



# IN THE HEART OF THE KAMNIK-SAVINJA ALP



# WELCOME

Terme Snovik is the highest altitude spa in Slovenia, surrounded on one side by the Kamnik-Savinja Alps and on the other by the beautiful forests and the unspoiled nature of the Tuhinj valley.

Our greatest treasure is healing thermal water, which has long been known by the locals, who often collected and took home free flowing water from the “pri Kovaču” farm, which was used for drinking and washing.

Terme Snovik consists of a reception, restaurant, wellness centre and a swimming pool complex with outdoor and indoor pools, above which there are eight apartment houses containing rooms and apartments at the edge of the forest. Terme Snovik also has arranged gardens, a gym in nature, playgrounds and footpaths.

Due to the surrounding nature and its excellent location in the central part of Slovenia, Terme Snovik is an ideal tourist destination for families during the holiday season and a great place to relax throughout the year.

*Healthy in nature.*





# APARTMENT COMPLEX AT THE EDGE OF A FOREST

The 4\* apartment complex above the thermal complex is built of natural materials, which enables relaxed and comfortable accommodation in apartments and rooms with a calming view of the green valley and the surrounding mountains.

In eight apartment houses, 74 apartments and 31 double rooms are available to guests.

There are also two seminar rooms for 45 participants.

*Nature is the best pharmacy.*

*Sebastian Kneipp*

UNIT	CAPACITY	SIZE	DESCRIPTION
<b>Apartment A2</b>	2 persons	34 m <sup>2</sup>	Studio apartment: living room with kitchen and bed, bathroom, terrace.
<b>Apartment A4</b>	2+2	45 m <sup>2</sup>	Living room with kitchen and sofa bed, bathroom, terrace.
<b>Apartment A5</b>	2+3	45 m <sup>2</sup>	Living room with kitchen and sofa bed, bedroom with a double bed and an extra bed, bathroom, terrace.
<b>Paradise apartment</b>	2+2	70 m <sup>2</sup>	Bedroom, living room with kitchen and fireplace, bathroom with sauna and jacuzzi.
<b>Double room</b>	2 persons	24 m <sup>2</sup>	Bedroom and bathroom, mostly with terrace.



# THERMAL WATER AND HYDROTHERAPY

Terme Snovik water is recognized as a natural healing agent and represents our greatest treasure. It contains calcium, magnesium and many other beneficial minerals. It is an excellent drinking water and has exceptional bathing qualities; it has a beneficial effect on the bones, skin and digestion.

