

The logo for 'Midland ESCAPE' is located in the top left corner. It features the word 'Midland' in a dark blue, serif font, with a stylized leaf graphic to its left. Below 'Midland', the word 'ESCAPE' is written in a red, all-caps, sans-serif font.

Midland  
ESCAPE

The text 'The Johnstown Estate Corporate Wellness Package for 2026' is positioned in the bottom left corner. It is written in a white, serif font against a red, triangular background that overlaps the bottom left of the main image.

The Johnstown Estate  
Corporate Wellness  
Package for 2026



THE  
JOHNSTOWN  
ESTATE

★ ★ ★ ★  
HOTEL & SPA



# Midland Escape at The Johnstown Estate

Elevate your team experience at The Johnstown Estate.

Midland Escape delivers bespoke wellness retreats and high-energy adventure experiences at The Johnstown Estate, designed to strengthen communication, boost morale, and improve staff retention. Set in a luxury countryside estate, our experiences help teams reconnect, recharge, and create lasting memories together.

The Johnstown Estate provides the perfect backdrop of elegant accommodation, premium dining, and exceptional facilities for an unforgettable corporate getaway.

Contact us today to make a booking: [info@midlandescape.ie](mailto:info@midlandescape.ie) | 0872867880

# Full List of Activities



- Hiking
- Yoga
- Meditation
- Team Building Activities
- Paddle Boarding
- Biking
- Laser Clay Shooting
- Rucking
- Kayaking
- Seaweed Bathing
- Fishing
- Motivational Speakers
- Barbeques
- Drinks Tasting
- Prosecco & Painting
- Cocktail Making
- Mindful Talks
- Forest Bathing
- Qi Gong
- Evening Entertainment
- Axe Throwing
- Archery