Small scale meetings

With focus on small-scale, secured and sustainable meetings we want you to feel safe to meet with us during these challenging times.
We know that people wish to meet, even though the corona virus puts us under exceptional stress. We want you to feel cared for and be assured that we have taken serious precautions in making you feel safe in our venue. For you we have created a meeting concept with focus on the small-scale meetings - so that you feel safe to meet with us.

Separate meetings, own hotel corridors and extra focus on outdoor activities are some of the measures that Sigtunahöjden has committed to, as a result of the outbreak of the coronavirus.

Feel free to contact us, whether it be to book your next meeting, use our venue as an office or to book a fabulous start-up dinner.
Sigtunahöjden offers both secluded and spacious premises offering different furnishings and layouts.

**For groups 2-8 p** we furnish them smaller premises that have an area of about 48 sqm.

**For groups 9-15 p** we furnish our medium premises with an area of 70 sqm.

For groups 15-40 p we furnish our three large meeting rooms with one area of about 144-166 sqm.

For groups with more participants, you can discuss layouts and options with your meeting organizer at Sigtunahöjden.
Restaurant Skog serves meals that care for animals, people and nature. Here, priority is given to eco-labeled and locally produced raw materials, preferably from local farms.

All meals are served at the tables in groups in the large dining room or in a separate area called the Orangery.

**Breakfast** is served behind glass and all staff wear gloves when handling food.

**Lunch** is table service offering a two-course menu with coffee and dessert

**The afternoon coffee** break is served with coffee bread and snacks on plate or as a picnic in your own box.

**Evening** is table service offering a seasonal three-course menu.

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**Eat Sustainably**

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Restaurant Skog serves locally produced food in our spacious dining area.
Our guest area is large and airy. All hotel rooms are overlooking the surrounding nature.

To limit the spread of infection the number of people allowed to stay in our public spaces at the same time. In addition, we offer separate hotel corridors for your group and see that all cleaning is done meticulously.

For those of you who want privacy we offer accommodation in 6-10 rooms in each corridor. Are you a large group planning a safe stay in consultation with our conference planners.
Do you want to get away from the city and breathe fresh air? With the forest and lake around the corner, there are many possibilities for walk and talk meetings, break out exercises and outdoor activities.
Why not try our new activity? A Sensory Walk.

It’s easier than it sounds. You pick up your bag which we have packed with a seat pad, thermos and a map. We have marked the map with places there you can sit down and drink your tea/coffee and get time for reflection.

The mobile phone you leave safely with us when you go out to experience the nature around the venue for 15-30 minutes.

Maybe book a session of Forest bathing with the guide, Lisen Sundgren, who is an expert and well-known forest bather in Sweden. She puts extra focus on our senses and how the forest can contribute to your well-being.

Activities in nature
As members of Visita, (the Swedish organization for the hospitality business in Sweden) Sigtunahöjden is totally supportive of the guidelines required to reduce the spread of the covid virus.

Here you can read more about the Swedish Public Health Agency and Visita’s guidelines for conference venues, hotels and restaurants.

Sigtunahöjden follows the government’s and other authorities and organizations guidelines and is always ready to take new measures.