Get in touch!



In each destination, find signs like this and complete the trail.

CROATIA'S UNIQUE FOREST BATHING NETWORK

Just 40 minutes from Zagreb, in the lush Krapina-Zagorje County of northern Croatia, a unique forest bathing network awaits. Stretching from east to west, it features **six certified trails specially designed for forest bathing**, each connected to a distinctive tourist destination with its own character and attractions.

Zagorje

SNAGA ŠUME
FOREST POWER CROATIA

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Forest bathing,

known in Japanese
as *shinrin-yoku*, is a mindful, leisurely walk through the forest, typically lasting between two and a half and three hours.

Spending time in forests may help reduce stress, improve mood, support healthy blood pressure and promote immune function, including the activity of natural killer (NK) cells, which play a role in the body's defence against viruses and certain cancer cells.

The forest is the thread that connects the entire destination, bringing together a wealth of local experiences and attractions. From thermal spas, hiking along marked trails in the Strahinjčica ountain area, part of Zagorske Gore Nature Park, to luxury villa accommodation, traditional gastronomy, museums, creative workshops and wellness experiences, the region offers everything needed for the PERFECT SLOW TOURISM getaway.

This is a destination where wellness is a way of life, all year round.

In just 2.5 to 3 hours of travel from Ljubljana, Vienna, Budapest or Trieste, visitors can reach Krapina-Zagorje County and discover the magic of forest bathing at any of its six destinations.

And there is an extra treat for those who complete all six trails: a special wine reward.

Radoboj Village (1,2)

In the charming village of Radoboj, forest bathing has taken on an additional dimension through medical wellness programmes. For the first time in Croatia, forest bathing has been recognised as a natural therapeutic element within a medical wellness programme, delivered under the supervision of a multidisciplinary team led by a medical doctor. This innovative approach has helped establish Radoboj as an emerging health tourism destination.



The Pearl of Zagorje (3)

The perfect place to unwind, explore and enjoy life's simple pleasures. Immerse yourself in the soothing warmth of thermal waters, explore scenic hiking and cycling trails, take a stroll along the Treetop Walk in Zelenjak, or seek out breathtaking panoramas from the "Eyes of Zagorje" viewpoints. In Klanjec, discover the art of Antun Augustinčić and the mysterious sarcophagi of the Erdödy family. In Veliko Trgovišće, discover the life and legacy of Croatia's first president, Dr FranjoTuđman, by visiting his birthplace and the memorial school.

Gupčev Kraj (4)

The region is inextricably linked to Matija Gubec and the Peasant Revolt of 1573. It was here that peasants rose up against injustice, and their courage became an enduring part of Croatia's national identity. Today, Gupčev Kraj celebrates its rich history and traditions through a vibrant calendar of cultural events that bring the past to life. Every February, the spirit of rebellion returns as the region prepares for the re-enactment of the Battle of Stubica.





Kumrovec, Desinić and Zagorska Sela (5)

On the western edge of Hrvatsko Zagorje, along the Sutla River valley, lies a region where cultural heritage, unspoilt nature and centuries-old stories come together in perfect harmony. The Kumrovec Old Village Museum offers a fascinating glimpse into traditional village life in Zagorje, while Zelenjak combines the beauty of its natural surroundings with the story of Croatia's national anthem. Rising above the rolling hills of Desinić is Veliki Tabor Castle, an impressive fortress steeped in the legend of Veronika of Desinić.

The Golden East of Zagorje (6)

Explore the Golden East of Zagorje, where every outing can turn into a little adventure.Discover the ancient walls of Milengrad, Belecgrad and Oštrcgrad, step back in time at Konjščina's Old Castle, where history comes to life during the re-enactment of the Battle of the Old Castle, or head to Hrašćina to uncover the extraordinary story of a meteorite that put this corner of Zagorje on the map. Explore the Konjščina lakes, visit Ervenik Zoo, admire the Church of Our Lady of the Snowsin Belec and the Church of St Benedict in Veliki Komor or experience the benefits of apitherapy.



