

# Forest Bathing – Shinrin Yoku

**Come Forest Bathe on The Clivia Trail.  
Empowering You With FOREST  
THOUGHTS.**



**Forest Therapy.  
The proven Shinrin  
Yoku effect .**

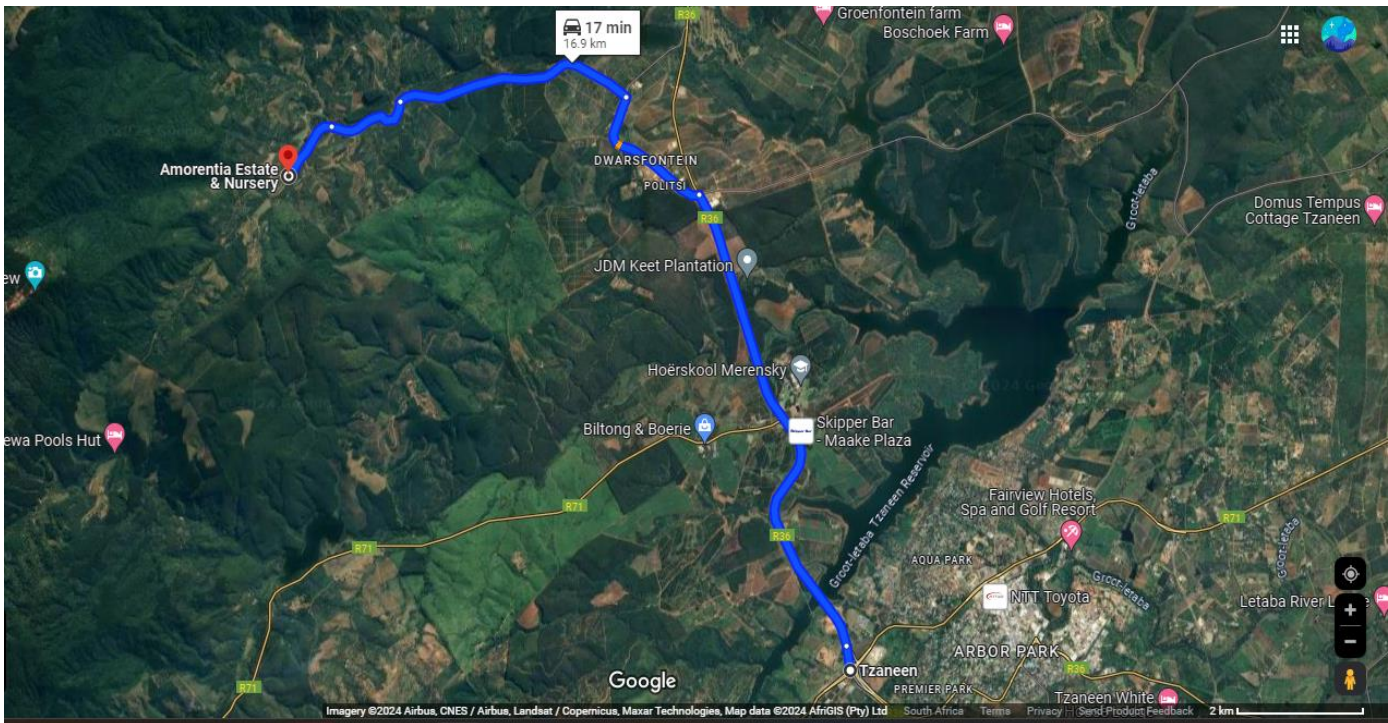
*The*  
**Clivia Trail**  
*Absolute Solitude*

[www.cliviatrail.com](http://www.cliviatrail.com)

