

A MANIFESTO FOR IMMERSIVE TRAVEL

Respiro di Foresta.

Transforming destinations into spaces of connection.



Silvana Zambelli / Valseriana, Italy

The modern traveler is searching for a different rhythm.

Today, many travelers are not only looking for beautiful places to photograph. They are looking for meaningful experiences. They are searching for connection. For authenticity. For moments that help them disconnect from stress and reconnect with themselves.

People are overwhelmed by fast routines, screens, and pressure. Nature offers something incredibly simple, yet profoundly powerful: Presence. Silence. Breathing. Space.

The shift in modern travel.

TRADITIONAL TOURISM

Photographing the landscape

Fast, multi-stop itineraries

Number of sights seen

A beautiful backdrop

IMMERSIVE WELLNESS TOURISM

Feeling the landscape

Slow, single-location presence

Depth of mental clarity and emotional regulation

An active co-facilitator of the experience

THE SANCTUARY

Discovering Valseeriana.

01



A landscape with a deeply human rhythm.

PROVINCE OF BERGAMO, NORTHERN ITALY

Towns like Clusone, Rovetta, and Fino del Monte are surrounded by extraordinary natural scenery. But beyond the views, Valseriana preserves a highly sought-after element: authenticity.

- ✓ Unspoiled nature, tradition, and silence.
- ✓ An atmosphere where the air and sounds actively change.
- ✓ A destination that has not lost its authentic soul to mass tourism.

The Guide & The Project.

Nature has never been simply a landscape to admire. It has always been a place of connection, listening, balance, and transformation... nature is not separate from us. We are part of it.

— Silvana Zambelli, Founder.

