

SANTA MARIA DE PALAUTORDERA FOREST BATH + BTT

Connect with yourself in nature. Enjoy a forest bath and a pleasant ride on a mountain bike or electric bike.



All year, subject to availability and prior reservation.



From 9am to 2pm



Between 4 and 24 people



Families, companies, schools...



The disability or lack of mobility must not prevent him from riding a bike and walking in the woods.



Train Station of Santa Maria de Palautordera
08461 Sant Esteve de Palautordera

[How to get there?](#)

RATES

All fees include the materials/services detailed below

ADULT WITH BTT **34 €**

ADULT WITH EBIKE **39 €**



- Route guidance Bicycle (BTT or electric BTT)
- Helmet
- Padlocked
- insurance
- Monitoring of forest bathing activity
- Refreshment with pastries and drinks



Connect, breathe and let yourself be carried away by this fantastic experience where you will discover the enormous benefits of a great natural therapy combined with a pleasant ride on a mountain bike or electric bike through Montseny.

A unique experience in which you will learn to disconnect from the stress that modern life puts us under and to achieve states of calm and tranquility, enhancing emotional balance and vital well-being. You will be in contact with nature and you will flow through it from the first minute in a playful, sustainable and fun way thanks to the facilities and comforts that the bicycle brings us.



BOOKINGS

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