**Forest Bathing is forest medicine.  
A healthy forest: A healthy mind and  
body.**



**Situated 22km from the town of Tzaneen in Limpopo Province RSA, accessible from Amorentia Estate and Nursery.**



# **Come Bathe in the Forest**

Embrace a transformative journey, where every step is a connection with the Clivia Trail's 18 community members. The majestic tall trees stand as wise sentinels. Animals, both seen and unseen, share this sacred space, weaving tales of harmony in their silent footprints. Birds paint the air with melodies. Fantastic fungi and their mushroom parents, creating a strange ballet at your feet. Soft mosses and lichens invite tactile connection, while graceful ferns gesture you into a realm of tranquillity. Vines gracefully arch overhead, guiding you through the forest's canopy. Insects hum along the trail, and spiders weave their stories in delicate webs. Butterflies and moths add fleeting beauty to the scene, while flowering plants burst forth in blaze of colours. There are earthy, sweet, and woody smells to experience. Slithery reptiles remain elusive, adding an air of mystery, while the forest's soundscape, a symphony of rustling leaves and bubbling streams, serenades your every step. As sunlight filters through the canopy, playing with light on the trail, and the Mabitsi River flows with a gentle rhythm, you become one with the natural pulse of life. Even the seemingly ordinary, like animal droppings, reminds you of the sophisticated cycles that sustain this living, breathing sanctuary.

Forest bathing becomes an immersive experience, a harmonious dance with the 18 members of this vibrant ecosystem, rejuvenating mind, body, and soul.

Come bathe in the Forest. This ecosystem is perhaps more than 10 million years old.

**It is a gift to you.**

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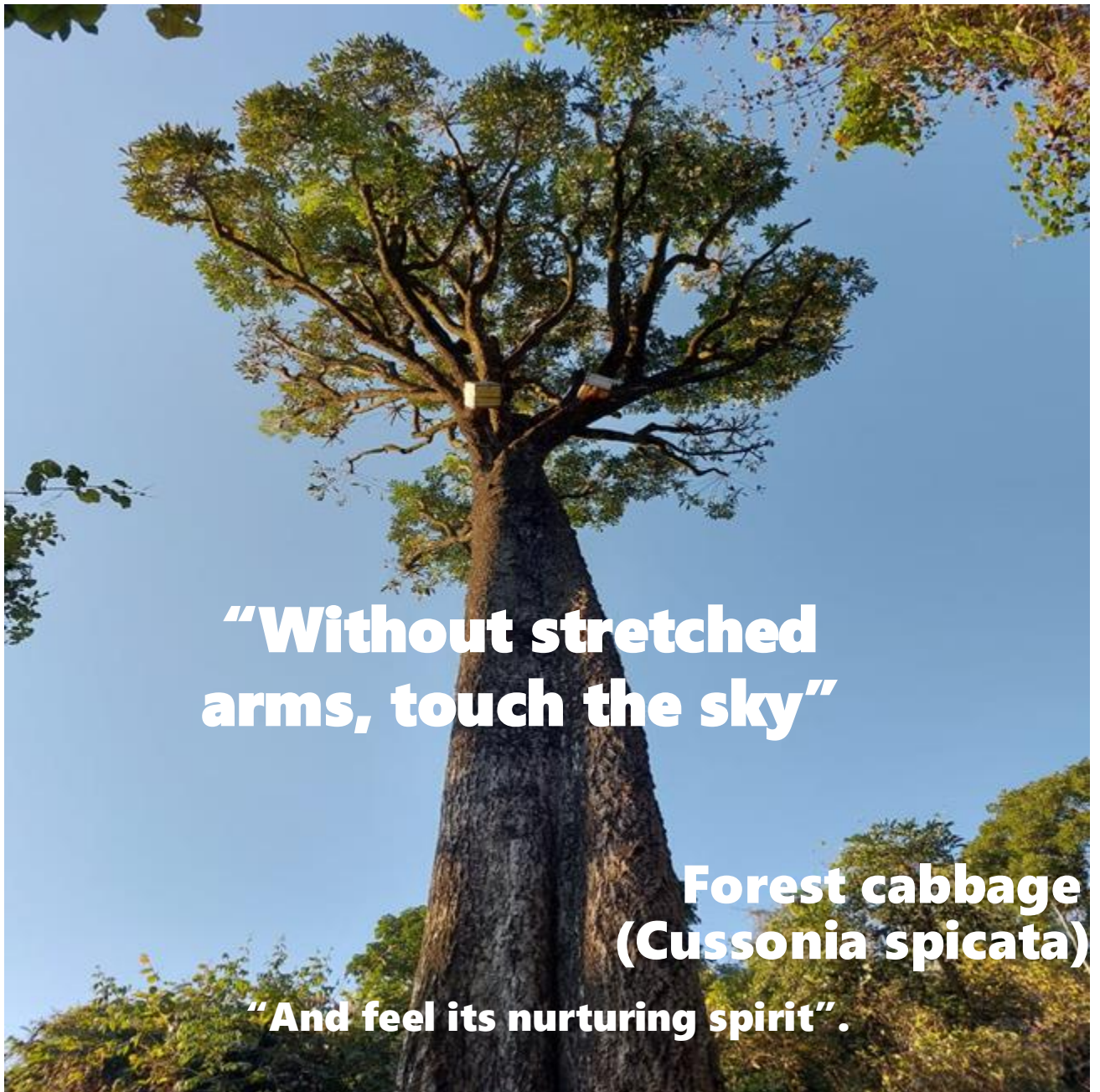


