

# 裸心谷 naked STABLES

提到裸心谷,人们就会想起逃离繁华却压力 繁重的城市,回归简单质朴的自然生活。在 很多层面上,裸心已然成为了一种现象:它 唤醒了沉睡中的莫干山,使之成为炙手可热的 旅游景点;它带动了城市居民周末远足踏青 的风潮。

裸心谷是一家可持续性的高端度假村,坐落于美丽的莫干山山脚下。旨在将舒适,优雅和奢华完美地结合起来,同时也注重将对周边环境的影响最小化。度假村里的树顶别墅和夯土小屋中一共拥有121间精美的客房,全部由业内领先的可持续材料建造而成。裸心谷是可持续酒店的先锋,也是中国第一个荣获令人垂涎的LEED白金可持续认证的度假村。

naked Stables is known for attracting people to escape their glamorous yet high-strung city life and return back to nature. It has been a phenomenon on many levels, transforming the sleepy hills of Moganshan into a buzzing destination.

naked Stables is an eco-luxury resort that aims to combine comfort, elegance and an active lifestyle, with minimal impact on the environment. Featuring 121 beautifully designed rooms in free-standing Tree Top Villas and Earth Huts, naked Stables is the first resort in China to receive the highly coveted LEED Platinum certification.





# 裸心堡 naked CASTLE

占地128亩的裸心堡,对裸心有着相当特别的意义。除了重建裸心堡城堡的前身——苏格兰传教士医师梅滕更建立的城堡式别墅,更将裸心第一个度假村裸心乡当年的农舍,一同改建成95间各有千秋的客房。其中还有山林环绕的餐厅、水疗、无边泳池、馥郁别致的城堡花园、岩石剧场和精采的户外活动。裸心堡的城堡内有5种不同主题的城堡套房;还有于悬崖边上的崖景套房能让你居高临下,俯瞰翠叠群山;空间宽敞的奢华小院适用于家庭朋友聚会;一应俱全的厢房,能让你尽情沉浸在大自然的拥抱里。裸心堡带给每个人的是莫干山前所未有的壮阔美景,城堡传奇历史和极致奢华的度假体验。

naked Castle, occupying 128 mu of gentle rolling hills, is a special place for naked. In addition to resurrecting The Castle, the property also includes the reincarnated naked Home, naked's first project. The new resort hosts 95 luxurious rooms, 2 restaurants with panoramic views, a spa, a cantilevered infinity pool, a lush garden with amphitheatre, and an activities centre. The rooms are the epitome of leisure of luxury, surrounded by the lush forest and the majestic mountains. naked Castle features the best that Moganshan has to offer by offering a special combination of nature, leisure and history.

# 远离城市的团建活动 RETREAT TEAM BUILDING ACTIVITIES

裸心的团队建设活动可以鼓励团队之间的相 互合作和协调队友之间的关系。远离烦嚣的 城市,在大自然中彻底的放松心情,让每一个 人可以把精力集中在手上的活动。所有的活 动都可以根据您团队的要求和目的来量身 订做。 naked Resorts offers many teambuilding activities that encourage group cooperation and enhance relationships, while providing an escape from the hectic city life. Relax amongst quiet and peaceful nature clear your mind and improve focus. All activities can be tailor-made for different teams in order to achieve the goals of the outing.



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# 团队建设活动

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为求您和团队有最好的体验,所有活动最少需10人参与。欲知每项活动人数限制请查询相关页面。 For the best experience, all group activities require a minimum of 10 participants unless otherwise marked.



## 破冰游戏

破冰游戏伴随您拓展活动的开始,让大家在放松心情缓解气氛的同时,认识您的伙伴们在走出办公环境后的改变。

RMB 100 /人(3个游戏) 1小时

## 竞技小游戏

通过这些充满活力的竞技小游戏挑战您团队的协作 和沟通,当您和您的同事战胜困难最后胜利的时 刻,毫无疑问欢乐伴随左右。

RMB 100 /人(3个游戏) 1小时

#### Ice Breakers

Start your outing with these short activities geared toward getting to know your colleagues outside of the office.

RMB 100 / person (3 games)
1 hour

#### Tele-match

Challenge teams to work together and communicate through these youthful challenges. Hilarity undoubtedly ensues...

