NATURE TRAILS, TWANN

RECONNECT WITH AUTHENTIC NATURE

Passionate about nature and currently training as a Shinrin Yoku (forest bathing) guide, Brigitte Lauper offers unique experiences that promote well-being and serenity. Her activities range from gentle walks to light hikes, leading to places of power and remarkable landscapes. Whether for a few hours, a full day, or two days, each outing is tailored to the needs and pace of the participants.

With empathy and enthusiasm, she guides those who wish to experience a timeless moment, reconnect with their true nature, and find clarity and relaxation in an exceptional setting.

GOOD TO KNOW

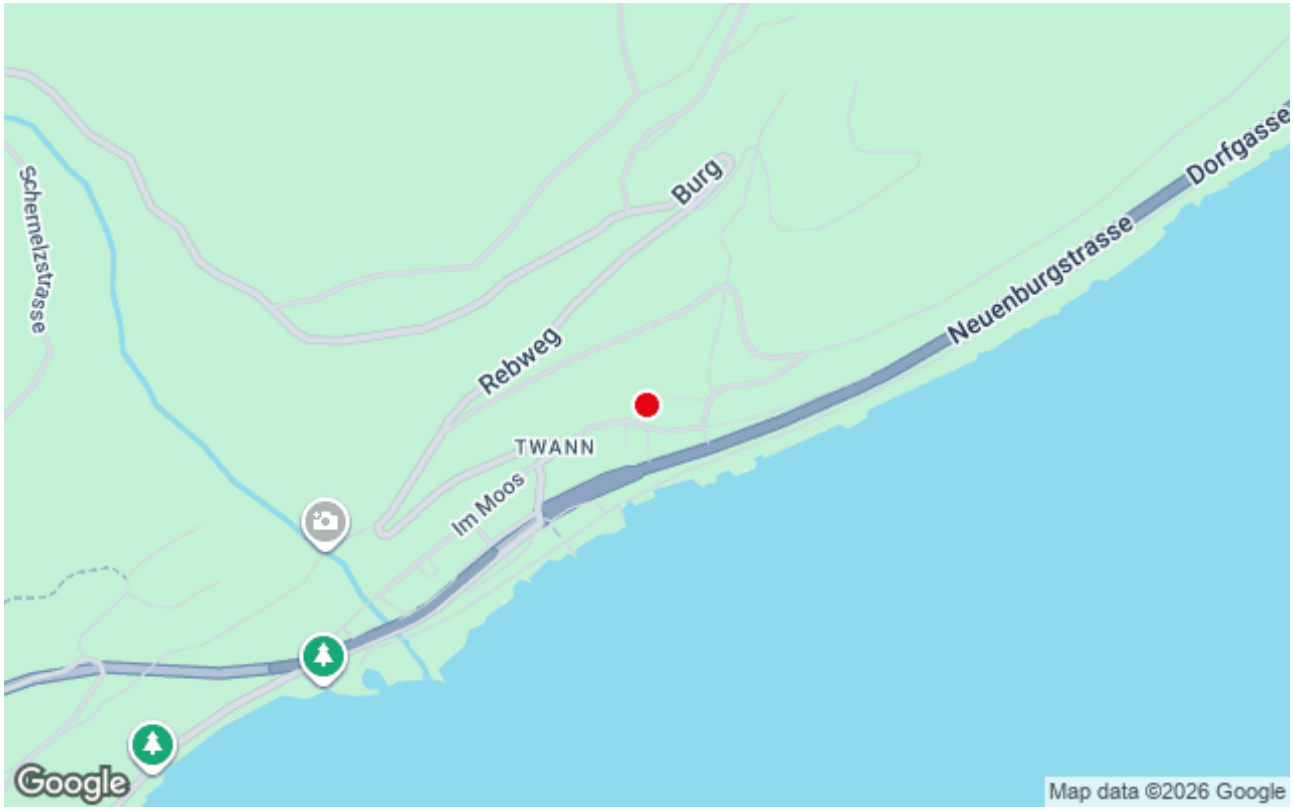
- Regions covered: the cantons of Bern, Solothurn, Neuchâtel, Jura, and Fribourg.

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CONTACT

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