



Personal treasures in Iseltwald

- Point of view
- nature trail
- theme trails
- places of power



Bönigen-Iseltwald Tourismus, Interlaken Tourismus - web@interlaketourism.ch

Find your own inner treasures against the inspirational natural backdrop of Lake Brienz

Situated on the shores of turquoise Lake Brienz, Iseltwald makes a wonderful place for a treasure hunt with a difference – the search for the treasures hidden within you. There are mindfulness exercises for you to perform at inspirational places surrounded by nature. Look forward to some relaxing moments.

Stroll through Iseltwald and enjoy the tranquillity of nature – alone, with friends or with family. In specific places, you will discover hidden treasures and perform relaxation exercises. You set the pace and you decide whether to try all the exercises, or just some. Savour the moment as you recharge your energies. This treasure hunt with a difference leads you to magical spots like the Mülbach waterfall, the Scherzgeden barbecue area and the Fahrnihubel. Do yourself some good by discovering what really matters in life.

Try the following exercises

- Mindfulness: engage consciously in the moment
- Purpose: block out distractions and enjoy freedom
- Gratitude: Be aware of how precious everyday life is
- Acceptance: perceive the openness of life
- Humility: appreciate the small things
- Servitude: Give without asking in return

Your highlights at a glance

- Exercise in the fresh air
- Impressive views of Lake Brienz
- Valuable exercises for now and later
- Discoveries with meaning
- Magical spots in Iseltwald to discover in peace

To ensure that your trip is perfect in every way, please note

- **Print the brochure** before the treasure hunt
- Duration is as long as you want

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- Mainly suitable for adults
- Wear weather-appropriate clothing

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Features:

General Information

Bus stop available

Eligibility

Suitable for any weather, for individual guests

Accessibility / Arrival

Parking available

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