

15.  
Jul 2025

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

🕒 Tuesday 10:00 o'clock

Duration: 3 hours

The forest is good for you!

## Guest Cards



Guest-Card Bregenzerwald & Großes Walsertal

## Description

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

"Forest is good for you"!

It doesn't take much for a soothing forest bath: appropriate hiking clothing for the weather, sturdy footwear, a water bottle – and some time. A forest bath lasts about three hours, and adults and teenagers from 14 years can participate.

**Date:** July 15 - August 26

**Weekday:** Tuesday

**Time:** 10 AM

**Meeting point:** at Sport Madlener

**Registration** by 4:00 PM the day before at Damüls Faschina Tourism, T +43 (0)5510 620, or [here](#)

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

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

No tour in case of thunderstorms and rain!

Participation in the course is at your own risk. The organizer and course leader assume no liability.

Dogs are not allowed.

## Guest card services



## Venue

### Sport Madlener, Damüls

Damüls 138

6884 Damüls

+43 55 10 620

[info@damuels.at](mailto:info@damuels.at)

<http://www.damuels.at> ↗



## Organizer

### Damüls Faschina Tourismus

Damüls 138

6884 Damüls

+43 5510 620

[info@damuels.at](mailto:info@damuels.at)

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## 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 |

