

Forest Therapy Walk at Stanley Park, Vancouver With Haida Bolton (**Select Dates**)



Tour description: Haida Bolton, BC's First Certified Forest Therapy Guide, will create a calming, nurturing experience as she "opens the door" to the medicine of the forest, inviting you to interact with nature in various meaningful and healing ways. This is a mindful, very moderately paced walk often stopping to connect to the forest with all your senses, which in turn creates a better connection with yourself. The tour includes snacks and a tea ceremony.

What to wear/bring: good walking shoes, appropriate layered clothing for the weather and a water bottle

Who we are: Talaysay Tours, owned by Candace and Larry Campo, *Shíshálh* (Sechelt) and *Skw̓wú7mesh* (Squamish) First Nation, offer you an enriched cultural outdoor experience. Haida Bolton (Nature With Haida) is an associate company to Talaysay Tours.

Tour: Forest Therapy Walk, Stanley Park

Type of Tour: Eco Tour

DATE: February 18, March 24, March 25, 2018

Tour start time: 1:00

Tour end time: 4:00 pm **Duration:** 3 hrs

Meeting location: Meet at Bus Loop 2, Stanley Park (At the Interpretive Sign), near the petting farm

Map Link: <https://goo.gl/maps/CuqbXfguX9H2>

Max/Min number of participants: 12/ Min: 2 , for ages 18+

Paid Parking: \$3.25 per hr

(Rate: \$89 pp plus gst includes a snack and tea ceremony. Please inform us of any allergies.)

Parking fees apply.

Note: Scientific studies on the effects of forest therapy and its health benefits can be found at <http://www.natureandforesttherapy.org/the-science.html> Benefits include reduced stress hormones, increased Natural Killer Cells, boosted immune system and decreased blood pressure.

How to book: Easy Book on-line: <https://www.aboriginalecotours.com/tours/aboriginal-eco-tours/vancouver/wellness-tours/forest-therapy-walk-tour>



For inquiries specific to the tour: haida@naturewithhaida.com or call Haida at 1-604-989-3600.

Other Inquiries: Toll Free: 1-800-605-4643, Vancouver Line: 604-628-8555 Email: info@talaysay.com
or askus@aboriginalecotours.com **We are proud members** of Aboriginal Tourism BC, Tourism Vancouver, Squimish.com, Sunshine Coast Tourism, Northshore Chamber of Commerce.