiences tailored to your team's interests, whether it's murder mysteries, creative workshops, or something entirely different and bespoke to you.



## BUILDING YOUR BESPOKE RETREAT

Below are key elements to consider when planning and building your bespoke retreat with us, from selecting activities and catering, to optional extras like spa treatments, transport support, and meeting space. Once you've explored the options, turn the page for curated package examples **designed to inspire** and help you visualise your perfect team experience.

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### DATES & STAY LENGTH

Choose selected dates & stay length. We recommend arriving the night if you have a full team-building day planned the following day.

### CHOOSE ACTIVITIES

From the activities listed, let us know what you'd like to include in your stay, and we'll suggest itineraries and provide quotes from our trusted partners. If you have a budget in mind, sharing this in advance helps us tailor the best possible options for your team.

### CATERING

For team-building stays, select your preferred catering options from **page 19** and share them with us. Residential packages include evening meals in Radnor & Miles, or privately as a group.

### ADDITIONAL INFO

For residential stays, all guests get full use of our Rock Spa. You can also add Rock Spa treatments if booked in advance. Meeting spaces, AV equipment, and breakout rooms are available if requested for internal team-building. We can also arrange group transport to and from our external team-building experiences if requested.



## Example Package

### The Classic Team Retreat

#### DAY ONE

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**Arrive** in the morning and settle in with tea, coffee, and traditional Welsh cakes or a brunch.

**Dive** into a full-day bespoke team-building experience with Elan Valley Lodge, including a lunch break.

**Relax** in the late afternoon—unwind at The Rock Spa or enjoy some quiet time with a good book.

**Gather** for an evening drinks reception, followed by an exclusive private dinner.

#### DAY TWO

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**Refuel** with a hearty Full Welsh breakfast.

**Engage** in a focused half-day soft skills workshop with Dave Jones from Up Coaching.

**Lunch & Goodbye:** Lunch can be taken in the hotel, or as a packed-lunch and then guests can say their goodbyes.

(All bespoke packages can be created with the number of days/nights you have in mind)

## Be Inspired

### Bespoke Retreat Example

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The Classic  
Team Retreat







## Be Inspired Bespoke Retreat Example

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## The Adventurer Team Retreat

### Example Package The Adventurer Retreat

#### DAY ONE

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**Arrive** the night before to settle in and prepare for an action-packed day ahead. Enjoy private dining and full use of the Rock Spa.

**Travel** to Black Mountain Adventures by coach or private transport. Choose from thrilling activities like kayaking, high ropes, archery & many more.

**Return** for an energised private dinner to share stories/unwind and enjoy free time in the evening.

#### DAY TWO

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**Refuel** with a hearty Full Welsh breakfast.

Explore the stunning Elan Valley on a guided ranger walk and dam visit.

**Return** to the Metropole for a nourishing lunch followed by a soft-skills session to sharpen teamwork & communication.

**Lunch & Goodbye:** Lunch can be taken in the hotel, or as a packed-lunch and then guests can say their goodbyes.

## Example Package

### Wildcraft & Wellbeing Retreat

#### DAY ONE

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**Arrive** mid-morning and settle in with tea, coffee, and traditional Welsh cakes or a brunch.

**Immerse** your team in bushcraft skills like fire lighting, spoon carving, campfire cooking and navigation skills with Learn Outdoors.

**Relax** in the late afternoon, unwind at The Rock Spa or opt for a self-guided local forest walk.

**Gather** for an evening drinks reception, followed by an exclusive private dinner.

#### DAY TWO

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**Refuel** with a hearty Full Welsh breakfast.

**Relax** with a gentle morning yoga or sound-bath session after breakfast before the days activities commence.

**Enjoy** a local foraging walk led by Found Food, and connect with the landscape through wild food, flavour, and folklore. Led by an expert forager.

**Lunch & Goodbye:** Lunch can be taken in the hotel, or as a packed-lunch for your team to take away.

## Be Inspired

### Bespoke Retreat Example

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Wildcraft & Wellbeing  
Team Retreat





## Be Inspired Bespoke Retreat Example

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## A Taste of Wales Team Retreat

### Example Package Taste of Wales Retreat

#### DAY ONE

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**Arrive** mid-morning and settle in with tea, coffee, and traditional Welsh cakes or a brunch.

**Visit** the Farmers' Welsh Lavender Farm for a guided-tour, coffee/cake, followed by a refreshing Wild Swim (optional).

**Return** to town, to the nearby Boathouse for an optional watersports activity or a scenic walk, then unwind back at The Rock Spa.

**Savour** a private set menu paired with Kerry Vale wines, complete with expert tasting notes for a curated self-guided wine pairing experience.

#### DAY TWO

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**Refuel** with a hearty Full Welsh breakfast.