**Embracing and applauding the 5 senses:  
smell, taste, sight, touch and hearing.**



# 1. TALL TREES

**Thousands of years ago, there were architects who dwelt in the rainforest. Seeds germinated and 20-meter-high, tree-pillars grew and created a unique canopy above the Forest floor.**



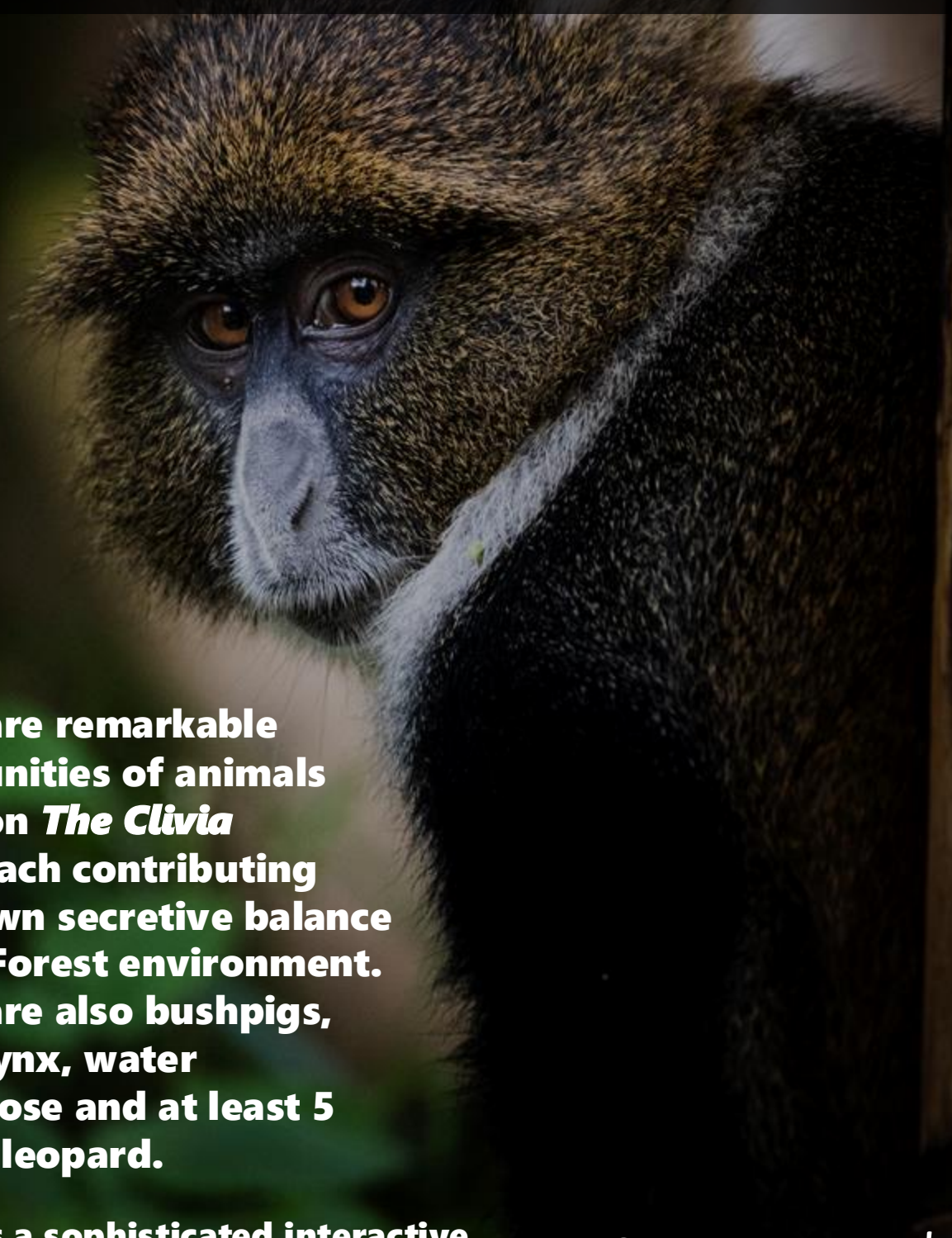
**“Without stretched arms, touch the sky”**

