



Explore the North Shore – Talking Trees Hike

Talaysay Tours - Talking Trees Tour and lunch on the North Shore

North Shore Talking Trees Hike: Explore the pristine remote Northshore trails on our Talking Trees Tour. Your local guide, a trained Indigenous ambassador, will introduce you to the ancient forests, the cultural stories and shared practices of the indigenous ecological and spiritual perspectives that have sustained Coast Salish Indigenous people for centuries. 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 walk is moderate to intermediate in difficulty with parts of the trail on uneven ground, and with some hills and stairs. The hike, a total of 3+ km of trails that go along the Capilano River. There are several sites along the way to share stories and your guide will move at your pace. The focus of this tour is educational, with an Aboriginal ecological and cultural perspective. Individuals with health conditions are encouraged to speak to the owner/operator to see if this tour is suited for you.

Note: Capilano Trails, near Grouse Mountain, is located in the territory of the Skwxwú7mesh Úxwumixw First Nation (Squamish people) who had lived and resided in this area for thousands of years. The Squamish People continue to maintain a strong, social-economic and spiritual connection to the area with on-going land use, recreation, hunting, gathering, berry picking, root and cedar bark harvesting and spiritual ceremonies.

The co-owners of Talaysay, Larry and Candace, are members of Skwxwú7mesh and Shíshálh (Squamish and Sechelt Nations), two Coast Salish tribes that reside in the regions of the North Vancouver, Squamish Valley and Sunshine Coast. Candace is a teacher and anthropologist and has been providing outdoor education for 20 years.

Your Date: January to December. We are closed in November
Start Time: 10 am (custom time to be confirmed with client)
End Time: 1 pm
Duration: 3 hours (Hiking Component. Several stops and rests included). Includes Indigenous Tea. (2.5 hrs of walking and hiking and 30 minutes for lunch)

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

Retail Rate: \$89 pp (cnd). Ask about our group rates.
Child Rate: \$71 with (cnd). (12 or older recommended for this tour)

Bookings and info@talaysay.com or 1-800-605-4643 or call our Vancouver Line



Inquiries Toll Free: 1-800-605-4643 **Vancouver Line:** 604-628-8555
To Book On Line: www.aboriginalecotours.com
Location: Cleveland Park
Meeting Point: Cleveland Park, 5077 Dam Road, North Vancouver
What to bring: Please ensure to wear comfortable walking shoes or runners, with layers of clothing. Dress for the weather. A water bottle is recommended.
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Talaysay Customer Service and policies:

Our tours proceed on rainy days and we encourage visitors to appreciate the temporal rain forest as the locals do. If weather is extreme with respect to rain or wind, we will contact you to re-schedule or cancel without cancellation penalty. All participants are required to sign a waiver form.

Client Cancellations: 48 hours or more we will reimburse less 20%. **Group Cancellation:** 7 days or more are required; we will reimburse less 20% administration fee.

What to bring: Please bring the proper footwear, a water bottle & dress for the weather. Water resistant clothing and shell jackets are recommended. Sunscreen in the summer.

This tour includes: Traditional Indigenous Tea and a light lunch to complete the tour. Please inform us of any nutritional requirements or restrictions.



