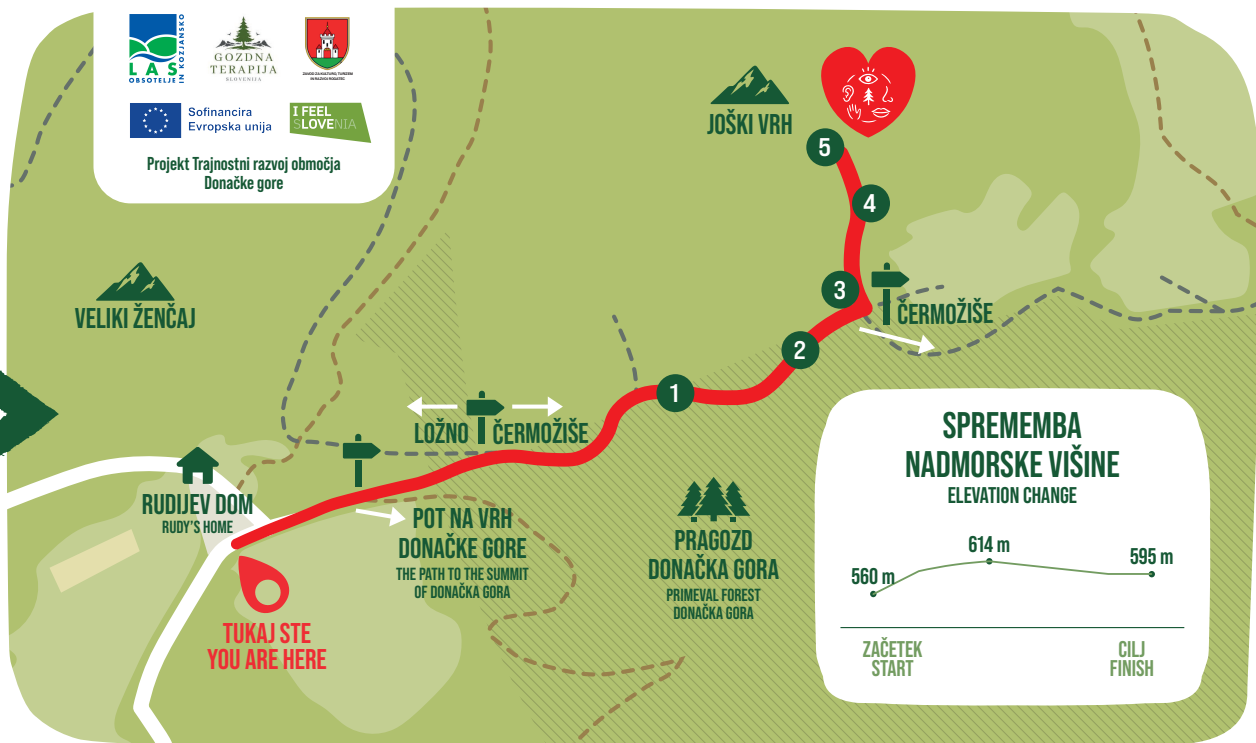


ČUTNA POT SENSORY TRAIL



1

POVABILO K PRISPETJU
Invitation to Arrive

3

POIŠČI NEKAJ, KAR TE KLIČE
What Calls to You?

2

GIBANJE IN MIROVANJE
Movement and Stillness

4

RAZISKUJ ODNOSE MED BITJI
Explore Relationships Between Living Beings

5

POVABILO K IZMENJAVI
Invitation to Reciprocity

Živimo v svetu, ki zahteva: hitreje, hitreje, hitreje. Vse bi se moralo dogajati že včeraj ... Naš živčni sistem je nenehno pretirano vzdražen. Do kdaj bodo zmogli naše telo, naš um, naše srce? Pravijo, da se moramo upočasniti, se ustaviti in pogledati okrog sebe. A kako to izpeljati?

Pridite ob rob bukovega pragozda in se srečajte z Donačko goro. Narava nas vedno pričakuje odprtih rok. Le dovoliti ji moramo, da opravi svoje delo.

We live in a world that demands: faster, faster, faster. Everything should have happened yesterday... Our nervous system is constantly overstimulated. How long will our bodies, our minds, our hearts be able to cope? They say we need to slow down, stop and look around us. But how do we do that?

Come to the edge of the beech forest and discover Donačka gora. Nature is always waiting for us with open arms. We just have to let it do its job.

SREČAJ DONAČKO GORO

MEET DONAČKA GORA

ČUTNA POT za samostojno gozdno kopel se začne pri Rudijevem domu na Donački gori. Potrebujete mobilni telefon, idealno pa bi bilo, da posnetkom prisluhnete z eno slušalko. Za samostojno izkušnjo skenirajte QR kodo in prisluhnite avdio vodniku. Ko stopite na to pot, ni treba nikamor hiteti. Dolga je 600 m. Ob poti boste srečevali številke na deblih dreves. Ob njih prisluhnite ustreznemu zvočnemu povabilu. Doživetje celotne izkušnje traja približno 1 uro. Ne zahteva nobene priprave ali posebne opreme.

Želimo vam mirno in bogato doživetje gozda in pokrajine ter prijetno srečanje s samim seboj.

GOZDNA KOPEL

Znanstveno dokazani pozitivni učinki na počutje in zdravje ljudi:

- zniža raven stresnih hormonov,
- okrepi imunski sistem,
- poveča raven energije,
- krepi ustvarjalnost in sposobnost pomnjenja,
- ugodno vpliva na depresijo in anksioznost,
- izboljša spanje,
- poveča občutek smisla in pripadanja.

Projekt Trajnostni razvoj
območja Donačke gore
sofinancira Evropska unija.



THE SENSORY TRAIL for self-guided forest bathing starts at Rudi's lodge. You need a mobile phone and ideally, you listen to the corresponding audio invitation with one earpiece. For a self-guided experience, scan the QR and listen to the audio guide. When you set foot on this trail, there is no need to rush anywhere. It is 600 m long. Along the way, you will encounter numbers on tree trunks. Listen to the appropriate recorded invitation. The entire experience takes approximately 1 hour. It does not require any preparation or special equipment.

We wish you a peaceful and enriching encounter with the forest, the landscape and yourself.

FOREST BATH

Scientifically proven positive effects on human well-being and health:

- reduces stress hormone levels,
- strengthens the immune system,
- increases energy levels,
- improves creativity and memory,
- has a beneficial effect on depression and anxiety,
- improves sleep,
- increases the sense of meaning and belonging.

The Sustainable Development
of the Donačka Gora Area
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