



Activities for companies



Guided Tours



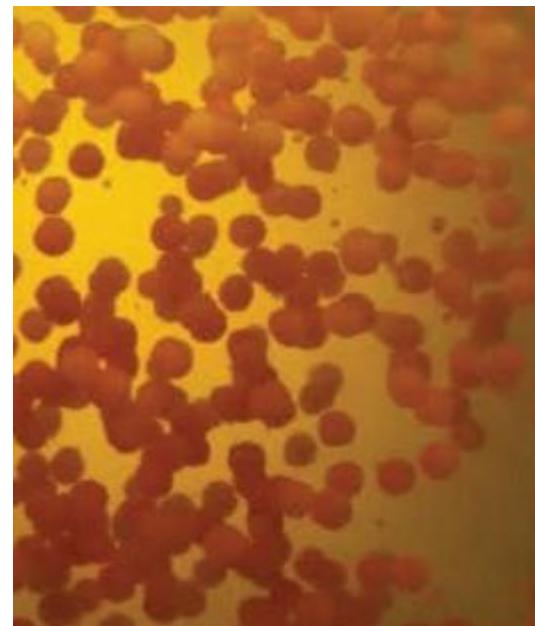
Searching for the Homo Alimentarius

"Homo Alimentarius!!"

Individual predisposed to feeding in a healthier way.

Who are Homo Alimentarius? Where can we find them?

The Món Sant Benet team invites you to play and to investigate in an original experience where, through some tests and dynamics, we will solve this and other unknowns and we will discover and know what is and what is the work of the Alícia Foundation (Food and Science) , a center dedicated to research in the kitchen that promotes good nutrition and works so that we all eat better.



Specialised groups can visit the inside of the kitchens, if previously confirmed with the
Alícia Foundation.



Duration:

1,5h

Timetable: 10 am to 4:30 pm.
Out of hours starting at 4pm.

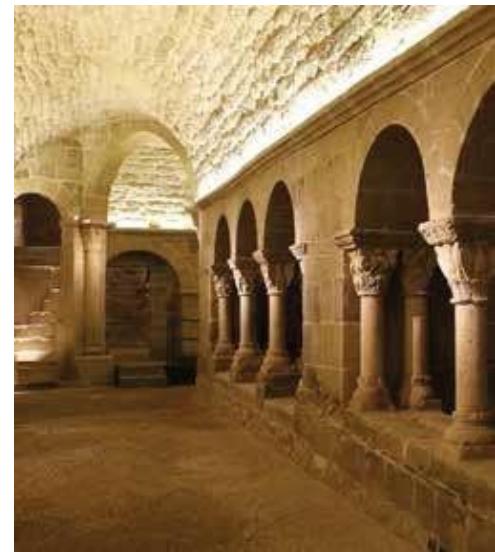


MEDIEVAL AND MODERNIST MONASTERY EXPERIENCE



A fascinating multisensory journey through the Monastery and its ten centuries of history.

Relive a thousand years of history while immersing yourself in a multisensory experience with large-format projections, music and lights... The visit to Món Sant Benet allows you to explore the monastery's most monumental spaces, where the most evocative atmospheres have been recreated thanks to spectacular audiovisual technology. A true gift for the senses.



The Sant Benet de Bages monastery was founded in the 10th century. Its walls contain more than a thousand years of history, and its rooms have been created and restored in accordance with the artistic tastes from each of the different eras. A visit to the monastery will submerge the visitor in its emblematic spaces such as the cloister, the church or the modernist rooms that belonged to Ramon Casas, while also allowing them to enjoy one of the most spectacular museum installations in the country. Sound, light, colours, smells, important people from the past... All while immersed in a magical environment. Come on a journey back in time to our very beginnings and enjoy a truly unique experience. Guided visit.