Hiking Guide

Forest Bathing Instructor

Founder, Respiro di Foresta



THE METHOD

*The Practice of
Shinrin-Yoku.*

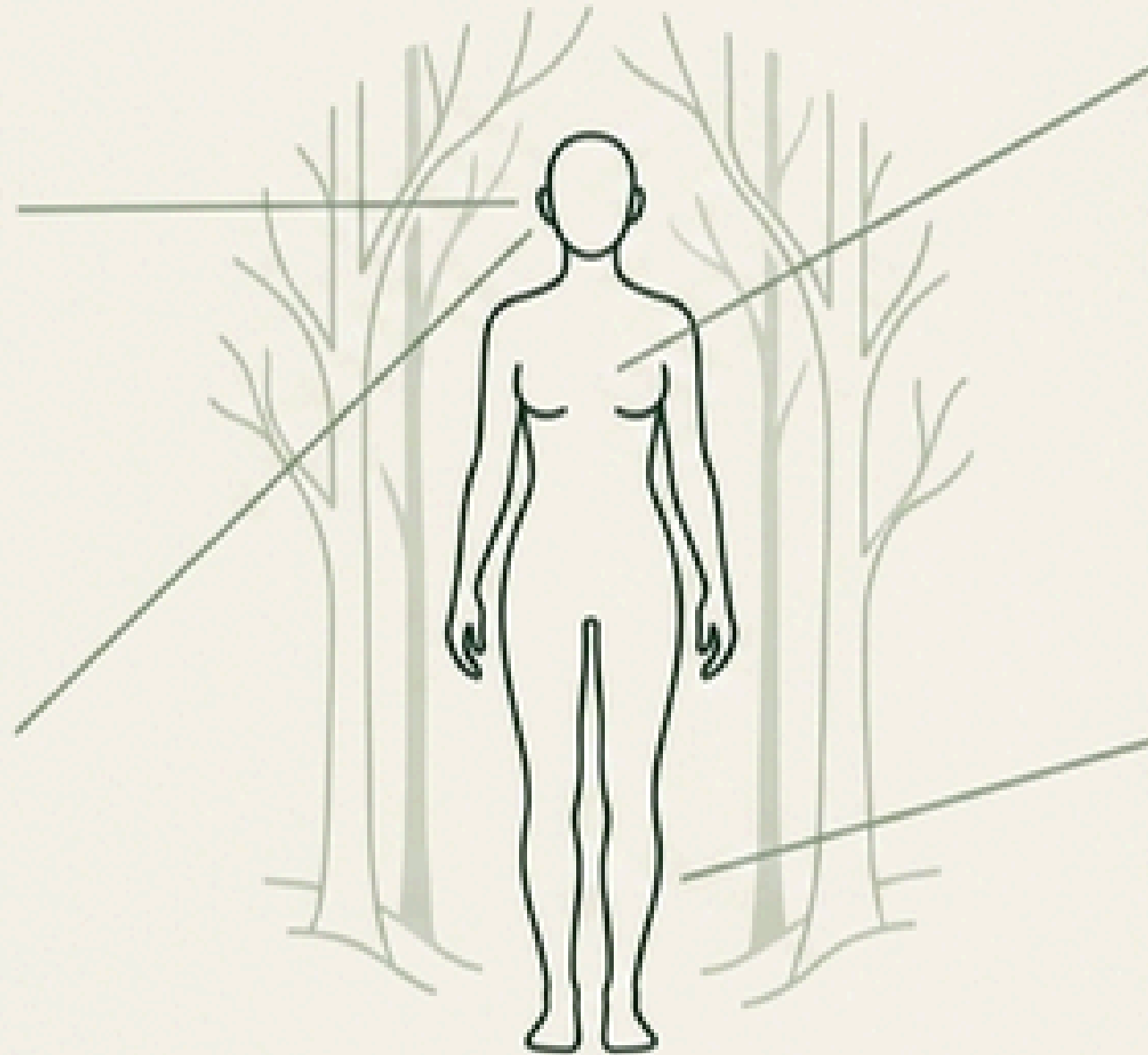
02

Deconstructing the forest immersion.

Forest bathing does not mean hiking for performance.
It means conscious immersion.

Audio: Listening.
Tuning into the frequencies
of flowing water and wind
in the trees.

Focus: Observing.
Noticing light, textures,
and subtle movements
instead of screens.



Breath: Inhaling.
Drawing in the unique,
restorative atmosphere of
the forest environment.

Pace: Walking Slowly.
Abandoning performance
and destination-driven
movement.

The core experiences.



Guided Trekking.

Conscious movement through forests and mountain trails of Valseriana.



Forest Bathing Sessions.

Dedicated Shinrin-yoku practices for individuals or small groups to reduce stress.



Sensory & Seasonal Walks.

Silent walks, sunrise/sunset experiences, and immersions connected to the shifting atmosphere of the landscape.

THE ECOSYSTEM

*Expanding the
Experience.*



Nature as a canvas for collaboration.



Adaptable for every traveler profile.

The flexibility of Valseriana allows us to curate specific itineraries for varied audiences.

Individual Visitors & Couples

(Intimate, slow travel)

Small Groups

(Shared authentic experiences)

Wellness Retreats

(Deep psychological and physical reset)

Cultural Tourism Projects

(Connecting nature with local heritage)

Educational Programs

(Learning through sensory exploration)

Curated Premium Experiences

(High-end, highly tailored immersions)

THE TRANSFORMATION

Returning to Ourselves.

04

The arc of transformation

The Overwhelmed Traveler

Fast routines, constant stimulation, screen fatigue, noise, and pressure.



Valseriana & Respiro di Foresta

Immersion in Presence, Silence, Space, and Breathing. Disconnecting from noise.

The Grounded Traveler

Reduced stress, improved mental clarity, lighter, deeply connected to self and environment.

Not only visiting a destination.
But creating transformation through experience.



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*Perhaps forests, mountains, rivers, and trails
are not only landscapes around us. Perhaps they
are spaces that help us return to ourselves.*

SILVANA ZAMBELLI / RESPIRO DI FORESTA

E-mail: info@respirodiforesta.com

Whatsapp: +39 347 336 2817