

# PENÅSA WELLBEING PLACE



## Welcome to Penåsa Wellbeing Place

Welcome to Penåsa, a unique, and diverse wellbeing place. Here you can freely recover your body, your mind, and your soul. Penåsa is located inside the UNESCO world heritage site, the Great Alvar.

With its truly unique flora and fauna, the wellbeing place, and its adjoining nature reserves Lilla Dalby & Bjärby Alvar offer your fantastic opportunities to walk in the footsteps of the local history and to discover both natural, and ancient cultural-historical remains.

Here you get to experience traces of how human settlements, with their grazing animals and their interaction with nature successfully contributed to the unique biodiversity that can be found around the Alvar today.

**#WellbeingPlace #HomeOfWellbeing #Wellbeing**





## A welcoming place



Explore the vast landscape, walk, bike or, hike along animal paths, marked trails or follow the old railroad all the way from the eastern to the western side of the island. Whether you choose to engage your body in movement and still your curiosities, or are in search of inner peace, tranquillity, and relaxation, Penåsa is a great place to start your wellbeing journey- all year round.





## Wellbeing Place Penåsa

**A place that leaves impressions on your mind and soul**

**At Penåsa, nature and the fresh air invites you to find balance and harmony.**

Marvel at the extraordinary, changing environment around the wellbeing site. Here, each season is special, the scenery lives in a constant change and offers you new unique impressions and experiences every time you return.

The trails around Penåsa are marked with poles and will guide you through pines and groves on soft, green animal paths as well as over the characteristic, barren limestone plains. Further along, a gravel road stretches from the eastern to the western side of the great Alvar, along an old railway embankment. In the summer, the place is full of life, framed in a sea of flowers with buzzing insects, butterflies, and lovely birdsong.

Deeper in the area, you will find a cosy resting area with windbreaks, and fireplaces, and a simple dry toilet. You are welcome to spend the night outdoors, in the windbreaks, or in your own tent. The right of public access allows you to camp for one night.

**Good to know**

The gravel road towards the first resting place, and its picnic tables, are partly made accessible and can be reached with walkers, wheelchairs, and strollers.

**Prepare for your overnight stay**

Remember to buy local delicacies, breakfast, and other local produce at the farm shops along your way to Penåsa.

**Discover more about Öland on [wellbeingtourism.com](http://wellbeingtourism.com)**

