

## 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 *Sḵw̓xwú7mesh* (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 2<sup>nd</sup> group) Candace Campo (School Teacher and member of the *Shíshálh* (Sechelt) and *Sḵw̓xwú7mesh* (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](mailto:info@talaysay.com) or [askus@aboriginalecotours.com](mailto: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](mailto:candace@talaysay.com) or [haida@naturewithhaida.ca](mailto:haida@naturewithhaida.ca) or call Haida at 1-604-989-3600.