



## White forest bath in Rosfors ekopark

### Winter forest bath with snowshoes that de-stresses and deepens your nature experience

Experience a white forest bath in winter. With snowshoes we enter the forest and walk slowly while opening our minds to let nature in. Taking a winter forest bath makes slightly different demands than in the summer, but is still a fantastic experience for body and soul. With snowshoes, warm clothes, we enjoy the forest in winter.

**For whom:** For those of you who are interested in nature and want to enjoy close contact with nature and are curious about how close contact with nature positively affects you, or are curious about what Shinrin-Yoko/forest bath is like, or for those who need to de-stress, recover, gain new strength and rehabilitation through contact with nature and forest therapy.

**Season:** February-March

**When:** by agreement

**Time required:** approx. 2-3 hours

**Departure:** at 9 am

**Return:** approx. 12 am

*Other times by arrangement*

**Meeting place:** Rosfors Bruk

**Visiting place:** Rosfors Ekopark

**Number of guests:** min 2 max 6

**Hiking length:** approx. 3 km

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

**Age limit:** 12 years

**What to bring:**

- Stable winter shoes, *can be rented from Guide Natura*

- Warm winter clothes in the three-layer principle, winter overalls *can be rented from Guide Natura Clothing*

- Warm winter hat and winter gloves, *can be rented from Guide Natura*

- Seat pad

- Backpack with hot drink and extra clothes

**Included:**

- Guided forest bathing

- Certified forest bathing guide/nature guide

- Snowshoes with poles

- Loan of a seat pad

- forest coffee/forest tea over an open fire with snacks

**Optional:**

- Winter shoes

- Warm winter overalls

- Winter gloves and winter hat

Rental price 200 SEK

**Price per person: 850 SEK**

**BOOKING: [www.guide-natura.com](http://www.guide-natura.com)**

