# Case Study

# Rold Skov Retreat

## Denmark

Module 2

https://roldskovretreat.dk

Rold Skov Retreat contributes significantly to sustainable forest wellness and nature-based leadership training in Denmark, hosting 1,200+ guests annually in eco-cabins and immersive therapy programs within Europe's largest contiguous forest. This wilderness retreat blends Nordic minimalism with clinical forest therapy, offering silent retreats, corporate off-sites, and ecotourism training in Jutland's untouched Rold Skov.

## Location

This vast ancient forest is predominantly covered by old-growth broadleaf and conifer woodlands with towering oak, beech, spruce, and pine forming cathedral-like canopies over mossy trails and wildflower glades. The understory includes chanterelles, bilberries, and medicinal moss used in sensory and culinary programs.

partnership

Rold Skov Retreat believes this deep-forest model provides a blueprint for high-impact wellness destinations across the Nordics, marrying eco-lodges with clinical psychologists, leadership coaches, and nature agencies to drive personal transformation while protecting Denmark's largest forest ecosystem.

## Activities & Commercial Model

Rold Skov Retreat Experiences include local tourism SMEs, e.g.,

◆ 3-Day Silent Forest Immersion (DKK 6,500 pp) with guided sensory walks and digital detox cabins.

◆ Full-Day Leadership in Nature programs for executives (DKK 15,000–25,000/group).

◆ The Wilderness Therapy Trail — 10 km GPS-guided mindfulness route.

◆ A welcome forest lodge with wood-fired sauna, organic kitchen, and rest areas.

◆ Pay-to-stay revenue + municipal wellness contracts with Rebild Kommune.

◆ A range of forest recreation activities including night walks and wild food dinners.

◆ Caravan and Camping Park and car parking for over 120 vehicles.

## Sustainability and Trees

They began their sustainability programme through Danish Nature Agency and Rebild Municipality, focused on reducing our carbon footprint as much as possible. For example, they identify trees as the 'lungs of the earth' in retreat materials.

'Trees are often called the lungs of the earth. By managing the retreat sustainably, we're making sure our little forestry area is helping to keep our planet healthy'.

# Trees and Plants



# Reducing emissions



# Wellbeing



# Sustainability and Trees

## Trees and Plants

To allow the flora and fauna to live and breathe, they leave 80% of the forest unmanaged, with zero harvesting in core zones. Fallen trees are left for habitat; replanting uses only local provenance seeds, and guests participate in annual tree-planting ceremonies.

## Green Friendly Approaches

Energy They endeavour to be as energy-efficient as possible by using off-grid solar cabins and biomass heating from certified deadwood. Their rechargeable lanterns and devices power all guest activities.

## Waste
They follow the mantra of "Reduce, Reuse, Recycle," meaning very little gets thrown away. All food waste is composted into forest garden beds; packaging is banned.

## Wellbeing

Promote Healthy and Enjoyable Activities Their outdoor activities are designed to be a positive choice for both body and mind. Their park provides opportunities for both land and forest-based activities, including Denmark's only clinically supported silent forest retreat. Whether visitors come for a profound solo immersion or a transformative group off-site, they are confident they will leave feeling all the better for it. They also make nature and wellbeing accessible to all so that everyone can enjoy the benefits of nature and natural landscapes.