

Nature diary

Forest bathing guides



■ Cathelijne de Wit offers guided forest bathing experiences on the bank of the Avonmore river, near Rathdrum

A dozen forest bathing guides received their certificates at a recent ceremony as part of a pilot eco-tourism training programme and are now ready to lead walks in the Dublin and Wicklow areas.

■ Forest bathing encourages people to unwind and de-stress by connecting with their natural surroundings in a relaxed way. The guides help walkers partake in mindful activities along the routes, drawing on all five of our senses.

■ Taken at a slow pace over easy terrain, the walks aren't like hikes (outdoor

footwear and waterproof clothing is required in case of varying weather conditions).

Each of the 12 new guides brings individual talents to the practice – be it yoga and meditation training, foraging, life-coaching, etc. Others have knowledge of specific forests in Wicklow that they are willing to share with participants. Check out the various credential of these new forest bathing guides on wicklowforestbathing.ie.

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