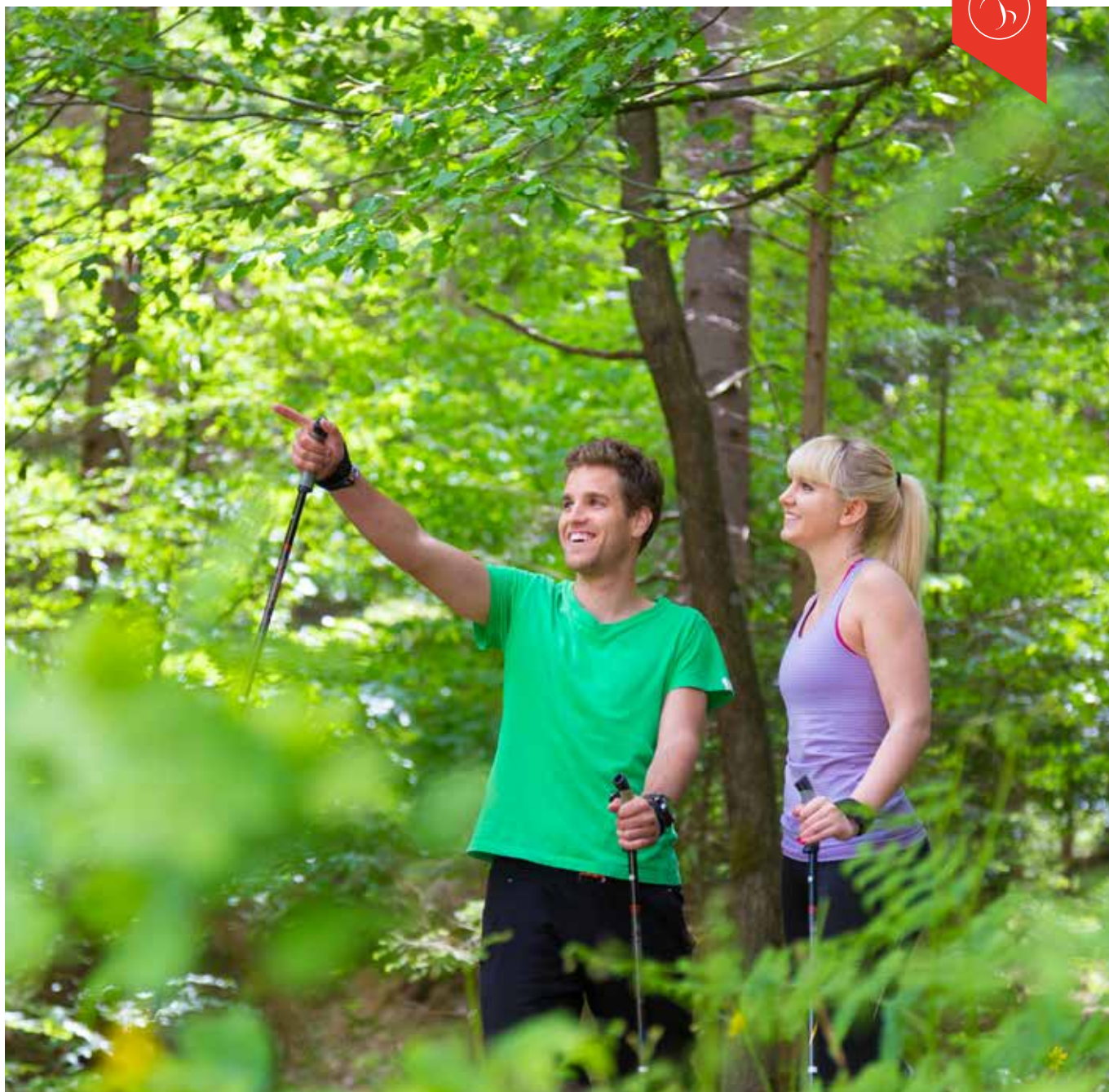
The pool complex consists of indoor and outdoor pools with a natural grassy beach. The water in the indoor pool is 32 °C and in the massage pool is 36 °C.

The outdoor pool with slides and a water temperature between 26 and 28 °C is a true adventure paradise for children and adults.

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*If there is a remedy  
for me, it will be  
water.*

*Sebastian Kneipp*



# ACTIVITIES

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Hiking, biking, swimming and other forms of physical activities are the right choice for relaxation and movement. If we adapt the activities to our abilities, needs, environment and profession, we can enjoy ourselves and relax.

Terme Snovik offers many outdoor activities: swimming and guided exercise in thermal water, hikes along marked footpaths, cycling and workouts by using equipment and the fitness trail. A walk on the barefoot paths with different materials will relax your body and mind.

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*Exercise increases  
the joy of life  
and helps men  
and women by  
strengthening the  
body.*

*Sebastian Kneipp*



# WELLNESS

Nowadays, stress and exhaustion are present all around us. We know very well how important it is to find peace and inner equilibrium.