**Develop** your teams skills with a personalised soft-skill training session hosted by Up Coaching.

**Lunch & Goodbye:** Lunch can be taken in the hotel, or as a packed-lunch for your team to take away.



## CATERING OPTIONS

Please find below our standard delegate packages, drink reception packages and catering add-ons. We can offer bespoke options, menus & catering extras so contact us today with your ideas.

### LUNCH OPTIONS

#### **Sandwich Buffet →**

*Assorted Wraps, Sandwiches, Crudities, Fries & Fruit*

#### **Finger Buffet →**

*Example Menu: Artic flatbreads, quiches, crudities, sliced melon and berries, mini éclairs and mini doughnuts*

#### **Hot Buffet →**

*2-Course Hot Buffet served in our restaurant (one meat/fish and vegetable option).*

#### **Hot & Cold Buffet →**

*Hot buffet as above, with a cold station (cold meats, salads, pasta dishes)*

#### **Packed Lunches →**

*Packed lunches can be made up for your team. Standard includes sandwich, crisps, a chocolate bar, fruit & water.*

### DRINKS RECEPTION

#### **Prosecco**

#### **Buck's Fizz**

#### **Bottled Beer/Cider**

#### **Pimms**

#### **Aperol Spritz**

#### **Mojito**

#### **French 75**

#### **Heartsease Elderflower Fizz**

#### **Bottled Wine**

#### **Mocktails**

*Contact us directly for corkage pricing or for a bespoke drinks menu.*

### EVENING MENUS

#### **Please Scan Below →**

*Our restaurant menus can be found below, if you would like to create a bespoke set menu, please liaise with our team.*



### EXTRAS

#### **Fresh Pastries**

#### **Breakfast Rolls**

#### **Bara Brith**

#### **Welsh Cakes**

#### **Mini Muffins**

#### **Seasonal Cake Slices**

#### **Granola Bowl Station**

#### **Greek Yoghurt Station**

#### **Fruit Platters**





#### **Popcorn Station**

#### **Trail Mix Station**

## PARTNERSHIP INDEX

- Alpaca My Boots | Alpaca Hiking Guided Tours | [www.alpacamyboots.com](http://www.alpacamyboots.com)
- Alex Allpress School | Pottery Experiences | [www.alexallpress.co.uk](http://www.alexallpress.co.uk)
- Beyond Breakout | Escape Room Experiences | [www.beyondbreakout.co.uk](http://www.beyondbreakout.co.uk)
- Black Mountain Adventure | Outdoor Activities | [www.blackmountain.co.uk](http://www.blackmountain.co.uk)
- Brecon Mountain Railway | Train Experiences | [www.bmr.wales](http://www.bmr.wales)
- Caer Bryn Retreats | Meditation & Mindfulness
- Cambrian Safaris | Guided Off-Road Tours | [www.cambriansafaris.co.uk](http://www.cambriansafaris.co.uk)
- Corris Caverns | Mazes & Team-Building Activities | [www.caverns.wales](http://www.caverns.wales)
- Dahmile Distillery | Gin & Whisky Tasting Experiences | [www.damhile.co.uk](http://www.damhile.co.uk)
- Dyfi Distillery | Gin Tasting Experiences | [www.dyfidistillery.com](http://www.dyfidistillery.com)
- Elan Valley Dwr Cymru | Outdoor Adventure | [www.elan-valley.co.uk](http://www.elan-valley.co.uk)
- Elan Valley Trust | Dark Skies Experiences | [www.elanvalley.org.uk](http://www.elanvalley.org.uk)
- Elan Valley Lodge | Team Building Experiences | [www.elanvalleylodge.co.uk](http://www.elanvalleylodge.co.uk)
- Farmers' Welsh Lavender Farm | Wild Swimming & Tours | [www.welshlavender.com](http://www.welshlavender.com)
- Framestore Filmmaking | Filmmaking & Storytelling Courses | [www.framestore.com](http://www.framestore.com)
- Found Food | Foraging Experiences | [www.foundfood.com](http://www.foundfood.com)
- Gigrin Farm | Red Kite Feeding Experience | [www.gigrin.co.uk](http://www.gigrin.co.uk)
- In The Welsh Wind Distillery | Gin Tasting Experiences | [www.inthewelshwind.co.uk](http://www.inthewelshwind.co.uk)
- Kerry Vale Vineyard | Guided Tours, Self-Led Tasting Experiences | [www.kerryvalevineyard.co.uk](http://www.kerryvalevineyard.co.uk)
- Learn Outdoors | Bushcraft, Outdoor Experiences & Wild Cooking | [www.learn-outdoors.co.uk](http://www.learn-outdoors.co.uk)
- Neal's Walks in Wales | Guided Walks
- Penderyn | Whisky Tasting Experiences | [www.penderyn.wales](http://www.penderyn.wales)
- Ross Young Coaching | Corporate Lego Play & Group Team-Building
- Sam Powell Coaching | Team Building & Coaching
- Serydda Dark Skies | Dark Skies & Astronomy | [www.serydda.co.uk](http://www.serydda.co.uk)
- Up 4 Coaching | Soft Skill Development Coaching | [www.up4coaching.co.uk](http://www.up4coaching.co.uk)
- We're always adding new experiences, so get in touch for the latest options.