RMB 100 / person (3 games)
1 hour

## 团队骑乘体验

来裸心谷怎么能不体验我们最具特色的骑马体验。 人多没问题,我们特别设置了团队一小时骑乘体 验,为更好地将团队成员安排在一起,请您务必提 前预定。

RMB 2000 / 1小时 (最多20人)

## 射箭比赛

瞄准,拉弓,放箭!在办公室待久了,何不在裸心谷来一场小小的户外射箭比赛,轻松又愉快。即挑战了技艺和臂力,又在不知不觉中让彼此多了些了解。

RMB 1000 / 1小时 (最多20人)

#### **Group Horseback Riding**

Horseback riding is a must-do at naked Stables. We have created a 1-hour experience for bigger groups. To secure your preferred time slot, please book in advance.

RMB 2000 / 1 hour (Maximum 20 people)

## **Archery Competition**

Have a small outdoor tournament with your team . Pull back your bow and let your arrow fly! The winner just might surprise you!

RMB 1000 / 1 hour (Maximum 20 people)





## 真人CS

置身于莫干山竹林中,身披迷彩服,来一场淋漓尽致的分组对抗,既紧张又刺激。真人CS是团队拓展训练中一个综合性很强的项目。谁的战术更加灵活,谁的团队协作更胜一筹,让我们战场一见高低。

RMB 120/人 1小时

## 采茶及炒茶

莫干山不仅因为它原始的竹林而闻名,丰富的茶园也支撑当地居民的生计。在采茶的季节,参与当地采茶活动,当您在品茶的同时,难忘的体验会令您回味无穷!

RMB 288 / 人 四月 RMB 188 / 人 五月 1.5小时

#### **Paintball**

Put on your fatigues and prepare for battle in the middle of a bamboo forest! This game tests your strategic abilities, physical skills and teamwork. You'll divide up into teams and pit your wits against the opposition in this fun and exciting activity.

RMB 120 / person 1 hour

## Tea Picking and Roasting

Moganshan is not only famous for its pristine bamboo forest, but also for its abundant tea plantations. Take part in this local tradition and create your perfect cup!

April: RMB 288 / person May: RMB 188 / person 1.5 hours

## 裸心农场采摘

占地50亩的裸心农场种植80多种蔬果及植物。而农场收获的食物及蔬菜将作为度假村内餐厅的原材料,于清晨采摘的蔬果将在当日被做成健康的佳肴,供客人享用。来尝尝新鲜健康的"裸"滋味吧!

RMB 30/1斤 包括农场参观、采摘、萌宠喂食

#### 陶艺制作

来到德清,就要体验一次陶艺,因为德清是中国青 瓷之源。何不一试身手,把裸心谷的回忆和您亲自 制作的纪念品一起带回家吧。

RMB 200 / 人制作 (同时可容纳4人) RMB 100 / 件烧制 1小时

#### naked Farm Vegetable Picking

Situated on 50 mu of land is a bountiful farm housing 80 different herbs and vegetables. We use only local natural fertilizers, no GMO products or pesticides. Taste the difference!

RMB 30/500gr Includes farm tour, vegetable picking, and animal feeding

#### **Pottery Class**

Deging is the source of Celadon of China. At naked, we show you the traditional way of Deging pottery making. Bring home your handmade souvenir to remember your stay.

RMB 200 / person for making (Maximum 4 people) RMB 100 / piece for firing 1 hour



## 团队向导远足

轻装徒步,在泥土路和竹林的环抱中放慢脚步,放 松心情,呼吸大自然纯净的空气。您也可以选择和 我们一起挑战高峰。

RMB 50 /人 / 1小时 RMB 80 /人 / 2小时

## 团队向导骑行

穿越田野、农庄,穿越竹林、隧道、湖光、山色, 骑行带您看更多风景。

RMB 100 /位 半天租金

#### **Guided Team Hiking**

Make a simple hike memorable by stopping at a scenic overlook and having a picnic as you take in the beautiful surroundings.

RMB 50 / person / 1 hour RMB 80 / person / 2 hour

## **Guided Team Biking**

Cross the tea fields and the village to enter the bamboo forest. Enjoy the scenic views of the lake and the mountains with your team!

RMB 100 / person, half-day rental





## 团队瑜伽

瑜伽是一项平衡,伸展的运动。能帮助提升灵活性 和平衡性,缓解压力和放松心情。

RMB 2000 / 课程 1 小时(最多20个人)

## 团队太极

太极是武术的起源,身心的锻炼可以完全集中您的 思想,挑战您的身体再现古代艺术**。** 

RMB 2000 / 课程 1小时(最多20个人)

#### Team Yoga

Yoga uses slow movements and stretching to increase flexibility and balance. Release your stress and relax.

