

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



Note: Please see below for Covid best practices

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 *Sḵw̱wú7mesh* (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 for 18+

Rate: \$89.00 per person plus gst

Date:

Start: 1:00pm **End:** 4:00pm

Duration: 3 hrs

Minimum: 2

Maximum: 12

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

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

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.



Covid Safety Practices: We invite guests to wear a mask. We follow the 2 meter distance safety practice and ask for your support in maintaining this safety guideline. We ask guests to use hand sanitizer before and after all tours. At present we are not shaking hands and will happily share how we say thank you the Coast Salish hand gesture. We will not be sharing our traditional drink during this period of managing the covid curve.

If you have any allergies or medical conditions you think we should know, please give us a call or send us an email. If you are sick or have a fever, we ask you to stay home and we will reschedule you within our scheduled operational season.

Covid Best Practices:

<https://www.worksafenb.ca/media/61124/embracing-the-new-normal-poster.pdf>

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

Toll Free: 1-800-605-4643 Vancouver Line: 604-628-8555

BOOK on line www.aboriginalecotours.com - email admin@talaysay.com