



5-Star Morning Experience at Bukovniško Lake: Awaken the Day with Nature

Duration: 3.5 hours

Start your day differently – in peace, in the silence of the forest, in the glow of the morning dawn, and supported by the healing energies of nature. You are invited to an unforgettable, multi-sensory experience that will guide you toward inner balance, physical vitality, and mental freshness.

START THE DAY WITH NATURE – 6:30

Leave your vehicle at the green parking area by the thematic trail, where nature is already awakening. A short walk along the thematic path gently leads you into a state of mental calm and a slower pace that we need, yet rarely allow ourselves. This is not just an arrival – it is your first connection with the forest, the silence, and the beginning of an inner journey.

MORNING AWAKENING – 7:00 to 7:40

Upon arrival at the Bukovniško Lake info point, you will be warmly welcomed by a local guide who will gently introduce you to the experience with a guided “sun salutation,” based on an ancient practice adapted to the natural environment, awakening both body and spirit. In this moment, you settle down and focus on inner peace.

You will also have the opportunity to purchase a handmade clay vessel as a lasting memory and connection to local craftsmanship.

FEEL THE MORNING NATURE BAREFOOT – 7:45 to 8:10

This is followed by a guided barefoot walk through the forest and woodland paths – a unique sensory experience that connects you with the earth. Feel the textures of nature beneath your feet, the freshness of the morning on your skin, and the sounds and scents of the forest. The path leads you to Vid’s Spring, where you drink pure, healing water known for its positive effects on health. The guide will share stories and special features of this remarkable place.

VISIT ENERGY POINTS – 8:10 to 9:00

Depending on your wishes and needs (e.g., stress, fatigue, pain), the guide will lead you to selected energy points, where you can take time for silence, breathing, or meditation. Each point has its own purpose and strength. Along the way, you are accompanied by birdsong, rustling leaves, and a deep sense of tranquility.

RELAXING WALK AROUND THE LAKE – 9:00 to 10:00

The experience concludes with a slow walk around Bukovniško Lake, where every step becomes part of a morning ritual of calm and gratitude. In nature, you will feel renewed strength, clarity of thought, and a deeper awareness of your body.

Upon returning to the starting point, you will feel the difference – the day does not simply begin, it awakens with you.

Who is this experience for?

- Those seeking peace and relaxation in nature
- Anyone wishing to start the day in inner balance
- Nature lovers, fans of alternative medicine, yoga, or quiet walks
- Individuals, couples, or small groups looking for quality time

What should you bring?

- Comfortable clothing suitable for movement and walking in nature
- A small towel for drying your feet
- Openness to new experiences

“This is not just a morning walk – it is an inner renewal.”

Reserve your spot and experience nature as never before – with all your senses.

Information:

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