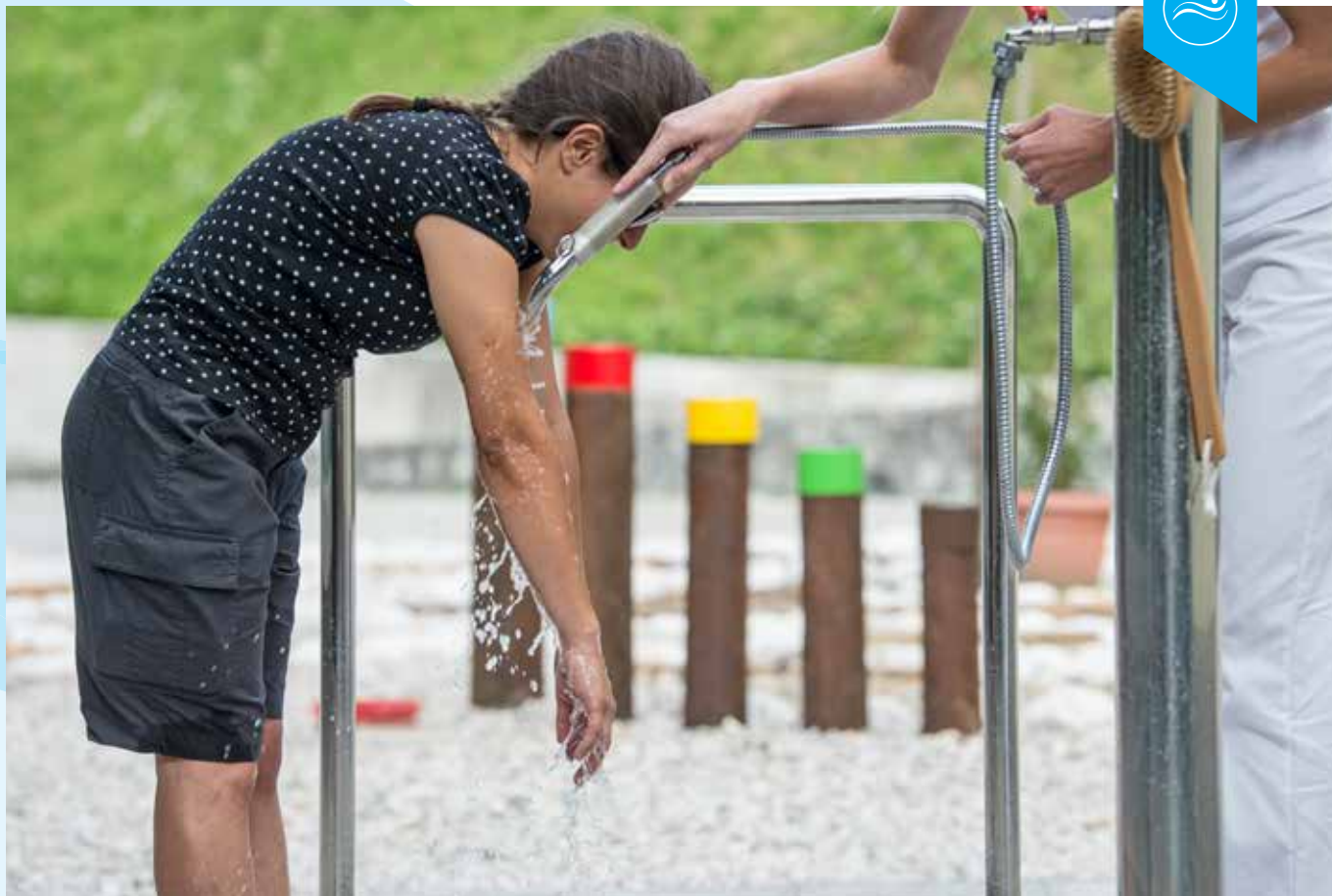
We offer several types of wellness services that you can use independently or combine into programs. You can choose between:

- various types of massages,
- spend time in the Finnish, Turkish or Ice sauna,
- facial and body care,
- pain relief physiotherapy,
- Kneipp hydrotherapy, masks and massages,
- walking on the barefoot paths.

*It's not enough to desire, you should make it happen.*

*Sebastian Kneipp*





# WITH KNEIPP, WE MAINTAIN YOUR HEALTH

Sebastian Kneipp (1821-1897), a German priest, hydro- and phytotherapist, set up a system of five pillars to maintain the health of the body and mind: water, herbs, exercises, nutrition and a healthy lifestyle. During his youth, he healed himself of a severe case of tuberculosis by bathing in the cold Danube, then decided to devote his life to natural healing.

Kneipp's philosophy of life is simple and suitable for everyone. In Terme Snovik, all five pillars of Kneipp's philosophy have been integrated into the existing offer, which is human and environmentally friendly from the start. We continue the tradition of Kneipp's Kurhaus spa in Kamnik, which began the successful implementation of Kneipp's therapies in 1891.