					
POWYS SUITE	335m <sup>2</sup>	✓		✓	
POWYS	178m <sup>2</sup>	✓		✓	
BALLROOM	157m <sup>2</sup>	✓		✓	
GARDEN SUITE	112m <sup>2</sup>		✓	✓	
WEDGEWOOD	42m <sup>2</sup>			✓	
WEDGEWOOD CON	42m <sup>2</sup>	✓		✓	
BOARDROOM	19m <sup>2</sup>				
USK	46m <sup>2</sup>			✓	
DAVID SPENCER SUITE	233m <sup>2</sup>	✓	✓	✓	



DIMENSIONS

AIRCON

HEARING LOOPS

DISABLED  
ACCESS

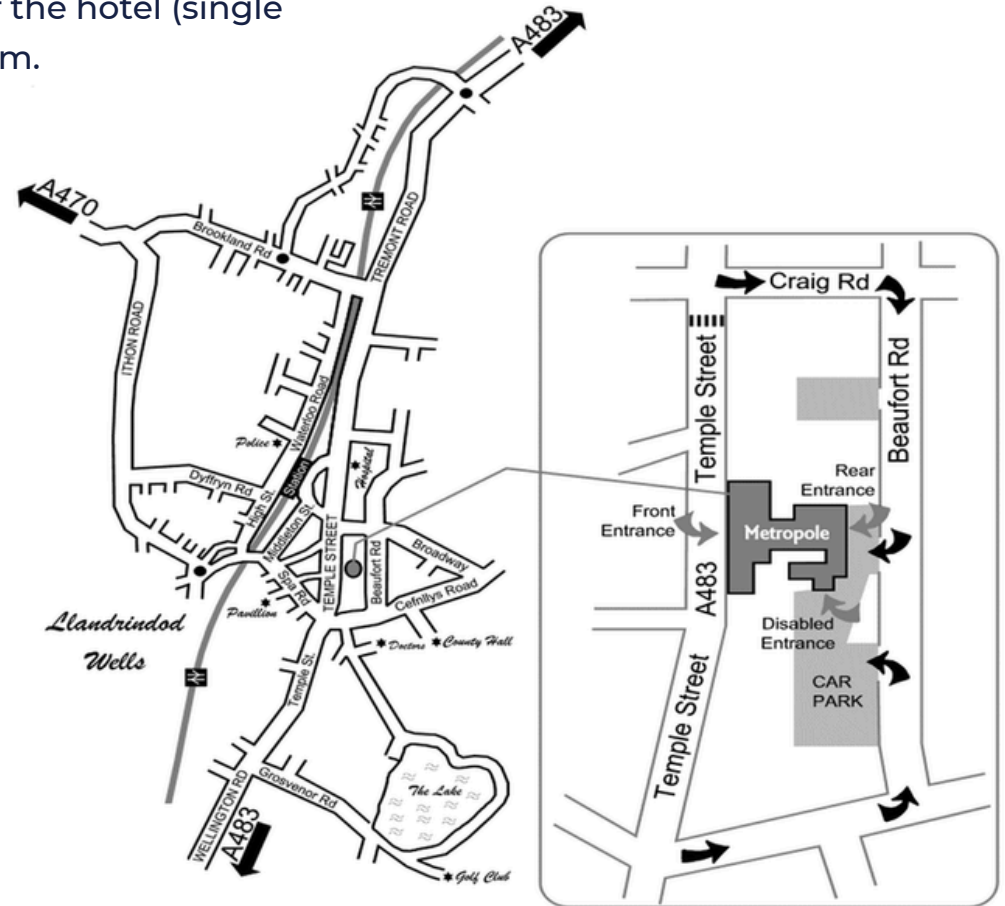
## GETTING HERE

- The Metropole is located in the centre of Llandrindod Wells on the A483.
- Llandrindod Wells train station is just a short walk from the hotel, with regular service via the Heart of Wales line to Swansea and Shrewsbury.
- Free parking is available at the rear of the hotel
- We have 140 car-parking spaces and 3 EV charging points
- Parking is not permitted on the main road in front of the hotel (single yellow line) from Monday to Saturday, 8:00am–6:00pm.

### WHAT3WORDS

newest.driving.glossed

### SCAN FOR GOOGLE MAPS





**Ready to build your perfect retreat?**

Get in touch: [salesmanager@metropole.co.uk](mailto:salesmanager@metropole.co.uk)