Duration:

1 h



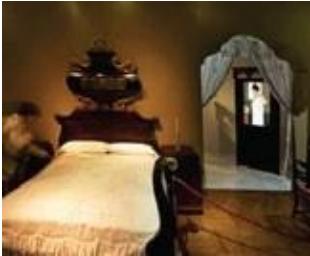
Participants:

10 min. 50 max.



The duration and itinerary of the culinary activities and workshops can be adapted to the preferences of each client.

Timetable: 10 am to 4:30 pm.
Out of hours starting at 4pm.



WALKING THROUGH THE SURROUNDINGS & LOCAL PRODUCTS TASTING

Discover the Mon Sant Benet environment and savor our local products

The fruits of the earth is a visit around Sant Benet with proximity products tasting. Strolling around the monastery of Sant Benet de Bages we will observe the territory and discover the footprints who have inhabited this land for centuries and have left in the landscape, the monastery as a key piece.

Throughout the route we will discuss some of the traditional crops in the area which are also representative of the Mediterranean landscape, and we will become aware of how these have shaped the history that we have all transformed. A dynamic but sensible route to rediscover landscapes and tastes.

THE VISIT INCLUDES A TASTE COMPOSED BY:

- Goat cheese with grape jelly
- Tasting of 2 toast: spiced 1 with Corbella oil and 1 multi cereal with Vera oil
 - Cake with seasonal vegetables
- Mini ciabatta bread with green olives sauce and seasonal fruit slices
 - Seasonal cream broth and pilgrim's moss · Valentine's pastry
- White wine and red wine, Picapoll variety Vermouth, water and must



Duration:

1,5 h



Participants:

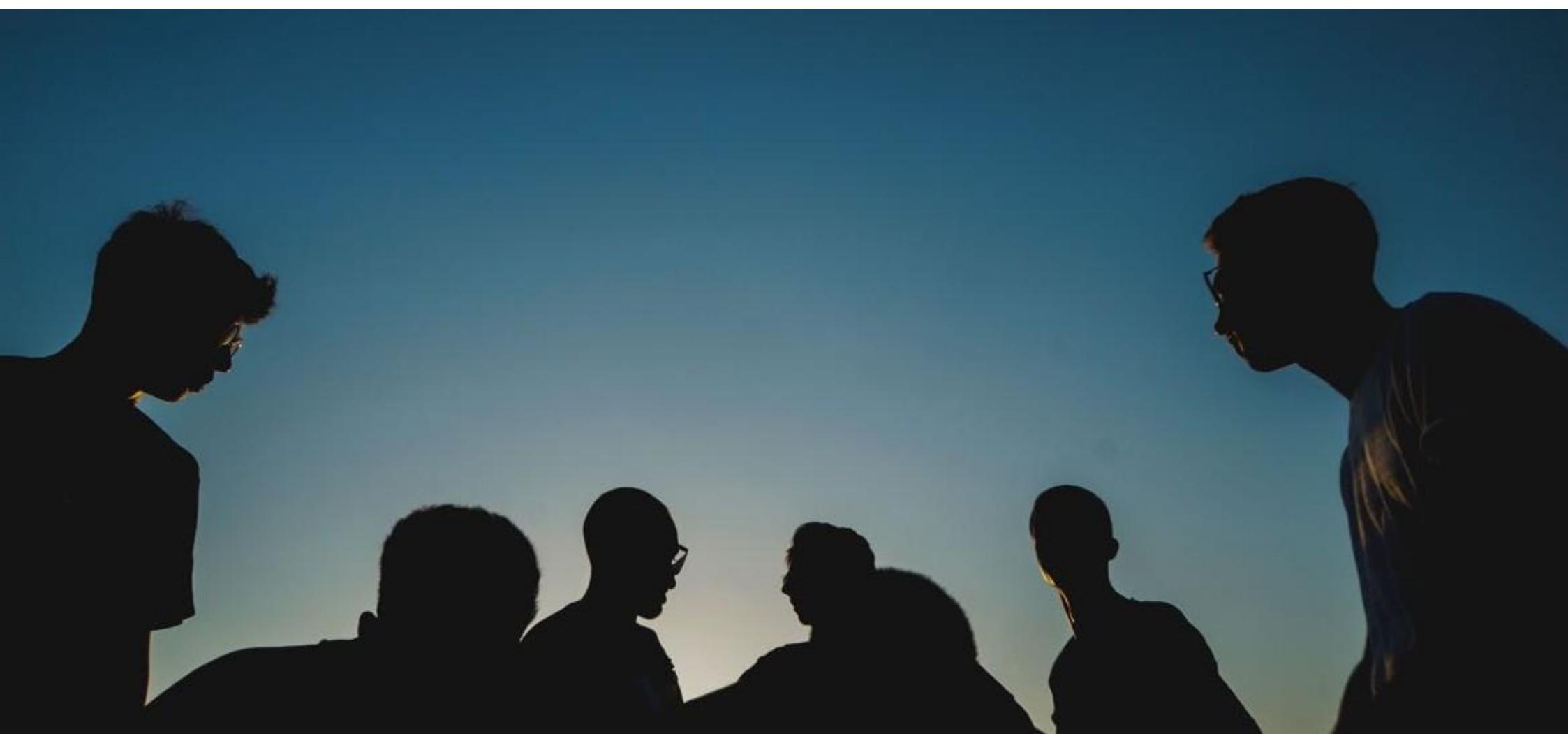
20 min. 30 max.

