# Spectrum ATV Tours - St. Kitts Forest Bathing Experience

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| **Location:** St. Kitts, Caribbean  **Language:** English  **Duration:** 4.0 hours | **Magpie Product Code:** HBYTSA  **Company Website:** spectrumatv.com  **Primary Contact:** Spectrum ATV Tours |

**Description:**
Escape the city on your vacation and go forest bathing. It will help you relax, relieve your stress and boost your body’s natural (NK cells) ability to fight diseases.
Our two hour guided walk takes you on an easy low land rainforest trail that covers less than 1 mile. As you wander the trail you’ll be invited to indulge in an immersive sensory experience by tapping into your senses to connect with nature. You also have the option to find a spot that speaks to you, sit and enjoy the scenery. At the end of the walk you’ll be invited to sip a cup of organic tea steeped from local plants in the forest.
Forest bathing offers many scientifically backed health benefits for everyone and has been practiced in Japan for over 40 years. Forest Bathing or Shinrin-Yoku simply means being in nature, slowing down and immersing in the sights, sounds, and smells of nature for better psychological and physiological health.

**Inclusions:**

Coffee and/or Tea

Private transportation

**Know Before You Book:**

- Duration: 4h

- Mobile tickets accepted

- Instant confirmation

**Health items:**

Regular temperature checks for staff, Regularly sanitized high-traffic areas, Guides required to regularly wash hands

### Locations:

**Pickup:**
none

**Starts Notes:**
Traveler pickup is offered.<br>We pick up from all hotels, the port and most condos, apartments and other residences.<br>Ports:<br>Adonis Tour & Beach from Porte Zante, 77RG+XWC, Basseterre, St Kitts & Nevis<br>Hotel pickup is offered. View the hotel list on our checkout page to see if yours is included among the pickup points.

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing



### Other Information