



Shinrin-Yoku

with Géraldine Grand

Forest therapy walk
Hakuba Valley / Nagano

Born in the Swiss Alps, I'm a professional snowboarder, traveler and nature lover that felt in love with Japan in 2015 and decided to settle down in the Hakuba Valley to open a lodge on the slopes. Attracted to outdoors since a little kid, I decided the past years to focus more on the benefits of the forest therapy that is called Shinrin-Yoku here in Japan. After training as a certified guide, I'm ready to share my experience with you.

You will be guided in Otari forest for an immersion walk where you will use your 5 senses and reconnect with nature.

Today more than ever, our body and mind are constantly under stress. By immersing yourself in this unique nature you will feel your energy rising up !

Shinrin-Yoku

Reduce stress hormones and symptoms of depression, anxiety, anger, fatigue and confusion.

Improve sleep quality
Increase immune system
Increase NK cell activity
and more



Menu

3 hours or full day

Groups up to 6
Custom tours
Retreats

from 8'000JPY per participant
(3hours, group of 6)

FR / ENG