RMB 2000 / session 1 hour (Maximum 20 people)

#### Team Tai Chi

An ancient form of martial arts, this mind-body practice is perfect for centering your thoughts and challenging your body.

RMB 2000 / session 1 hour (Maximum 20 people)



## 团队水疗

让您在激烈的团队活动之后,舒缓一天的疲乏,享 受一份身心的宁静。

RMB 150 / 30分钟 / 人

裸竹背部按摩,桑拿,蒸汽,有机茶及甜品套餐

RMB 150 / 1小时 / 人 儿童团体套餐: 包含美甲,海娜纹身或手绘纹 身,30分钟面部护理

## Team Spa

Tired after the activities? Enjoy some rest and relaxation at the spa!

RMB 150 / 30 mins / per person Bamboo back massage, sauna, steam, and organic tea & dessert.

RMB 150 / 1 hour / per person For children: nail art, henna art, and 30-minute express facial.

## 全天然手作唇膏

天然蜜蜡、维生素E和杏仁油,给娇嫩的双唇带来呵护滋养。无论你喜欢色彩饱和的粉雾 状唇色,还是滋润度高的透亮效果,都可以自己调配!

## 花漾缤纷香氛蜡烛

小巧美丽的玻璃瓶,倒入透明的蜡,搭配各种乾燥或新鲜的花朵、小贝壳...等,再挑选或调制自己喜爱的香气,世上独一无二的手工蜡烛就这么完成了!

RMB 220/ 人 1小时(最少5人)

二选一 RMB 120/ 人 45分钟(最少5人)

## **All-Natural Lipstick Making**

Combine natural amber, vitamin E, almond oil and a bit of powder to make an amazing lipstick that will protect your lips and make them radiant.

## **Aromatherapy Candle-making**

Pour wax into the mold then decorate with plants, flowers and shells. Choose your favorite aroma or make your own creation!

RMB 220/ person 1 hour (Minimum 5 people)

Pick one of two RMB 120/ person 45 mins (Minimum 5 people)





## 泡泡足球

动感十足的泡泡足球起源于挪威,是都市年轻人群 热衷的户外活动。在泡泡足球场上,不必懂足球规 则,不怕球技不够娴熟,几乎没有任何规则限制。 套上安全气囊,你撞我,我撞你,在笑声中释放压 力。三对三,撞翻全场,萌翻全场。

RMB 100 /人 1 小时(一场最少4人最多6人)

## 宝剑寻觅

因为莫干山而特别设计的寻宝活动,和您的伙伴们 在奔跑中不断寻找隐藏的下一条线索。让我们拭目 以待谁将最先破解密码,寻得干将和莫邪遗失在人 间的宝剑。

RMB 100 /人 1 小时

#### **Bubble Football**

Created in Norway, bubble football is the new sport taking off everywhere. Fun, safe, good exercise, and a riot to watch, release stress on the lawn and enjoy the bumping fun.

RMB 100 / person 1 hour (4 - 6 persons / session)

## Sword Hunt

In a treasure hunt-like activity, created specifically for Moganshan. Race with your colleagues to locate hidden clues to reveal the location of hidden swords.

RMB 100 / person 1 hour



## 急速前进

在裸心谷参与这场受人欢迎的真人秀,团队需要在 极速前进的同时,寻找早已安排在度假村内部或者 外部关卡。这是了解地形的最佳方式,也是同事间 展现个人隐藏才华,增加竞争精神的好机会。

RMB 300 / 人 3小时

## 奔跑吧,兄弟

撕起来吧,兄弟,为了最终的胜利。团队的配合,成员间的信任和鼓励将在这场活动中展现得淋漓 尽致。

RMB 300 / 人 2小时(最少 12 人)

#### **Amazing Race**

naked Stable's version of the popular reality show has teams race around to locate checkpoints that have been setup inside or outside of the resort. This is a great way to get to know the area, identify hidden talents and ignite the competitive spirit amongst your colleagues.

RMB 300 / person 3 hours

## naked Running Man

Participate in a popular game show at naked. This game requires a lot of cooperation, trust and encouragement.

RMB 300 / person 2 hours (Minimum 12 people)

以上价格均需加收10%的服务费。所有价格及服务费需另加收国家规定的相应增值税税金。

All prices are subject to 10% service charge. All prices and service charge are subject to additional VAT (Value Added Tax) stipulated by national policy.

