



#### 4. **Activity:** Talking Trees & Salmon Program with Talaysay Tours – 3.0 hrs

Local Talaysay guide and a trained Indigenous ambassador-educator will introduce the students to the forests, the cultural stories and shared practices of the indigenous ecological and spiritual perspectives that have sustained Coast Salish Indigenous people for generations. We will walk and hike along the guided trails and explore the various species of trees and plants while your guide points out the diversity of local plants that were harvested by our people for food, shelter, art and medicine.

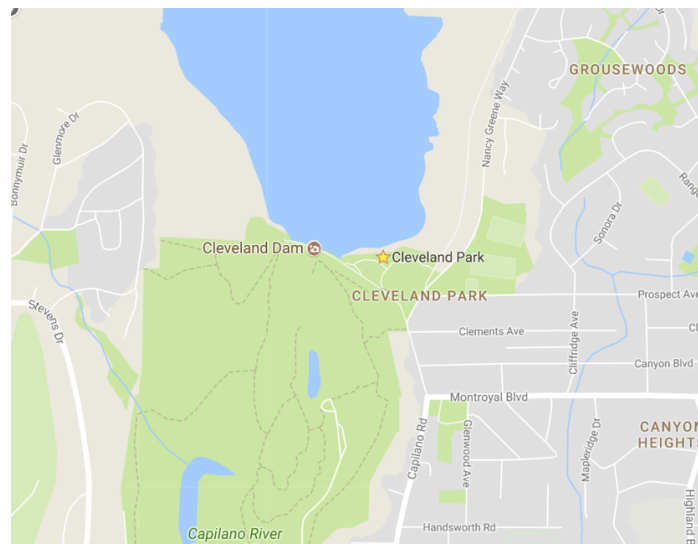
- This program shares indigenous practices of living, via sustainable and selective harvesting
- Local history and ecology of the North Shore, the Capilano River
- Salmon – The Cycle of Life. An emphasis on the salmon as a special resource to the local Indigenous People. Water as Life. Issues and the awareness of a shared responsibility to the protection of water.
- Forest Meditation – The students will be instructed through a forest meditation
- The Tree of Life – Cedar, it's sacred gifts: medicine, technology, shelter, clothing, transportation
- West Coast Temporal Rain Forest – an ultimate community network
- The Land is Us and We are the Land – land management techniques, the social practices. Selective burning, the various forms for practiced agriculture, transplanting, pruning
- Your class will learn about the maple tree, douglas fir tree, red alder tree, the western hemlock, and the many wild berries and plants of this region
- Plants as medicine, frog leaves, plantain, horsetail – the forest is our grocery story and pharmacy

**Talaysay School Calendar:** September to June. We are closed in November

**Start Time:** **10 am**      **End Time:** 1:00 pm. Custom Times can be arranged in advance.  
This includes opportunities to stop, rest and discuss concepts. We take nutrition breaks, and encourage students to bring their lunch and a water bottle for a lunch break.

**Duration:** 3.0 hrs. with breaks from hiking; We can plan a lunch or recess break  
(2.5 hrs of walking and hiking and 30 minutes for a snack, or lunch with stories)

**Meeting Location:** Cleveland Park, 5077 Dam Rd, North Vancouver  
<https://goo.gl/maps/uhUe3FGq6PN2>



**What to bring:** Please ensure to wear comfortable walking shoes or runners, with layers of clothing. Dress for the weather. A lunch in a pack sack and a water bottle is recommended.

**Bookings and Inquiries** [info@talaysay.com](mailto:info@talaysay.com) or 1-800-605-4643 or call our Vancouver Line  
**Toll Free:** 1-800-605-4643 **Vancouver Line:** 604-628-8555

**Physical Level:** The walk-hike, 3.5 km, includes some hills and stairs is considered moderate to intermediate with parts of the trail on uneven ground.

**Contact Information:**

Candace Campo, [info@talaysay.com](mailto:info@talaysay.com) **Mobile Line:** 604-341-755  
**Inquiries** **Toll Free:** 1-800-605-4643 **Vancouver Line:** 604-628-8555  
**To Book On Line:** [www.aboriginalecotours.com](http://www.aboriginalecotours.com)

**Our school programs rates (based on 20 or more students):**

1. Talking Trees Tour Program – Stanley Park - 1.5 hrs **\$15 per student**
2. Spoken Treasures Tour Program – Stanley Park – 1.5 hrs **\$15 per student**
3. Talking Trees Tour Program - Cleveland Park – North Van. 1.5 hrs or **\$15 per student**
4. Talking Trees and Salmon Tour Program – 3.0 hrs – Cleveland Park, North Shore 3.0 hrs **\$30 per student**
5. Custom locations with parks near your school can be accommodated. Any site over 20 km can include additional travel costs.

**Talaysay School Calendar 2018:** We operate September to June. We are off in November.

**How to book our land based programs:** We ask you to select a firm date, time and inform us on the number of participants? Once this is completed your program will be confirmed as a scheduled tour. Talaysay Tours will email you a full itinerary and invoice in advance. Your advanced booking and confirmation allows us to schedule our most experienced guides – educators for your class. You can also book on-line. We will provide you a discount code to acquire your group student discount. The on-line booking system requires credit card payment.

**Easy Book on-line:** <https://www.aboriginalecotours.com>.

**Talaysay Customer Service and policies:**

Teachers and Chaperons are complimentary. 2 per 20 students.

Our tours and school programs proceed on rainy days. If weather is extreme with respect to severe rain or wind, we will contact you to re-schedule or cancel without cancellation penalty.

**Medical:** We ask the teachers to inform us in advance if there is any student or participants who requires an epi pen or if there are any participants with injuries or health matters that could affect their ability to experience our tour program in its full capacity.

**Group Cancellation:** 7 days or more are required for a refund; we will reimburse less a 20% administration fee.