The duration and itinerary of the culinary activities and workshops can be adapted to the preferences of each client.

Timetable: 10 am to 4:30 pm.
Out of hours starting at 4pm.
From April to November



Team Building



GEOCACHING IN THE MONASTERY

An exciting orienteering game through the thousand-year-old spaces in the Món Sant Benet Monastery

Participants are divided into groups and, with the help of a map of the monastery, each group must be able to locate digital markers hidden in various areas of the monastery, while their trajectory is recorded via a chip.

You will visit several of the complex's main spaces: Cloister, Refectory, Belfry, Courtyard "of the Cross", Montserrat Gardens, Church Façade and Cemetery.

Each group will have to follow their itinerary in a specific order. Before starting off on the hunt, the groups will have to solve several puzzles related to the capitals of the cloister in order to obtain the order in which they will have to pass through the different rooms.

In addition, the teams will receive the order to immortalise their journey with four images that recreate four historic moments in different parts of the monastery, for which they will be given a camera. All of this will be done in a race against the clock. Time is of the essence.

The team that is able to best manage their time will be the winners!



Duration:

2h



Participants:

10 min. 50 max.

Timetable: From 4:30 pm.



THE MYSTERY OF SANT BENET

The captivating challenge of investigating a mysterious crime at the monastery

Some boxes recently appeared in the monastery
are the silent witnesses of an ancient crime
that took place between these medieval walls.

Within the twilight shadows,
we propose you an experience of mystery in this unique place
loaded with legends and stories yet to be explained.

An activity that will require all your ability and skill
and that will allow you to visit some of the most emblematic spaces
of the monastery in search of the clues and key evidences of a murder.

Are you ready?



Duration:

