

SUMMER FESTIVALS

Saturday, July 6, 2024 – KNEIPP DAY

Saturday, July 20, 2024 – TROUT FESTIVAL

Saturday, August 3, 2024 – SNOVIČEK FESTIVAL

SWIMMING POOL ANIMATIONS

GROUP WATER GYM

From Monday to Sunday: 10:00 - 10:30

From Monday to Friday: 17:00 - 17:30

KNEIPP'S HYDROTHERAPY AND BAREFOOT

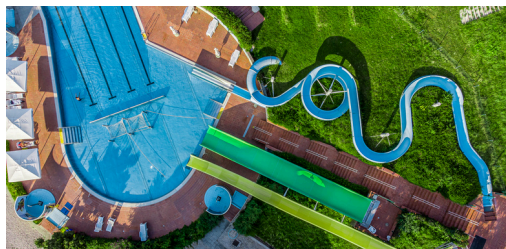
PATH WALK EVERY DAY:

10:30 - 11:00

NIGHT SWIMMING ON WEDNESDAYS,

FRIDAYS, AND SATURDAYS:

20:00 - 22:00 (indoor pool)



FAMILY FUN EVENTS

Russian Bowling: Tuesdays: 20:00 - 21:00

Movie Night Under the Stars: Tuesdays: 21:00

Bingo: Wednesdays: 20:30 - 21:30

Board Games: Sundays: 20:00 - 22:00

Music Evenings: Thursdays: 19:00 - 21:30 (18.7., 25.7., 1.8., 8.8., 15.8.)

FOR ACTIVE SPORTS ENTHUSIASTS

Outdoor Group Exercise

Monday to Friday: 8:00 – 8:30

Rent an e-bike, Every day of the week from 7:00 AM to 9:00 PM.

FOR BODY & MIND HARMONY

Kneipp Barefoot Experience Every Sunday:

5:00 PM - 8:00 PM

Forest Experience with Meditation

Every other Saturday: 11:00 AM - 1:00 PM

Guided Tour of the Kneipp Barefoot Path

Every Wednesday: 5:00 PM - 7:00 PM



Kneipp

EXPLORING LOCAL FLAVORS OF THE TUHINJ VALLEY AND KAMNIK

Market of Local Products and Delicacies:

Sundays: 8:00 AM - 1:00 PM

Homemade Iced Herbal Tea:

Wednesdays: 5:30 PM

Healthy Snack:

Fridays: 5:30 PM

ANIMATIONS FOR KIDS

Children's Water Animation, Creative Workshops, Treasure Hunt, Visit from Snoviček the Elf, Children's Dance Workshop, Hike along the Elf's Path...

HAVE A FANTASTIC SUMMER!

We reserve the right to make changes to the program.

For additional and up-to-date information about all events and programs, ask at the reception desk. The programs are free for guests visiting the pool, except where otherwise indicated. Registrations for paid events are mandatory at the reception desk, or by phone or via e-mail.

Guided experiential programs. RECONNECT WITH NATURE AND RELAX.

Allow us to take you to the pristine nature of the Tuhinj Valley. You will get to know the Kneipp's philosophy of a healthy lifestyle for the harmony of body and mind. You will find inner peace and forget the stress of everyday life. We will take you in the footsteps of Sebastian Kneipp and his five pillars for maintaining the health of the body and mind: water, exercise, nutrition, herbs and a healthy lifestyle.

GUIDED TOUR OF THE KNEIPP BAREFOOT PATH

The program includes barefoot walking, which strengthens the foot muscles, improves balance, stimulates circulation, activates points on the feet and reduces our stress level through contact with the energy of nature, as well as Kneipp baths, Kneipp espresso and stork walking in the stream, familiarization with herbs, healthy Kneipp snack and forest relaxation. The experience takes place along a 3.2 km long awarded theme trail.

PACKAGE INCLUDES:

Introduction to Kneipp's life philosophy, natural reflexology massage, Trial of Kneipp hydrotherapies, Tasty Kneipp snack, Guided relaxation, Test of all five senses (smell, sight, hearing, touch, and taste). Dates: Every Wednesday in July and August 2024, from 5:00 PM to 7:00 PM

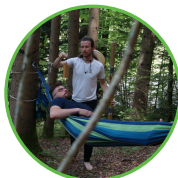
Program Price: 25,00 € per person (external guests), €15 per person (guests of the apartment village)

FOREST EXPERIENCE WITH MEDITATION

A workshop of sensual, meditative and relaxing experiences and getting to know the forest. It has many positive effects on the psycho-physical well-being of a person. It improves the immune system, concentration and memory, cardiovascular and metabolic health, reduces anxiety, depression and anger, lowers the level of stress hormones, improves sleep and general well-being of the individual.

Dates: Every other Saturday, from 11:00 AM to 1:00 PM

Program Price: 25,00 € per person (external guests), €15 per person (guests of the apartment village)



KNEIPP'S BAREFOOT EXPERIENCE

The program includes barefoot walking, which strengthens the foot muscles, improves balance, stimulates circulation, activates points on the feet and reduces our stress level through contact with the energy of nature, as well as Kneipp baths, Kneipp espresso and stork walking in the stream, familiarization with herbs, healthy Kneipp snack and forest relaxation. The experience takes place along a 3.2 km long awarded theme trail.

ADDITIONAL in this program (upgrade of the "Guided Kneipp Barefoot Path" program): tasty welcome drink, guided mindfulness session, demonstration and implementation of Kneipp treatments (water affusion on knees and arms, dry brushing self-massage, water arm bath, stork walk), gift.

Dates: every Sunday from 17:00 to 20:00.

Program price: 25,00 € per person (external guests), €15 per person (guests of the apartment village).




**Excellent experiential programs for
individuals, families, friends, groups.**

Guided experiences take place in the surroundings of our thermal resort.

All programs must be registered in advance at the reception desk, on the phone number

+386 1 83 44 100 or via e-mail info@terme-snovik.si.

Meeting point: reception. Sportswear is recommended. Programs are held also in bad weather.