



Health through Nature

NATURE – HEALTH – RELAX

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Health is found in every corner of Nature and continues to be the source of life where the key to relaxation and well-being is housed.

In this activity you will be able to discover through a walk without difficulty and various simple exercises, such as reducing stress and improving vitality in a healthy and pleasant environment.

A place where the noises are the sounds of the waves or the song of birds, the smell of fresh earth, the flavors of aromatic herbs and the touch of the forest or the pleasant coast.

In addition to enjoying learning about the most natural ingredients and remedies at your fingertips.

Dates: All year round

Duration: 2 h – 3 h

Place: Anywhere in Catalonia depending on availability, or other territories, circumstances permitting

Group: 18 people maximum

Public: Adults and children from 8 years, accompanied, after consultation

Price: Consult prices

Difficulty: Low

Travel Agency GC - 004776

www.naturalwalks.com