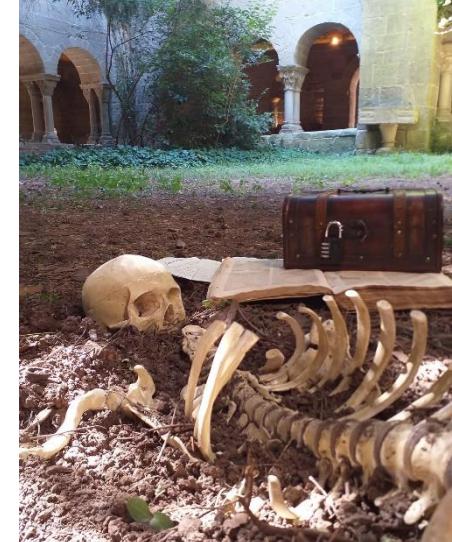
1,5h



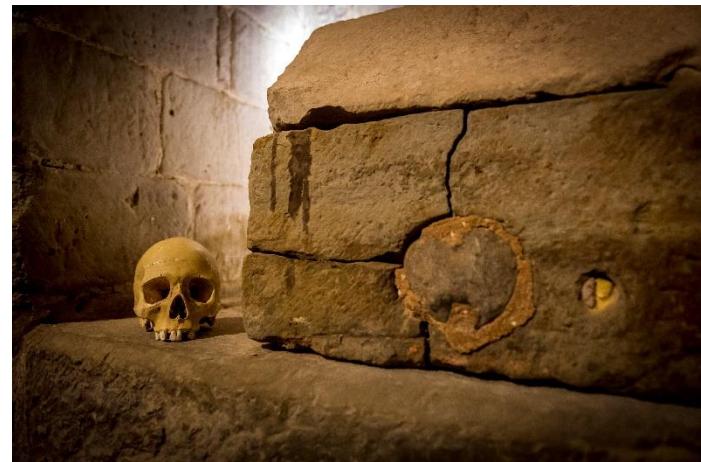
Participants

2 min. 5 max.

Timetable: From 4:30 pm.



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THE FORBIDDEN BOOK

A group “escape game”

A strange and dangerous book, a high security box and a 90-minute countdown.

Who will be able to open the box before the book is destroyed?

A cooperative game set in a thousand-year-old monastery. Full of challenges and intrigues to be solved!

Very few people know about the existence of this book. During the monastery's last restoration, it was discovered that the painter Ramon Casas was hiding a strange and dangerous book that had belonged to the former library of the monks.

Because of its content, it wasn't incorporated into the official inventory, it was deposited in a safe that was specially built to protect it.

The monastery's safe is now 10 years old and a countdown has been activated. The participants have 90 minutes to open it, after which an acid will fall on top of the book and destroy it forever...

OPERATION

In teams of 5 people, from one of the monastery's rooms set up as the centre of operations, participants will have to find several clues hidden in the archive of the painter Ramon Casas.

These clues will lead you to explore all of the monastery's most unique spaces.

Cloister
Courtyard “of the Cross”
Belfry
Montserrat Gallery
Church Façade

In each of these places, you must solve different puzzles based on visual games, numerical codes, etc. But at the end, the only thing that will manage to solve the puzzle and save the forbidden book is the cooperation among teams.



Duration:

2 h



Participants:

25 min. 120 max.

Timetable: From 4:30 am to 6:30 pm.



MÓN SANT BENET EXPRESS

An escape game on the run!

Inspired by the already legendary TV show Beijing Express, we suggest you to discover the fantastic environment of Món St. Benet in a thrilling way through an escape game. The objective of the activity is to open a backpack that hides an important and mysterious final prize, which during all the activity is guarded by the game master that guides the game.

In order to achieve this prize, participants must follow the stages of a route that will take them through various must see points of the monastery environment, from The Orchards to the Casa de l'Amo gardens, not forgetting the entrance of the awesome romanesque monastery of Sant Benet.

GAME DEVELOPMENT

Organized by teams of 4 or 5 people in each stage, you will have to solve different tests and hidden enigmas related to the space where you will be located.

To achieve this, you will have to work as a team, share knowledge and information and learn to communicate in the most efficient way.

An outdoor experience full of challenges and energy! Dare you?



Duration:

1,5h



Participants:

20 min. 120 max.

Timetable: From 10:00 to 18:00.



THE BOOOMB!

An ingenuity test to improve teamwork and companionship skills

A weird suitcase is ticking. Three locks prevent us from seeing inside it. It's a booomb! Will you be able to deactivate it? You will have to solve riddles and mysteries in order to reach the suitcase interior. Will you be able?

Don't worry, our Cocolisto specialist artificer will be with you at the beginning of the path, but then you will be on your own. Yellow? Red? Grey? Green? Which wire must you cut?

