



REDISCOVER WELLBEING IN NATURE

A weekend not to be missed: full immersion in nature and an experience of the benefits of the woods on our health.

Gift yourself a "forest bathing" and discover the wellbeing that a walk in the woods can give you. After exploring the beech woods in Upper Valsessera you'll feel reborn. The active ingredients released by the leaves stimulate the immune defense and reduce stress and depression by creating a flow of positive energy.

A unique opportunity to find mental and physical relief in fascinating woodland surroundings.

PROGRAM

Saturday 27 June

Meet-up at Bocchetto Sessera

10.00: Forest Bathing

Walk and open-air seminar with Marco Nieri to enjoy the Upper Valsessera beech woods in the Forest of Smiles and learn about the therapeutic properties of the trees.

Packed lunch.

Back to Bocchetto Sessera for around 17.00.

20.00: Dinner at Albergo Bucaneve

Overnight stay

Sunday 28 June

Breakfast

Free time to visit Oasi Zegna

At Bocchetto Sessera:

Festival of the Air, with kite flying and model plane demonstrations

In Trivero, at Casa Zegna, from 14.00 to 18.00:

Exhibition: "Flower Landscapes. Flowers, Fabrics, Recipes"

Flower Landscapes are images of flowers printed on fabrics in the treasurable Heberlein division of the Zegna Archives. They are realistic, abstract, graphic and decorative impressions, but they are also the actual flowers that adorn the scenery around Casa Zegna in Trivero. They include the plants that Ermenegildo Zegna wanted along his Panoramic road in a project that shaped the local landscape, but also wild flowers that in all seasons can be picked along mountain paths and used to create amazing recipes.

THE PROFESSIONALS

MARCO NIERI

Is an ecodesigner with a strong interest in the central role which trees have in myths and ancient cultures throughout the world. He has applied his knowledge in specialist research into electromagnetics in plants. This has enabled him to develop an innovative technique for creating bioenergetic parks and gardens with therapeutic scope, "Bioenergetic Landscapes".

www.archibio.it

FOREST BATHING

The practice of Forest Bathing originated in Japan and is very common in a number of countries in the Far East, where it plays an important role in preventive medicine. Walking in and exploring the woods, especially if they have certain biological characteristics, reduces stress and depression, lowers blood pressure and pulse rate and makes our immune system more effective.

A study of the vegetation in the Upper Valsessera by Marco Nieri (ecodesigner) and Marco Mencagli (agronomist) has scientifically demonstrated that the beech woods in Oasi Zegna have a high capacity to release volatile substances (*monoterpenes*) from their foliage and this has a beneficial effect on our immune defense.

INFORMATION

FOREST BATHING EXPERIENCE WITH MARCO NIERI

⇒ Full day outing

€ 70,00

Min. 10 participants

1 NIGHT, HALF BOARD AT BUCANEVE HOTEL

€ 85,00

Per person, in a double room

THE RATE DOES NOT INCLUDE

- > Transport
- > Drinks
- > Lunches



Info and reservations

Albergo Ristorante Bucaneve
Località Biemonte
Panoramica Zegna
13835 Trivero (BI)
Tel. +39 015 744184
www.bucaneve.eu
bucaneve@oasizegna.com

FACILITIES



ALBERGO BUCANEVE SPORT & WELLNESS

Situated in a splendid, sunny position at 1,500 m, with a panoramic terrace overlooking the Po Valley plains as far as Monviso, the hotel has a typical mountain chalet atmosphere thanks to tasteful renovation work that has preserved the innate elegance of alpine tradition. The Bucaneve has a sophisticated restaurant and also a bike store.



BUCANEVE WELLNESS

A facility for personal regeneration, with natural aesthetics, hydrotherapy, naturopathy and phytotherapy: age-old techniques that are still modern in terms of maintaining beauty through wellness. Innovative and personalized treatments using high quality products based on Höbe Pergh hay from the Asiago plateau, rich in medicinal and edible plants.



OASI ZEGNA AND BIELMONTE ARE EASY TO FIND



A8 Milano-Laghi
Imbocco A26
Direzione Genova
Uscita Romagnano Sesia
Direzione Coggiola, Trivero, Bielmonte

A4 Milano-Torino
Uscita Carisio
Direzione Cossato, Valle mosso, Trivero, Bielmonte

A 26 Genova-Gravellona Toce
Uscita Romagnano Sesia
Direzione Coggiola, Trivero, Bielmonte