## 油画大师

虽然每个人所做的只是一部分,但最终的结合会让 人惊讶,一幅完整的画作原来每个人都不可或缺, 这就是团队的力量。

RMB 300 / 人 2小时

## 竹筏制作

用大自然赐予莫干山的自然资源·竹子,来挑战您身心吧!在我们当地专家的帮助下,用我们提供的工具制作您自己的竹筏。这个终极挑战将在我们的水库进行,您可以尽情展现您和您伙伴们的建造技巧和身体素质。

RMB 400 / 人 2小时

#### **Art Jamming**

Never underestimate what you can do together. The final art piece will surprise you. This is the power of team work.

RMB 300 / person 2 hours

#### **Raft Building**

A great combination of physical and mental ability, this challenge uses one of Moganshan's plush resources – bamboo! With the help of our local experts, construct your own bamboo raft. The ultimate test will be a race in the reservoir.

RMB 400 / person 2 hours



## 水饺制作

这个传统的美食可以很好地分享当地的传统技艺。 反复练习,动手包每一个饺子使其接近完美。 无 论最终的成果样子如何,都会很好吃哦!

RMB 100 / 人 1小时

## 厨王争霸

精选本地食材,运用你的绝妙构思,让饕殄盛宴呼 之欲出。让我们拭目以待,看看谁是裸心厨王!

RMB 450 / 人 2小时

## **Dumpling Folding**

This traditional delicacy is a way to share local traditions and techniques. The good thing is that no matter how the final product looks, it will still tastes delicious!

RMB 100 / person

1 hour

#### Iron Chef

Select ingredients to cook with and think out of the box to create your own masterpiece. Let's see who our naked Iron Chef is.

RMB 450 / person 2 hours



## 裸心迷你铁人三项赛

让团队感受有趣动感的迷你铁人三项。通过跑步, 游泳和骑行三项角逐出最棒的团队。裸心谷保证活 动设备的安全和可靠。

RMB 400 /人 4小时(至少12人)

## 裸心运动会

集体出行,何不在裸心来一场快乐有趣的公司运动 会,射箭、骑行、羽毛球、游泳、飞盘分项开展, 循序渐进,最精彩还当属最后的集体拔河,面红耳 赤,气吞山河。

RMB 400 /人 4小时(至少12人)

#### naked Mini Triathlon

Put your team to the test with this fun and active mini-triathlon. Compete in running, swimming and biking, all organized within the resort grounds. Let the best team win!

RMB 400 / person 4 hours (Minimum 12 people)

## naked Sports Meet

Let us organize a sports meet for the team. Archery, biking, badminton, swimming, frisbee, etc. End with an epic Tug of War. Jia You, Jia You, Jia You!

RMB 400 / person 4 hours (Minimum 12 people)



## 孤岛求生

暴风雨即将来临,形势紧急,须尽最快速度将岛上的 队友转移到安全处。多重任务,规则后暗藏玄机,孤 岛求生能否成功,我们拭目以待。

RMB 200 /人 1.5小时

## 速度与激情

用惊险、刺激的方式挑战自己,与团队成员一起来设计和建造这个世界上最令人兴奋和最具创意的过山车。这是一个极富想象力的团队项目,项目能否成功取决于团队共享信息,知识,设备和资源的努力。

RMB 300 /人 2个小时

#### Island Survival

An escape room-esque game; survive the incoming storm with your teams on the "deserted island". Survive long enough to get rescued! Teamwork is imperative to success!

RMB 300 / person 1.5 hours

#### Fast & Furious

Work with your team to design and build the world's most exciting and thrilling roller coasters. This project requires imagination, creativity and of course team work.

RMB 300 / person 2 hours



## 守卫炮台山

炮台山位于莫干山西南角,1936年,在日军进犯莫干山期间,此处架设炮台,故称炮台山。今天,和我们一起用莫干山最负盛名的竹子,制造威猛的大炮,来一场巅峰对抗,守卫炮台山,守卫城堡,刺激又好玩!

RMB 300 /人 2个小时

## 团队挖竹笋

每年春天竹林里最鲜甜的滋味莫过于春笋了,而竹林正是莫干山的标志之一。在搜寻鲜笋和采摘的过程中你会发现越来越上手,成为一名慧眼识别"好笋"的专家。

RMB 100 /人 1个小时(适用时间12月至4月)

#### Defend Pao Tai Mountain

Paotai Mountain was named after the cannons where placed on its peak during Japanese invasion in 1936. Make model cannons out of bamboo in preparation for the big battle at the end of the workshop!