Booomb is a team game based in the escape room concept for companies, perfect for big groups. It's the ideal decompressor for a formative journey or a meeting day. Indeed, it's specially indicated for human resources selection.

Skills and abilities highlighted during this game can provide many clues to human resources department, as during the game each candidate ends up adopting a role in consonance to their capacities, both intellectual and personal. Some of the competencies which become relevant during this activity are the analysis of the behavior, decisions by consensus, organization by tasks, control of stress, creative thinking, conflict resolution, decision making...



Duration:

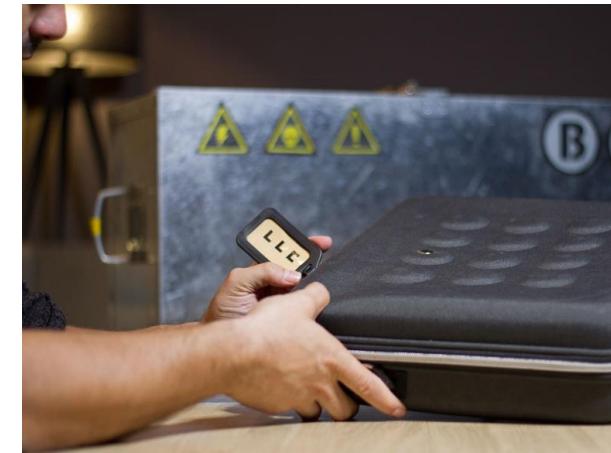
2 h



Participants:

20 min. 200 max.

Timetable: From 9:00 am to 7 pm.



Culinary Workshops



PARTICIPATORY WORKSHOP: CREATIVE COOKING (includes lunch)

In the hands of a chef, discover the secrets of creative cooking then sample the food

In this participatory workshop, a chef will teach participants techniques used in haute cuisine in a practical and enjoyable way, in addition to creating innovative and surprising textures and flavours. The activity is finished off with a lunch where you will get to taste the mouth-watering dishes prepared during the workshop!

Techniques involved in haute cuisine are no longer only within the reach of chefs at the most high-end restaurants.

This workshop will allow you to learn many kitchen secrets as you enter into the world of creative cooking.

At lunch you will get to taste the dishes that have been prepared, which will be accompanied by several appetisers at the start and pre-desserts at the end, all prepared by the chef.

DURATION: 4 H (workshop and lunch)

It will take place in a private, exclusive space with a prepared cooking-show.

THE WORKSHOP INCLUDES:

A complete menu composed of:

APPETISERS, two main courses, pre-desserts, desserts, wine, soft drinks, water, bread and coffee.

Water and red/white wines available during the activity.

Aprons, recipes and pens.



Duration:

4 h



Participants:

15 min. 50 max.



Timetable: Afternoons from 11:30 am to 3:30 pm or evenings from 6 pm to 10 pm.

DEMONSTRATION WORKSHOP: CREATIVE COOKING

A constructive and intensive workshop that teaches innovative culinary techniques and fosters creativity in the kitchen.

This demonstration workshop taught by an expert chef will foster your creativity and provide you with the tools needed to develop your kitchen skills. In just a few hours, participants will be taught culinary techniques, learning how to organise themselves in the kitchen and exploring the basics of different foods and their properties.

Using a highly entertaining and educational method, this workshop allows participants to acquire valuable knowledge that they can then put into practice on a daily basis in the kitchen. In this culinary demonstration, the chef will prepare three dishes in which attendees will occasionally be invited to participate. Afterwards, there will be an evaluation and a tasting.

DURATION: 2 H.

It will take place in a private, exclusive space with a prepared cooking-show

THE WORKSHOP INCLUDES:

Water and red/white wine available during the activity.
Aprons, recipe and pens.



Duration:
2 h



Participants:
10 min. 80 max.