**Forest cabbage  
(*Cussonia spicata*)**

**“And feel its nurturing spirit”.**

# 2. ANIMALS

**“Keep your secrets like the forest”**



**There are remarkable communities of animals living on *The Clivia Trail*, each contributing their own secretive balance to the Forest environment. There are also bushpigs, civet, lynx, water mongoose and at least 5 known leopard.**

**“There is a sophisticated interactive language in the Forest”.**

*Samango monkey*



### **3. AMINAL DROPPINS .**

**“It’s a process of replenishment and sustainability”**

**All species that live in the forest generate their own waste; leaves, twigs, flowers, fruit, branches and animal droppings.**

**Animal droppings in particular, carry higher levels of nitrogen, phosphate and potassium, which help to complete the nitrogen cycle on the forest floor. Middens become a nursery for the seeds germinating into trees.**



# 4. BIRDS

**“You too, can fly like a bird and  
coo like a dove”**



*Cape Parrot*

**The Wild Bird Trust have The Cape Parrot Project under their auspices and regularly visit Amorentia Estate and The Clivia Trial. Their organization is involved with Cape Parrot research, in collaboration with local bird enthusiasts. The Cape Parrot is honoured to have been nominated as Bird of the Year for 2023. *Amorentia is a self proclaimed Cape Parrot Sanctuary.***



The background of the entire page is a close-up photograph of Turkey Tail mushrooms. The mushrooms are growing on a dark, textured log. They have a characteristic fan-like shape with concentric rings of color, ranging from light tan to dark brown. The lighting is dramatic, highlighting the texture of the mushroom caps and the grain of the wood.

## **5. Fantastic Fungi and Their Mushroom Parents**

**Fungi are mysterious and are often unjustifiably regarded with some degree of suspicion.**

**The world of fungi and their fascinating parents, the mushrooms, are perhaps the most important community of living organisms on earth.**

**THESE ARE TURKEY TAIL  
MUSHORROMS  
“Be shrouded in mystery”**



## 6. Mosses and Lichens

“Protect your ‘own’ forest of people”



**There are grey rugs and carpets of green in The Forest, with every soft texture one could wish for. All of this is offered by the thick, lush pile of Mosses and decorative Lichens that adorn this heavenly environment. Please avoid touching the mosses. FOR YOUR EYES ONLY.**



