



Forest bathing | Initiation to sylvotherapy in Tenneville



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Step into the Ardenne forest (commune of Tenneville) and give sylvotherapy a try.

The Champlon-Tenneville tourist office dedicates its latest Tenneville discoveries brochure to this ancestral tradition.

Inside the leaflet, you will find tips on how to approach forest bathing and which equipment to use. There are three trails to try them out: 900 m, 5 km and 7.5 km, starting from **Laneuville-au-Bois** and **Erneuville**.

Forest bathing benefits

Forest bathing is beneficial for your health, both mental and physical, and allow you to:

- reconnect with nature
- refocus on the essential
- reduce your mental workload

Prepare your itinerary in advance and give yourself plenty of time. Then follow the indications and enjoy the stops dedicated to senses.

Loved it? Follow up by joining the annual event, [Reconnect with nature in Tenneville-les-Bains](#).

Practical information

- You can get the leaflet from the [Champlon-Tenneville tourist office](#)
- From October to December, sometimes up to January-February, the . Make sure to check the calendar available at the Maison du Tourisme de la Forêt de Saint-Hubert

The information contained herein is provided as a guide only.

We recommend that you check with the local supplier before you leave.

Website editor

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