

“Forest Bathing” First Day Hike

Lake Sylvia State Park, January 1, 2026

“Tis the season of gratitude and calm. Immerse yourself in the Japanese practice of Shinrin-yoku or “forest bathing.”

Time: 11:00am to 1:00pm

Location: Pavilion, Lake Sylvia State Park, Montesano

Enjoy a stroll focused on reciprocity and deepening your relationship with the forest. We’ll learn about the strong connections between healthy forests, streams and salmon -- a great way to ring in the New Year!

Your guide will be Kathy Jacobson, Outreach and Education Coordinator for the Chehalis Basin Collaborative for Salmon Habitat (CBC –fSH).

This walk is best for ages 12 and up. Please no dogs.

Dress for the weather. Boots and raingear recommended.

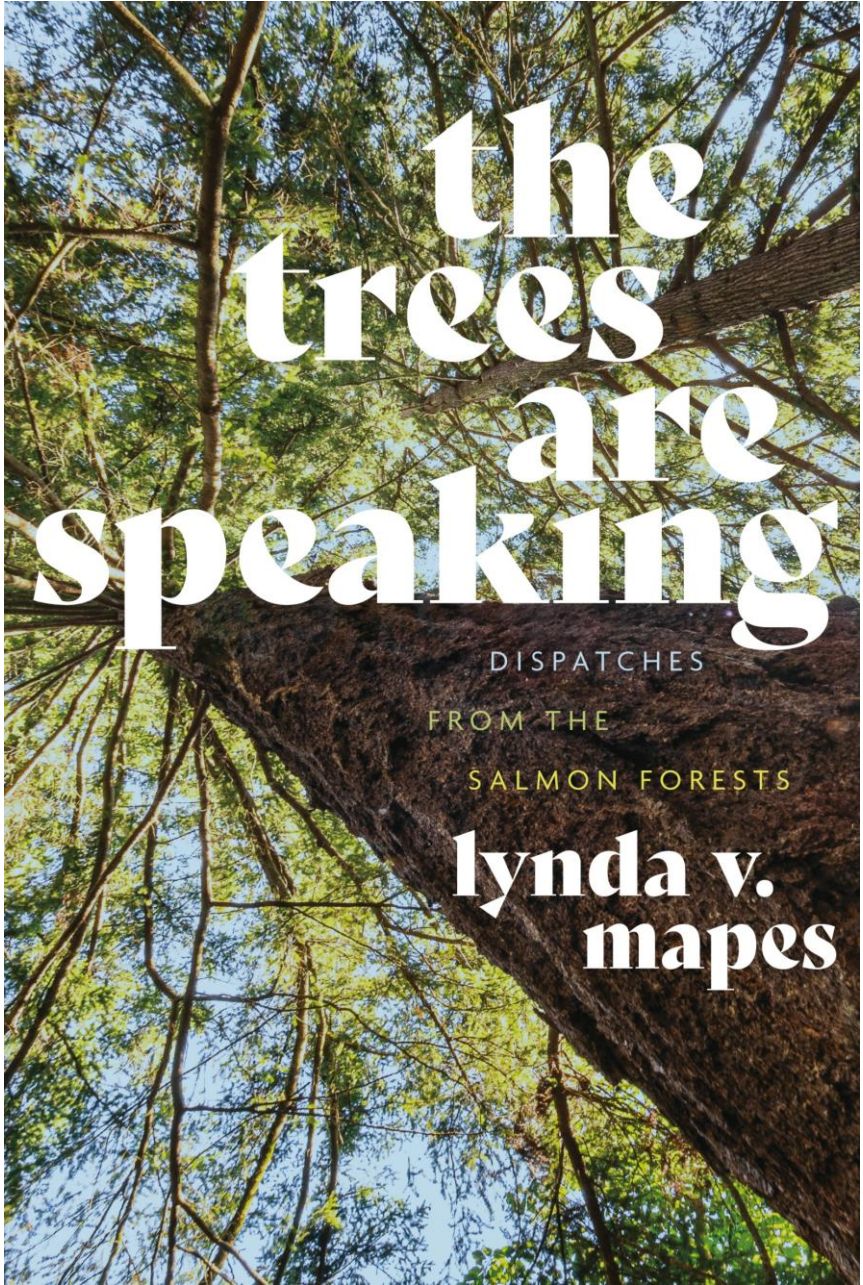
Free! Refreshments provided by Friends of Schafer and Lake Sylvia State Parks



Chehalis Basin Collaborative
for Salmon Habitat



WASHINGTON
STATE PARKS



the trees are speaking

DISPATCHES

FROM THE

SALMON FORESTS

lynda v.
mapes

- With vibrant storytelling supported by science and traditional ecological knowledge, Lynda V. Mapes invites readers to understand the world where trees are kin, not commodities.
- In a bicoastal journey, environmental journalist Mapes connects the present and future of Pacific Northwest forests to the hard-logged legacy forests of the northeastern United States.
- The Trees Are Speaking is essential reading for those with a deep interest in environmental stewardship, Indigenous land rights, and the urgent challenges posed by climate change.