# 7. Ferns

**This moist, damp, high-canopy rainforest, invites the *Fern Community* to take up residence in their environment.**



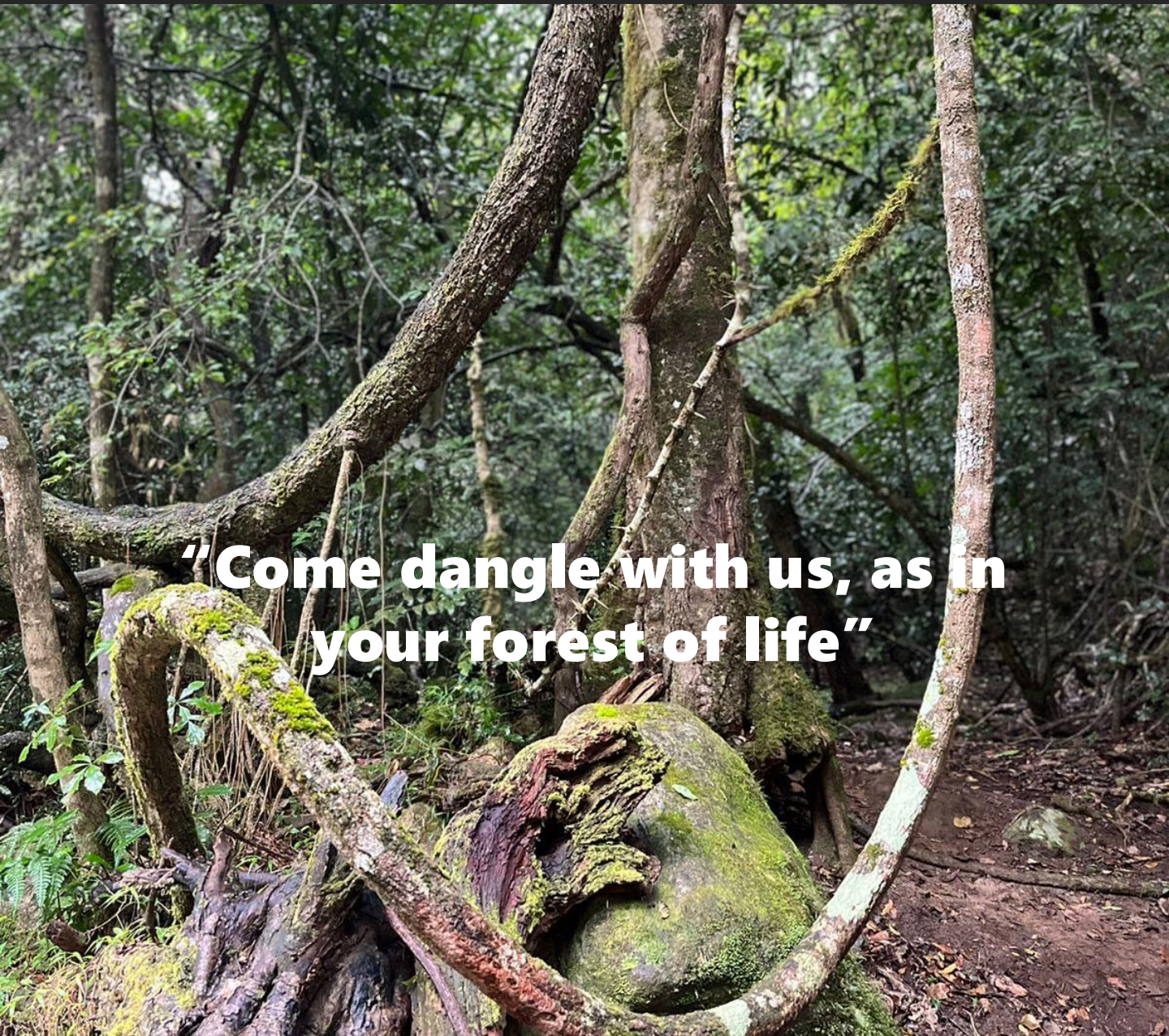
**“With biomimicry, pretend to be a fern “**



## **8. Vines in this Forest**

**“Supporting life, facilitating death”**

**The Clivia Trail is festooned with multiple climbing, dangling, intertwining and engulfing species of forest vines. Little is known about these many vines or Liana types and how they advantage the several communities that inhabit the sub-tropical, high-canopy rainforests.**



**“Come dangle with us, as in your forest of life”**





## 9. INSECTS

**Spring is in the air. Once you have experienced *The Forest* throughout a full Summer, you will be better-informed, to more fully understand the complexities of the insect populations on *The Clivia Trail*.**

