

## 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, *Shishálh* (Sechelt) and *Skwxwú7mesh* (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:** [Haidack@gmail.com](mailto:Haidack@gmail.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](mailto:info@talaysay.com) or [askus@aboriginalecotours.com](mailto:askus@aboriginalecotours.com) **We are proud members** of Aboriginal Tourism BC, Tourism Vancouver, Squimish.com, Sunshine Coast Tourism, Northshore Chamber of Commerce.