RMB 300/person

2 hours

## **Bamboo Shoot Hunting**

Every spring, the bamboo forest in Moganshan begins anew with the young bamboo shoots beginning to take root. As you walk through the forest, you'll start to develop an eye for the perfect shoots hiding underneath the soil.

RMB 100 / person
1 hour (Season from December to April)



## 草坪保龄球

这项运动可以追溯到13世纪伦敦贵族在城堡中相当流行的一项活动。青葱的草坪四周被绿树环抱,无边泳池和雄伟的城堡就在两旁,在草坪保龄球进行时,你可以在草坪的小露台休憩喝杯饮料。

RMB 88 /人 1个小时

#### Lawn Bowling

This game can be traced back to the 13th century when the nobles of London played the game on their castle grounds. The bowling green (Castle main lawn) has a magnificent view of the Infinity Pool and the Castle. While lawn bowling, you can lounge on the lawn patio which is surrounded by the giant ancient maple tree grown by the original Castle owner Dr. Duncan Main.

RMB 88 / person 1 hour



## 乐享路虎

路虎带您攀登到竹林密布的山巅,沿"驾驭之巅" 路线领略一览众山的壮阔景色。

- 无需驾驶经验
- 越野公园+丛林穿越+"驾驭之巅"路线(或其 他路线)

RMB 599 起 /人

## 路虎探崎

手持中国或国际驾照、有丰富驾车经验的宾客还可 亲自驾驶路虎,感受亲手操控的快感。有全球认证 的专业路虎教官坐镇乘客席,宾客可将越野公园所 学驾驶技巧应用到挑战线路。

- 驾驭体验
- 越野公园+挑战线路

RMB699 起 /人

## Land Rover Experience (as Passenger)

Take a ride along the Crester trail, which winds up the bamboo filled mountains to the crest of the range. Enjoy the stunning views from here.

- Passenger experience
- Play Park + Tracer + Crester (or other)

Starts from RMB 599 / person

#### Land Rover Adventure

Experienced drivers holding Chinese or international drivers licenses can get behind the wheel of a state of the art Land Rover and experience the thrill of controlling this amazing vehicle.

- Self-drive experience
- Play Park + Tracer

Starts from RMB 699 / person



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观云高尔夫球场

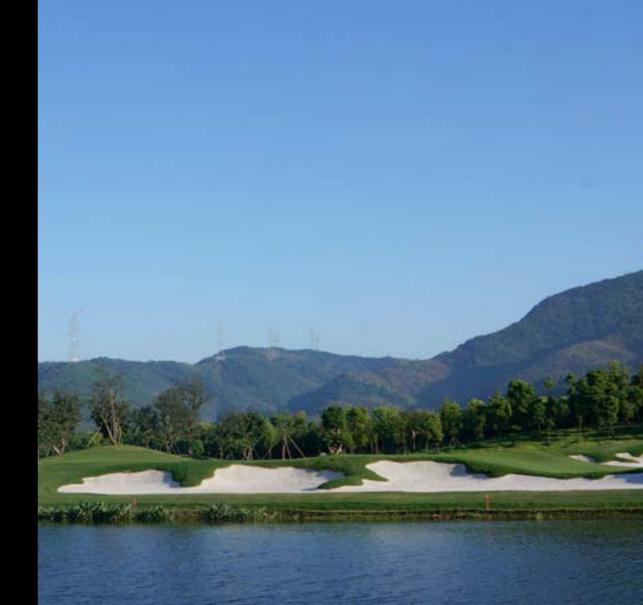
丛林探险

Sights

Moganshan half-day tour Xiazhu Lake half-day tour

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莫干山,因春秋末年,吴王阖闾派干将、莫邪在此 铸成举世无双的雌雄双剑而得名,为国家4A级旅 游景区、国家森林公园,为天目山之余脉,是中国 四大避暑胜地之一,众多的历史名人,既为莫干山 赢得了巨大的名人效应,更为莫干山留下了难以计 数的诗文、石刻、事迹以及二百多幢式样各异、形 状美观的名人别墅。

RMB 350 / 人 (最少10人) 含门票、导游、往返交通

#### Moganshan half-day tour

Moganshan, named after the double sword made by Moye and Ganjiang, is popular from late Spring to Autumn. It is an 4A level National Forest Park, and one of China's four primary summer retreats. Many historical figures have been inspired at Moganshan to write poems and have left behind stone engravings. There are over 200 unique villas in these hills.

