



Forest bathing

Have you ever entered a mature forest? Have you ever listened to silence and felt its benefits?

We peacefully and slowly take you to an immersion into a forest sanctuary in order to feel the sensations the forest can give you and to become aware of how we integrate into it.

Additional information:

This is no hike. The idea here is to get in touch with nature, relax, contemplate and get immersed. Above 18 years old

Calendar: From June to September. Wednesdays and Saturdays

Price: From €20

Duration: 3 h 30

Difficulty level: Low

Organizer

Obaga Activitats

Family business with over 15 years of experience in the area: certified tour guides encouraging activities that prevent overcrowding.

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