

## Relaxation and well-being in tune with nature and environment

TERME SNOVIK is not only the highest-lying thermal resort in Slovenia but the only thermal resort in Gorenjska region. They are 30 kilometres from the Slovene capital Ljubljana, located among forests and mountains in the valley Tuhinjska dolina. The place, consisting of thermal riviera and apartment village can be described as an integrative wellbeing resort. The newly built four-star-apartment village extends on the edge of a forest, surrounded by intact nature and clean air. Looking down the hill you can see the summer and winter thermal riviera with 1000 square metres of swimming area. Thermal water having temperature between 28 and 36 °C has healing and beneficial effects on bones, skin and digestion. The water is clean and rich in calcium, magnesium and sodium. Guests can choose from numerous massages, physiotherapy, solarium and herbal saunas with aromatherapy (Finnish, steam bath, Frigidarium).

We are fully aware of the richness of nature, therefore, our main aim is to protect the green, clean and healthy natural environment. From March 2007 we use biomass heating system, other energy sources are water/water and air/water heat pumps and solar heating system.

Terme Snovik have 74 apartments (4-5 pax) and 31 double rooms at disposal. They are situated in the pleasant shadow of the wood and offer a wonderful view on the indoor swimming pools. Each and every apartment hides its own different story - warm and bright colours, furniture made of ash wood, being a characteristic of Tuhinjska dolina, bio mattresses and photos that present the life of local people give the guests a feeling of warmth. Apartments are modernly equipped with selected kitchen inventory, glass ceramic hob, cable TV, internet connection and air conditioner. Demanding guests can enjoy exotic bath in the luxury paradise apartment with fireplace, whirlpool and sauna.

Our Restaurant Potočka is known for its culinary specialities bearing in mind healthy nutrition and modern ways of preparing food. Herbs and spices from our own herb garden make the dishes even more healthy and tasteful.

The surroundings of Terme Snovik offers many possibilities for trips and excursions in the mountains or sightseeing. Natural heritage is ideal for sports activities and relaxation. From Snovik you can take a walk to the thermal water spring in the village Potok, go on a mountain Miklavž, visit the surroundings by bicycle or visit one of the many eco-farms.

The valley Tuhinjska dolina is part of the Kamniško-Savinjske Alps. The Alps invite visitors with their glorious mountain scenery, marked paths and hiking trails. Tuhinjska dolina extends into several small side valleys that offer great possibilities for walks in intact nature and cycling. One of the most beautiful places where the sun plays over the mountain tops and you can feel the edge of fresh air is a high mountain plateau Velika planina, where you will find the best-kept herd settlement in Europe. In summer you can go for long walks through forests and alpine meadows, in the winter for favourable skiing on neatly arranged ski slopes.

Economic, cultural and administrative centre of this region is Kamnik, a small town on the bank of Kamniška Bistrica. Kamnik is a very old town with rich cultural and historical heritage and interesting sightseeing points. Just a few miles from Kamnik there is a spacious park with sandy paths Arboretum - tulip gardens, rich assortment of trees and bushes together with natural forest and wet meadows are interesting for lovers of nature. Every year in April the botanic garden of Arboretum organizes an exhibition of spring flowers. And for those who wish to improve their state of health or want to establish physical and mental balance the sacred place Tunjice is the right choice.