RMB 350 / person (Minimum 10 people)
Includes tickets, guide, round trip transportation



## | 观光 | SIGHTS

## 下渚湖风景区半日游

下渚湖,是国家4A级旅游景区,2011年在人民日报社《中国经济周刊》、湿地国际中国办事处联合发起的"寻找中国最美湿地"评选活动中获"中国最美湿地"称号。

RMB 350 /人 含门票、导游、往返交通

营业: 四月至五月、九月至十一月 RMB 188 /人 含门票、导游、往返交通

## Xiazhu Lake half-day tour

Xiazhu Lake is a national 4A level scenic spot. It won the title of "China's Most Beautiful Wetlands" by China Economic Weekly of People's Daily and Wetlands International China Office in 2011.

RMB 350 / person
Includes tickets, guide, round trip transportation

Open: April-May, September-November RMB 188 / person Includes tickets, guide, round trip transportation





## 探险 PLAY

## 观云高尔夫球场

在绝妙的位置来一场高尔夫,这样的度假简直是无 法挑剔。在裸心谷附近,有一个非常棒的高尔夫 球场-莫干山观云高尔夫俱乐部。

- 练习场高尔夫球一篮(50个)
- 免费使用高尔夫球杆
- 茶歇
- 参观观云高尔夫环保型18洞球场

RMB 288 /人 含门票、向导、往返交通

#### **Gowin Golf**

Nothing says "holiday" like a round of golf in a gorgeous location. At naked, we have the beautiful Golwin Golf Club in our backyard.

- Golf range one basket of 50 golf balls
- Free use of golf clubs
- Coffee break
- Visit of Gowin 18 hole golf course

RMB 288 / person Includes tickets, guide, round trip transportation

探险 PLAY

## 丛林探险

丛林穿越是一项集冒险、运动、娱乐、挑战于一体的户外运动拓展体验项目,被国际公认为是锻炼意志、提高自信心、熔炼团队的最佳户外运动项目之一。玩家需要通过悬空桥、网道、木桶、秋千、索道和其他趣味环节等方式进行丛林探险,体验自由滑翔的快感,感受攀爬与穿越的刺激。

RMB 350++/人,含门票及往返交通 3小时

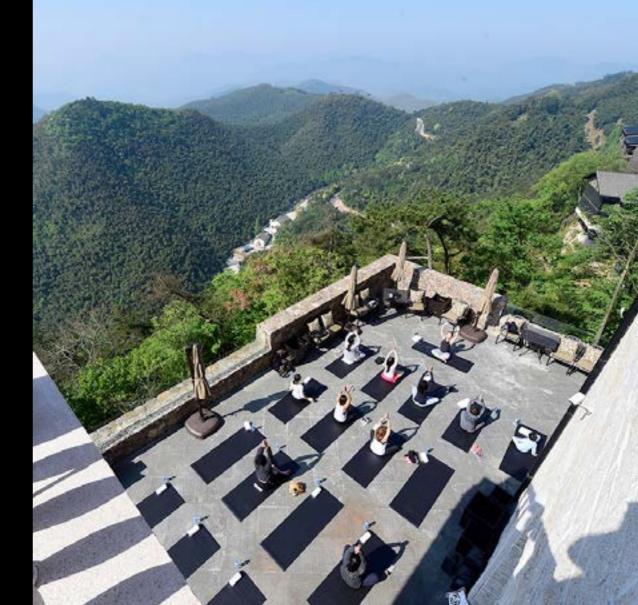
## Jungle Adventure

Jungle Adventure is an internationally famous outdoor activity which will test your abilities by putting you up the Moganshan tree tops. You'll navigate a challenging aerial course including suspended bridge, nets, barrels, swings, and ropeways. You'll experience the excitement of climbing and crossing obstacles, while enhancing confidence, building teamwork and having fun.

RMB 350++ per person, includes ticket and transportation
3 hours

# 团队定制活动 CUSTOMISATION

我们愿意随时聆听您的意见,帮助您策划专属于 您的团队建设活动。 We are more than happy to design activities and itineraries just for your team.







预订 Reservation 企业团队预订 Corporate Groups/Team Building: +86 21 3401 2288 groups@nakedretreats.cn nakedretreats.cn