



Green Forest Bath in Rosfors ekopark

Slow hiking in the forest that des-stressing and deepens your nature experience

Rosfors Ekopark offers an exceptionally fine environment for forest bathing with its natural forests that approach primeval forest character. In the spring the forest buzzes with birdsong, in the summer the flowers of the forest welcome us and in the late summer berries and mushrooms invite us to exciting sensory experiences.

Guide Natura leases a piece of nature in the eco-park of Sveaskog where I offer a beneficial forest bath that follows the methodology developed by Shinrin-Yoku Sweden/Scandinavian Nature & Forest Therapy Institute (SNFTI) adapted to the local environment. We follow a well-trodden forest path at the same time as we follow the process of the forest bath, which gives you stress relief, opens your senses, and deepens your contact with nature. We end the forest bath by making coffee/tea over the open end for some genuine "Friluftsliv" by a forest lake.

For whom: For those of you who are interested in nature and want to enjoy close contact with nature, how this affects you positively, or for those who need to de-stress, recover, gain new strength and rehabilitation through contact with nature and forest therapy., or if you are just interested in what Shinrin-Yoku/forest bathing is for.



"Into the Forest I go, to lose my mind and find my soul."

Season: May-September

When: by agreement

With reservation for unsuitable weather.

Time required: approx. 3 hours

Departure: at 9 am

Return: approx. 12 am

Other times by arrangement

Meeting point: The entrance to Rosfors Ekopark, Rosfors

Number of guests: min 2 max 8

Hiking length: approx. 3 km

Physical requirements: Normal fitness, able to walk slowly 1 km

Age limit: 12 years

What to bring:

- Stable hiking shoes, in case of wet weather boots
- Clothing suitable for the season and the weather
- Seating mat
- Backpack with drink and extra clothes
- Possible mosquito protection, but avoid strong-smelling mosquito repellent

Included:

- Guided forest bathing
- Certified forest bathing guide and nature guide
- Borrowing a seat pad
- forest coffee/tee snacks

Price per person: SEK 850

Price valid until November 2023

BOOKING: www-guide-natura.com