



STEPS INTO SILENCE

Immerse yourself in the beauty of nature and hear its heartbeat within you

Steps into Silence is a **year-round guided nature experience** created for people seeking **peace, stillness, and meaningful connection**. The experience begins with a calm arrival and a short introduction to the place - an **ancient farmstead in the Kurzeme region**, included in the Latvian Cultural Canon as one of Europe's **unique inhabited places**. This gentle beginning allows you to slow down and prepare for the walk.

We **walk slowly** through the **mighty coniferous forest** that starts at "**Trīsuļi**" **farmstead** and stretches northward for tens of kilometers, allowing silence to guide us away from daily noise and mental overload. The walk is **intentionally unhurried** and takes place without conversation, creating space to **observe, listen, and sense the wilderness** with all your senses. With guided moments of stillness, mindful awareness, and simple breathing practices along the way, you are invited to **fully experience being here and now**.

The walk concludes back at the **heart of the homestead**, around a **cozy campfire with scenic views**, where we gather for a **simple tea ceremony** using a carefully prepared herbal blend. Warm tea, fire, and quiet conversation - or shared silence - create space for **guided reflection**, allowing you to integrate the experience and carry its calm with you beyond the forest.

Activity Facts:

Duration: 2,5h (possible to extend the experience)

Location: "Trīsuļi", Skrundas pagasts, Kurzeme, Latvia (2,5h drive from Riga, 1h drive from Liepaja, nearest train/bus station 8km. Pickup can be arranged for an extra charge)

Season: all year round – each season offers its own unique beauty and atmosphere

No. of participants: individuals or small groups (up to 10 people)

Level of activity/previous knowledge required: approx. 1km walk on wooden paths and gravel road. No prior experience required – the walk is slow and suitable for most ages and fitness levels

What to bring: comfortable, weather-appropriate clothing, sturdy shoes or boots suitable for forest paths

What's included in the experience: warm and welcoming atmosphere - story about the farm and our journey, guided slow walk through the forest, mindful awareness and grounding practices, closing tea ceremony (handpicked herbal tea from our meadows) around a campfire and a light snack

Price: 50 Euro/person incl VAT

Nourished by nature

Slow down

Step out of constant movement and allow yourself to move at nature's pace.

Breathe

Let your breath deepen, your body soften, and your thoughts gently settle.

Listen

Hear the forest, feel the moment, and reconnect with what is within you.

Experience

Immerse yourself in the typical landscape of a Kurzemes region farmstead, which has been created in harmony with nature.

TRĪSUĻI

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