

15.
Jul 2025

Forest bathing in Damüls - Wellness in the forest with Dorothea Nachbaur

🕒 Tuesday 10:00 o'clock

Where it smells spicy, the light shimmers softly through the branches, the air is clear and the ground is soft underfoot - there, in the forest, is a source of tranquillity that has a holistic effect and influences physical well-being.

“The forest is good for you”!

It doesn't take much for a soothing forest bath: hiking clothing suitable for the weather, sturdy shoes, a water bottle - and a little time. A forest bath takes about three hours and is open to adults and young people aged 14 and over.

Dogs are not allowed.

No guided tour in case of thunderstorms and rain!

Participation in the course is at your own risk. Organizer and instructor assume no liability.

Dates: July 15 - August 26

Weekday: Tuesday

Time: 10 a.m.

Meeting point: at Sport Madlener

Registration: by 4 p.m. the day before at Damüls Faschina Tourismus, T +43 (0)5510 620

Price per person: € 38.00 with guest card / € 40.00 without guest card

Important: Minimum number of participants 2 persons. If there are too few registrations, the forest bathing will be canceled.

Guest Cards



Guest-Card Bregenzerwald & Großes Walsertal

Description

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Guest card services



Venue



Organizer

Sport Madlener, Damüls

Damüls 138
6884 Damüls
[+43 55 10 620](tel:+435510620)
info@damuels.at
<http://www.damuels.at> ↗

Damüls Faschina Tourismus

Damüls 138
6884 Damüls
[+43 5510 620](tel:+435510620)
info@damuels.at
<http://www.damuels.at/> ↗

further dates

date	time
15.07.2025	10:00 o'clock
22.07.2025	10:00 o'clock
29.07.2025	10:00 o'clock
05.08.2025	10:00 o'clock
12.08.2025	10:00 o'clock
19.08.2025	10:00 o'clock
26.08.2025	10:00 o'clock