

A&K EUROPE

Recommended Tours



NATURE & WELLNESS



# NATURE & WELLNESS

with A&K Europe



Travel is an escape from the daily hustle, a liberation from the stresses of modern life, a time for you to let everything go and just relax...

If you're searching for a peaceful and soothing retreat, discover some of Europe's most tranquil spots where you can envelop yourself in the natural world - but this guide shows just a glimpse of what we have to offer!



We can recommend suitable destinations and experiences for guests of different ages and backgrounds, so if these are the memorable moments your client is seeking get in touch with our dedicated travel experts for more details.

Remember that A&K Europe can tailor everything according to your client's desires - let them pick and choose the ideas they like and we'll drop it into their fully bespoke itinerary.



# NATURE & WELLNESS

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## How to use this guide

This guide showcases 8 opportunities in different locations across Europe where you can experience nature and wellness. These can be added to your bespoke itinerary or, for ideas on how they fit into an extended tour, follow the links for a recommended multi-day itinerary.



## What's included?

A&K nature and wellness activities include:

- Transfers to and from the starting point where appropriate
- Emergency phone contact
- At least one highly-qualified local expert where appropriate

## What should a guest bring?

We recommend that guests taking part in A&K nature and wellness activities bring:

- Suitable footwear, clothing and bathing suit where appropriate
- A pair of binoculars for spotting wildlife!

# FEATURED LOCATIONS

1. Provence, France

2. Murmansk, Russia

3. Huelva, Spain

4. Salzkammergut, Austria

5. Kamnik, Slovenia

6. Kamchatka, Russia

7. Barumini, Italy

8. Jurmala, Latvia



Provence, France

## Wildlife of the Camargue Delta



Venture into the red salt lagoons of this Provençal nature reserve where Europe's only cowboys roam the rice paddies among wild white horses

RECOMMENDED ITINERARY:  
[Active Provence](#)

Murmansk, Russia

## The Aurora Borealis



Witness one of nature's most incredible phenomena in a captivating display of colours dancing across the Arctic night sky

RECOMMENDED ITINERARY:  
[The Northern Lights](#)

Huelva, Spain

## Flora, Fauna and Flying Flamingos



Delve into the wetlands of the Doñana Nature Reserve to marvel at the majestic 'pink carpet' of flamingo colonies, living alongside endangered species like the Iberian lynx

RECOMMENDED ITINERARY:  
[Active Portugal & Andalusia](#)

Salzkammergut, Austria

## Mother Nature's Mind Medicine



Soak up the rich natural atmosphere of the Austrian countryside with a lakeside pampering that rewards eyes and mind, as well as your body

RECOMMENDED ITINERARY:  
[Spa & Active Germany & Austria](#)

Kamnik, Slovenia

## Volcji Potok Arboretum



Take in the vivid colours of thousands of plant species at the most picturesque botanical gardens in one of Europe's greenest countries

RECOMMENDED ITINERARY:  
[Active Slovenia](#)

Kamchatka, Russia

## Brown Bear Bonanza



Explore deep into the heart of this remote peninsula to watch brown bears catching salmon in the rivers and playfully frolicking in the lakes

RECOMMENDED ITINERARY:  
[Kamchatka](#)

Barumini, Italy

## Buzzing round Sardinia



Go behind the scenes of a family-owned farm to get an authentic, step-by-step insight into the world of beekeeping and a taste of organic Sardinian honey

RECOMMENDED ITINERARY:  
[Highlights of Sardinia](#)

Jurmala, Latvia

## Join the Mud Club



Follow in the footsteps of thousands by flocking to the 18th-century Kemerli Resort, renowned for its therapeutic mud therapy that aids exfoliation and relaxation

RECOMMENDED ITINERARY:  
[Discover the Baltics](#)

## A&K EUROPE

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TURKMENISTAN

FRANCE

SWITZ.

AUSTRIA

HUNGARY

SLOVENIA

CROATIA

BLACK SEA

GEORGIA

AZERBAIJAN

ARMENIA

PORTUGAL

 Madrid

SPAIN

 Florence

ITALY

MONT.

## A&K SPAIN & PORTUGAL

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With five local offices, A&K Europe is your DMC for over 25 countries!

This map shows you which office to contact for the destination that you are interested in

GREECE

MALTA

For questions on nature and wellness activities or luxury travel queries of any kind A&K Europe is here to support you.  
Please do not hesitate to contact us and we will do our best to assist:



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