



SHINRIN YOKU: FOREST BATHING EXPERIENCE

Discover the ancient Japanese wellness practice of shinrin yoku, or forest bathing, designed to reduce stress and enhance overall well-being.

This immersive trek through the forest allows you to absorb the therapeutic benefits of nature, as the trees release terpenes—essential oils that promote psycho-physical health, strengthen the immune system, improve relaxation, boost performance, and lift your mood.

This gentle trek, suitable for all fitness levels, involves minimal ascent and is perfect for those looking for a peaceful escape into nature. As you walk, you'll be fully immersed in the tranquil forest environment, uncovering the unique natural beauty of lecco and forging a deeper connection with the surrounding ecosystem.

Embrace the restorative power of nature with this forest bathing experience, combining the calming essence of the forest with the therapeutic benefits of shinrin yoku. A unique opportunity to restore balance and serenity in the heart of lecco's natural beauty.

THE PRICE INCLUDES: hiking guide 7 hours

MEETING POINT AND TIME: to be agreed after the reservation