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*Everybody wants to be healthy and strong and live long, but without doing anything for it.*

*Sebastian Kneipp*



*Sebastian Kneipp*



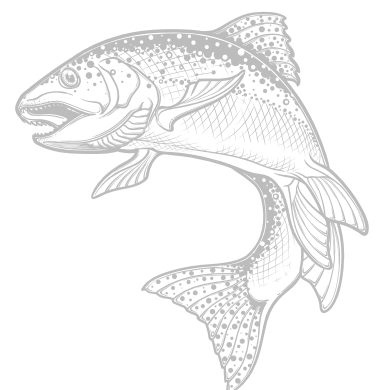
# POTOČKA RESTAURANT

The Potočka Restaurant, where we prepare meals for boarding-house guests and daily visitors, offers a selection of classic and local dishes. Our speciality is trout prepared in different ways. We also offer various seasonal local dishes. In our vegetable garden, we grow our own vegetables, which we use to prepare meals or offer to guests who cook in their apartments.

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*More from the plant,  
less from the animal.*

*Sebastian Kneipp*







## WE OPERATE IN AN ENVIRONMENTALLY FRIENDLY MANNER

From the beginning of our operation, we have been committed to sustainable development, which is reflected in various areas:

- In 2008, we were the first to receive the “Ecolabel” environmental label for environmentally friendly operation, according to the criteria of the European Commission, which refers to the use of energy, water and energy products, as well as waste separation and cooperation with the environment.
- In 2015, we received the “Slovenia Green Accommodation” title, which includes us in the Green Scheme of Slovenian Tourism.
- We use 100% renewable energy for our operation: biomass, solar collectors and heat pumps.
- Green mobility: we use an electric vehicle for internal transportation and the transportation of guests; we offer free electric charging stations; we organize public transportation locally from Ljubljana and Kamnik.
- To spread awareness of the importance of self-sufficiency and for our own use, we grow our vegetable garden, herb garden and mini orchard.
- Some of the cleaners that we use are labelled EKO or are completely natural (e.g. vinegar).
- We cooperate with the local population in the construction of sports and social infrastructure and carry out joint activities.

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*Do not do anything  
that can harm you.*

*Sebastian Kneipp*



# ANIMATION

Wellbeing is always connected to relaxation and fun. During the summer and the holiday season, the animation in the outdoor and indoor swimming pools is mostly intended for children, who are fascinated by animators and by the Snoviček dwarf.

Throughout the year, we organize guided hikes in the surroundings, visits to the farm, night walks with torches, various workshops: relaxation workshops, tea and soap making, cook healthy meals and perform yoga and meditation.



*Everything in due course and  
everything in moderation.*

*Sebastian Kneipp*



## SURROUNDINGS

Tuhinj valley, where our spa is located, is a wonderful natural environment free from industry. The forests that surround us provide freshness in summer and a winter idyll in winter.

In our immediate vicinity, you can visit:

- **Velika planina (16 km):** an easily accessible plateau with a beautiful view over the peaks of the Alps, which extends to Ljubljana and Trieste. You can enjoy traditional shepherd villages, the life of shepherds and livestock, and try typical mountain treats.
- **Volčji Potok Arboretum (12 km):** a blooming oasis in the midst of Slovenia, which reveals its new look to visitors every month of the year. More than two million tulips blossom here every year. Treat yourself to a quiet, calm and relaxing walk through the park.
- **Kamnik (9 km):** the town lies amid the Kamnik-Savinja Alps and is considered one of the most beautiful medieval towns in Slovenia.
- **The Kamniška Bistrica spring (14 km):** an unspoilt natural environment, crystal clear spring water and a natural environment for forest animals.
- **The Tunjice Natural Healing Resort (11 km):** it has been scientifically proven that the 10 healing points of the Tunjice Natural Healing Resort have a therapeutic effect on various physical and mental conditions. The Tunjice Natural Healing Resort has its own water source and bottling plant.





### Terme Snovik

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Coordinates GPS:

46° 13' 36.1308" N 14° 42' 15.4548" E

Registered office: Terme Snovik – Kamnik, d. o. o.,  
Molkova pot 5, 1241 Kamnik



Distance:

Kamnik	→	<b>9 km</b>	Pula	→	<b>230 km</b>
Ljubljana	→	<b>25 km</b>	Trieste	→	<b>130 km</b>
Zagreb	→	<b>165 km</b>	Gorizia	→	<b>140 km</b>

