

Forest Connections Vancouver With Haida Bolton – STUDENT PROGRAM



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 students to interact with nature in various meaningful and healing ways. Forest Connections, a land-based learning program, is designed for students to experience the land as a collective and in person. The students will be invited to engage in a series of activities providing an opportunity to connect to the forest with all the senses which inspires greater curiosity, creativity and connection with oneself.

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 *Sḵw̓x̓w̓7mesh* (Squamish) First Nation, offer you an enriched cultural outdoor experience. Haida Bolton (Nature With Haida) is an associate company to Talaysay Tours.

Tour: Forest Connections, in Stanley Park or at an Alternate Location:

Type of Tour: Eco and Wellness Tour Program

DATE: Set in advance.

Tour start time: 10 am or 1:pm (we can adjust the schedule for your class when planned in advance)

Lead Guide: Haida Bolton (Certified Forest Therapist Guide). **Co-guide** (with 2nd group) Candace Campo (School Teacher and member of the *Shíshálh* (Sechelt) and *Sḵw̓x̓w̓7mesh* (Squamish) Communities.

Tour end time: tbd **Duration:** 1.5 hrs

Rates: \$17.00 per student for 1.5 hrs. (Note: \$30 per student for 3 hr programs.)

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

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

Custom Sites: Lighthouse Park, Cleveland Dam, Capilano Hatchery, Pacific Spirt Park

Max/Min number of participants: 16-32 (student participants). 1 guide per 16 students.

Paid Parking: \$3.25 per hr

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.

Easy Book on-line:



Other Call: Toll Free: 1-800-605-4643, Vancouver Line: 604-628-8555 Email: info@talaysay.com or askus@aboriginalecotours.com. Upon booking, an invoice will be issued to your school/program.

Questions related to course content you can contact us at candace@talaysay.com or haida@naturewithhaida.ca or call Haida at 1-604-989-3600.