Timetable: Afternoons from 12 pm to 2 pm or evenings from 6:30 pm to 8:30 pm.



PARTICIPATORY WORKSHOP: PAELLA (includes lunch)

The exciting challenge of learning how to make a mouth-watering paella.

Learn all the tricks for how to make the best rice paella, and then eat it! This activity is so simple yet so enticing. A participatory workshop taught by one of our chefs, in which participants can acquire cooking techniques while also testing their ability to work as a team.

A fun, participatory workshop where you will get to both learn and eat. It starts off with a demonstration of how the rice is made, after which you will prepare the paella in teams, supervised by the chef at all times. And then comes the most appealing part: eat lunch or dinner with the paella as your main course, accompanied by a complete menu.

DURATION: 4 H (workshop and lunch).

It will take place in a private, exclusive space with a prepared cooking-show.

In summer, the activity can take place in an outdoor space.

THE WORKSHOP INCLUDES:

Compete menu and refreshments at the start.



Duration:

4 h



Number Participants:

10 min. 60 max.

Timetable: Afternoons from 11:30 am to 3:30 pm or evenings from 6 pm to 10 pm.



PARTICIPATORY WORKSHOP: APPETISERS

Learn how to make the most creative and trendiest appetisers and be the envy of your friends.

Not everyone knows how to make a mushroom cappuccino, "rum and coke" foie gras, or cod foam with a black olive sphere. This activity offers participants the chance to learn how to prepare these delicacies, discovering culinary secrets from the great restaurant chefs who create these appetisers.

APPETISERS YOU CAN MAKE: (you can choose 4)

Cod brandade foam with a black olive sphere / Caramelised cashew nuts with coconut
Quail lollipop / Prawn skewer with rice noodles and soy-sauce air
Tomato soup with cheese foam / Tuna with avocado "Brava" potatoes '10
Seasonal mushroom cappuccino / "Rum and coke" foie
Yogurt sphere with berries / Chocolate fondant

DURATION: 2 H.

- It will take place in a private, exclusive space with a prepared cooking-show.

THE WORKSHOP INCLUDES:

Water and red/white wine available during the activity.

Aprons, recipe and pens.



Duration:
2 h



Participants:
10 min. 20 max.

Timetable: Afternoons from 12 pm to 2 pm or evenings from 6:30 pm to 8:30 pm.



WINE TASTING

A delicious sensory experience where you can learn about many different types of wines.

Món Sant Benet is surrounded by fertile wine-growing land.

This is best spot for an activity that teaches you about the different types of wines. Get a closer look at the glossary of winemaking terms and discover the wine production process and many of the possible wine pairings.

A pleasant and enjoyable experience for all five senses.

Our vineyards produce one of our most highly-valued products.

Knowing how to differentiate wines is a cultural activity and is also one of the greatest pleasures for our senses.

The workshop can be adapted depending on the level of the participants. In a blind tasting guided by a sommelier, participants will try four wines from the Pla de Bages DO, each of which has its own distinct properties. To do so, you will need to let your senses take over: sight, smell and taste will be the protagonists.



Duration:

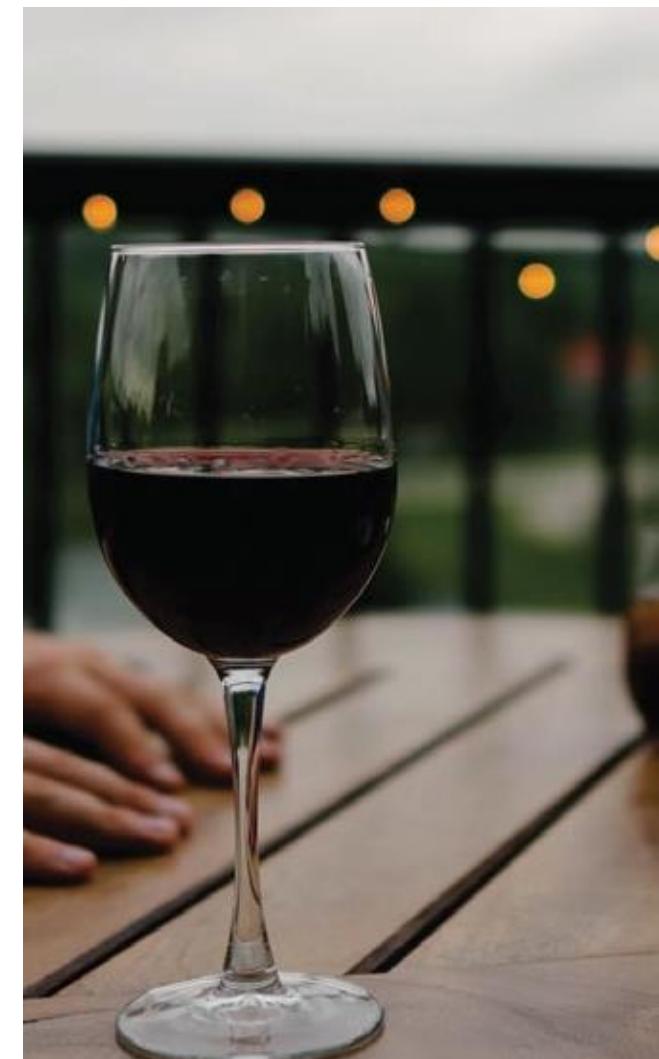
1h 30 min



Participants:

15 min. 80 max.

Timetable: From 9:00 am to 8 pm.



WINE AND CHEESE TASTING

The pleasure in finding the perfect match between wine and cheese

An experienced sommelier invites participants to learn about various wines and cheeses and their possible combinations, a delicious proposal for the most refined palates where you can taste everything from creamy cheeses to the typical Catalan goat cheeses, washed down with only the best wines: young reds, whites, fruity wines...

Try the cream cheese, the sheep cheese or even the artisan Catalan goat cheese... each of which is accompanied by the best wine pairing. This workshop will excite anyone who is passionate about quality products.

The sommelier will present the assortment of cheeses along with the corresponding pairing, putting each wine in context with its characteristics and special features.



Duration:

1h 30 min



Participants:

15 min. 80 max.

Timetable: From 9:00 am to 8 pm.



APPETISERS WITH PAIRING WORKSHOP

Learn how to dazzle the palate with the best appetisers paired with the perfect wines

The combination of foie, anchovies or chocolate with a sweet white wine or red wines is one of the most exclusive pairings that can be found in the world of appetisers. This workshop offers you the chance to learn about these culinary delights with the help of an expert sommelier, opening the door to a new dimension of flavours.

This workshop will give you the chance to learn about gourmet appetisers, but most importantly, you will learn how to pair them with wine. A specialist sommelier will select the pairings that accompany and harmonise your sampling of the different appetisers.



Duration:

1h 30 min



Participants:

15 min. 80 max.

Timetable: From 9:00 am to 8 pm.



COCKTAILS WORKSHOP

There's more to it than just shaking: the essential tricks for making the best cocktails.

Get a captivating look into the world of classic cocktails, in the hands of a professional who will reveal several of their best-kept secrets. Participants can put their technique to the test by preparing some of the most popular cocktails and then trying them out. A mixture of flavours that will have delicious results.

The Kirch Royal cocktail will welcome participants. In the first part, a sommelier will proceed to demonstrate how to make the first cocktail followed by a question and answer session, and then each group will make their own cocktail under the supervision of the sommelier and two expert waiters. In the second part, the procedure will be repeated with the second cocktail of the night. We will bid farewell to the activity with desserts in the chill-out area and, if anyone feels like it, they will have the opportunity to put the knowledge they've acquired into practice.



Duration:

1h 30 min



Participants:

15 min. 80 max.

Timetable: From 9:00 am to 8 pm.





congressos@monstbenet.com

93 875 9408



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