

11 Unique Immersive Nature Experiences You Can Try at Resorts Around the World



Lindsay Cohn

Updated November 16, 2022

Research has found that exposure to nature and feeling connected to nature can offer a host of benefits mental, physical, and emotional, such as improving mood and reducing stress and anxiety. A study from 2019 analyzing nearly 20,000 participants found that spending at least two hours per week in green spaces was associated with improved overall health and well-being. Since being immersed in nature stands to do your body, mind, and soul a lot of good, it only makes sense to take advantage of the opportunity to spend your leisure time making the most of it.

From foraging for mushrooms and forest bathing to beekeeping sessions and boat tours with resident marine biologists, the experiences ahead promise to strengthen your bond with Mother Nature and boost your well-being.

Mushroom Foraging at VIK Chile (Millahue Valley, Chile)



VIK Chile

VIK Chile aims to reestablish the connection between farm and table that has been so eroded by modern agriculture and food culture. Guests embarking on the newly launched mushroom foraging trek have the chance to reconnect with our hunter-gatherer ancestors and the earth by searching for volvariella, wood blewit, and horse mushrooms, while also gaining a deeper understanding of the region's distinctive terroir and fascinating science of fungi. Chef Pablo Cáceres will then prepare delicious dishes using the harvested shrooms and other locally grown ingredients.

[BOOK NOW](#)