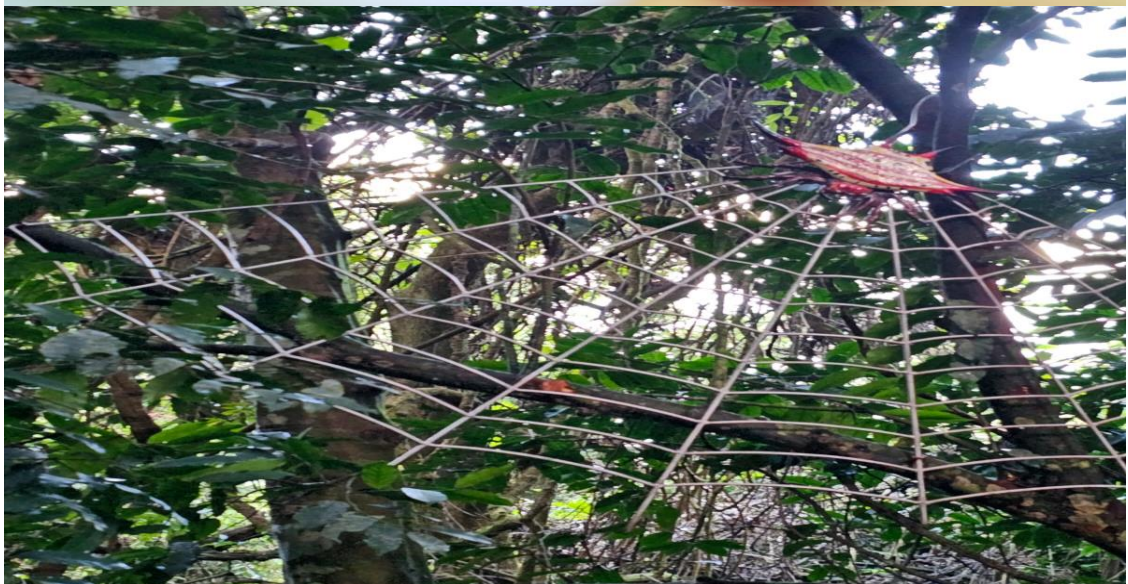
***"Butterflies are gentle people"***

# 10. SPIDERS AND THEIR WEBS.

**“It’s okay to cry when entangled in the web of those you love most”**

**A forest would not be complete without spiders and their webs.**

***Spiders* usually design their webs facing east to west. Most insects are attracted to light and in this case, the rising and setting sun.**







## **11. BUTTERFLIES & MOTHS**

**“Become your own monarch and emperor”**

***The Clivia Trail* is the home to a plethora of colorful and delicate, fluttering wings of the Butterfly community. These colourful animals fit perfectly to the dainty balance of the forest.**



## **12. FLOWERING PLANTS**

**The Clivia Trail is home to multiple, natura rock and tree gardens. There are tens of thousands of Clivias, which bloom in the early to mid-Summer.**



**“Continue to blossom”**



# 13. FROGS



***Frogs* are such a joy. They hibernate during the cold winter months, crouched quiet still and waiting for warmer weather to return. They create a choir of high and low pitched voices in the dark of the night.**

**“Leap high into the air”**



# 14. SMELLS

**While 'Forest Bathing', close your eyes and take a deep breath, scent-tasting the essence of the forest along *The Clivia Trail*.**



**“breath evenly and relax”**

# 15. REPTILES



**There are several *Reptiles* which call the forest their home. This magnificent Class of animals are well suited to the canopy and cover of the trail in the high-canopy rainforest. Ranging in color, size and shape, reptiles occupy most nooks & crevasses, trees and leaf litter along *The Clivia Trail*. So please tread with caution, keeping our reptile friends in mind.**

**“Tread quietly amongst people”**



# 16. SOUND

**“Listen attentively to others”**



**Other than the chorus of birds, the gurgle of the Mabitsi River, the buss of the insects and the call of the Samango Monkeys, there is silence in The Forest that welcomes you onto The Clivia Trail.**

# 17. LIGHT



**In the very early morning, as the sun rises and peeps into the forest, for two hours following that, the quality of dappled light is indescribably soft and soothing.**

**This is the best time to Forest Bathe.**

**“Soak up the light of the earth”**



# **18. FLOWING WATER**



**The Mabitsi River runs through *The Clivia Trail*. With an above average annual rainfall of 1800mm per year. The river occasionally turns into a raging torrent, closing the trail to the public. The trail will generally be open between April and December when the river is more placid and welcoming.**

