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MEDIA RELEASE

## ***Maine Resort Offers Unique Team-Building Activities for Groups and Corporate Meetings***

OGUNQUIT, Maine – The Cliff House Resort & Spa, consistently ranked one of the **top meeting destinations** in the east, offers unique team-building activities that feature the best of Maine’s stunning south coast.

The Cliff House works with meeting planners to develop customized team-building activities that capture the Maine mystique, while keeping attendees engaged and inspired – and promoting collaboration that pays off back at the office.

Team-building activities inspired by the Resort’s coastal location include:

1. Spa Treatments. Indigenous ingredients such as Maine blueberries, wild roses and native juniper are featured in a variety of the Resort’s world-class spa treatments. Warm sea stones from nearby Bald Head Cliff are used for soothing massage. Spa-goers unwind together in the spa’s oceanfront sitting room. Meeting attendees also enjoy calming walks through the seaside stone labyrinth.
2. Boutiques and galleries. Groups discover some of **Maine’s most charming coastal communities** with expert-guided or self-guided walking tours in Ogunquit. Bargain-hunters bond over the area’s famous designer outlets in Kittery and Freeport, home to L.L. Bean.
3. Individual (and team) sports. The Cliff House Resort & Spa offers a state-of-the art fitness facility and swimming pools. Seasonal activities like golf, lobster boat tours, whale watching, sea kayaking, biking and hiking Maine’s “Marginal Way” – a popular cliffside footpath along the shoreline – give new meaning to team sports.

The Cliff House Resort & Spa is consistently named one of the **best meetings destinations on the East Coast** by Meetings Focus East Magazine. The Resort offers more than 13,000 square feet of meeting space including two conference rooms with breakout rooms, ocean-view balconies, 150-seat state-of-the-art amphitheater, and 24-hour Business Center. WiFi is available in all meeting rooms, as well as the scenic Cliffscape building and Ocean Terrace Lounge.

The Resort’s proximity to Boston (70 miles south) and Portland, Maine, with its international jetport (40 miles north) makes The Cliff House Resort & Spa a great choice for meeting planners looking for a unique east coast meeting venue.

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*The Cliff House Resort & Spa, located on 70 oceanfront acres in southern Maine, offers premier guest services, fine dining, a world-class spa and conference facilities. Owned and operated by the Weare Family since 1872, the resort is celebrating its 140<sup>th</sup> season in 2012. More information can be found at [www.cliffhousemaine.com](http://www.cliffhousemaine.com), on [Facebook](#) or by calling (207) 361-1000. Media inquiries should be directed to Jessica Gilman at [Vreeland Marketing & Design: jgilman@vreeland.com](mailto:jgilman@vreeland.com) or (207) 846-3714.*