**Mimic the flow of the stream.**

**“Mood changes give you strength”**

# **A pebble as a Shinrin Yoku 1982** **memento.**

**So, what is the applicability of all of this journey in our daily lives?**

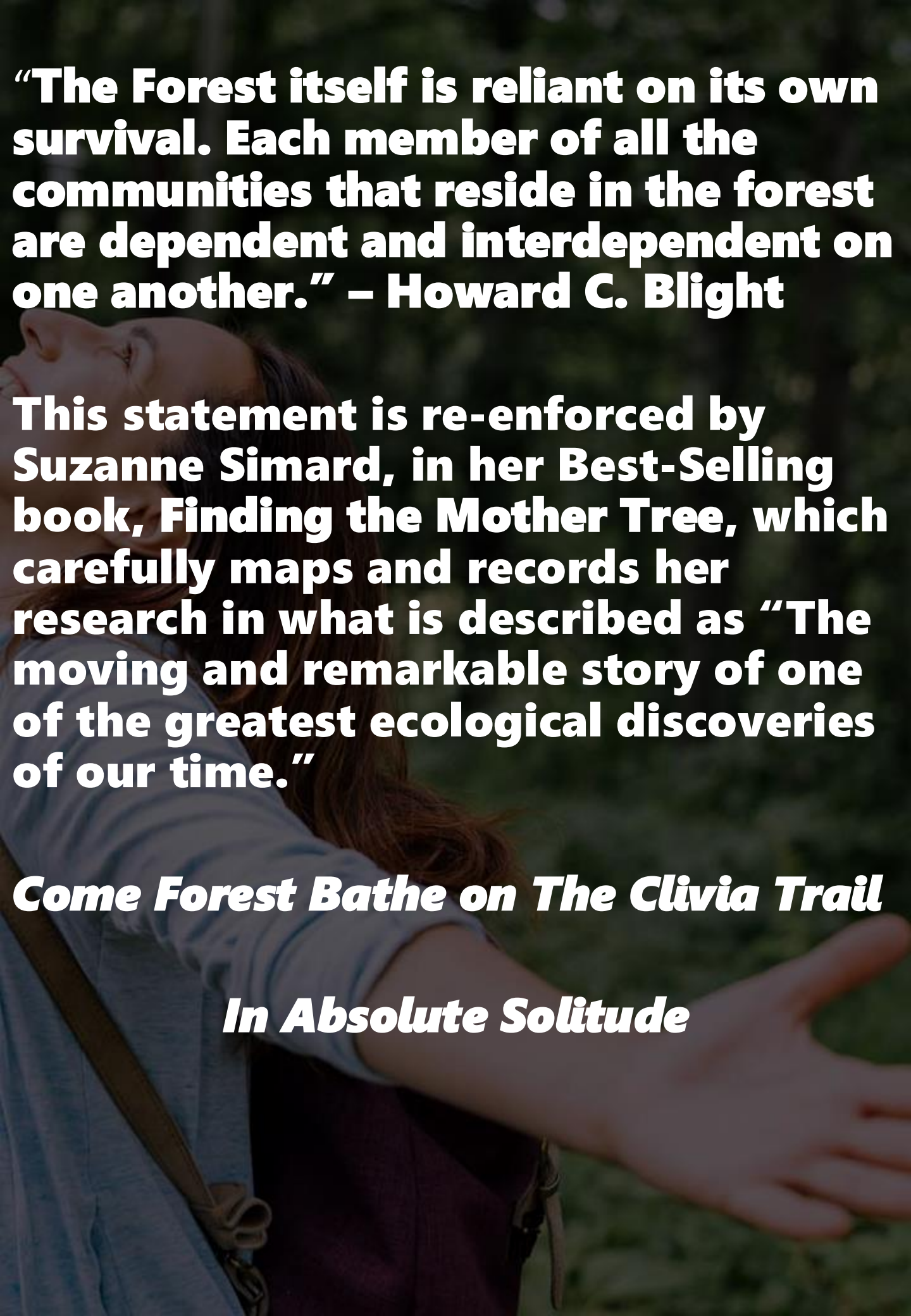
- 1. Firstly, be respectful of an environment that works so peacefully.**
- 2. Emulate these several principals of sustainability.**
- 3. Seek to preserve wild places.**
- 4. Introduce others to the wild places.**
- 5. Trust in the fact that Forest Bathing is proven to:**
  - Reduce stress hormone product.**
  - Improve feelings of happiness.**
  - Free up creativity.**
  - Your heart rate will be lowered. As well as your blood pressure.**
  - Chemicals that are released into your bloodstream, will boost your immune system.**
  - Assist one to cope with loss and death.**
  - All of the above accelerate the recovery from illness.**
  - Remain in touch with your 5 senses.**

**This truly is Forest Medicine.**

**Messaging via hormones and cytokines.**

**112 papers published – Immune system network and Psycho-Neuro-Endocrine is interdependent nervous system.**





**“The Forest itself is reliant on its own survival. Each member of all the communities that reside in the forest are dependent and interdependent on one another.” – Howard C. Blight**

**This statement is re-enforced by Suzanne Simard, in her Best-Selling book, *Finding the Mother Tree*, which carefully maps and records her research in what is described as “The moving and remarkable story of one of the greatest ecological discoveries of our time.”**

***Come Forest Bathe on The Clivia Trail***  
***In Absolute Solitude***