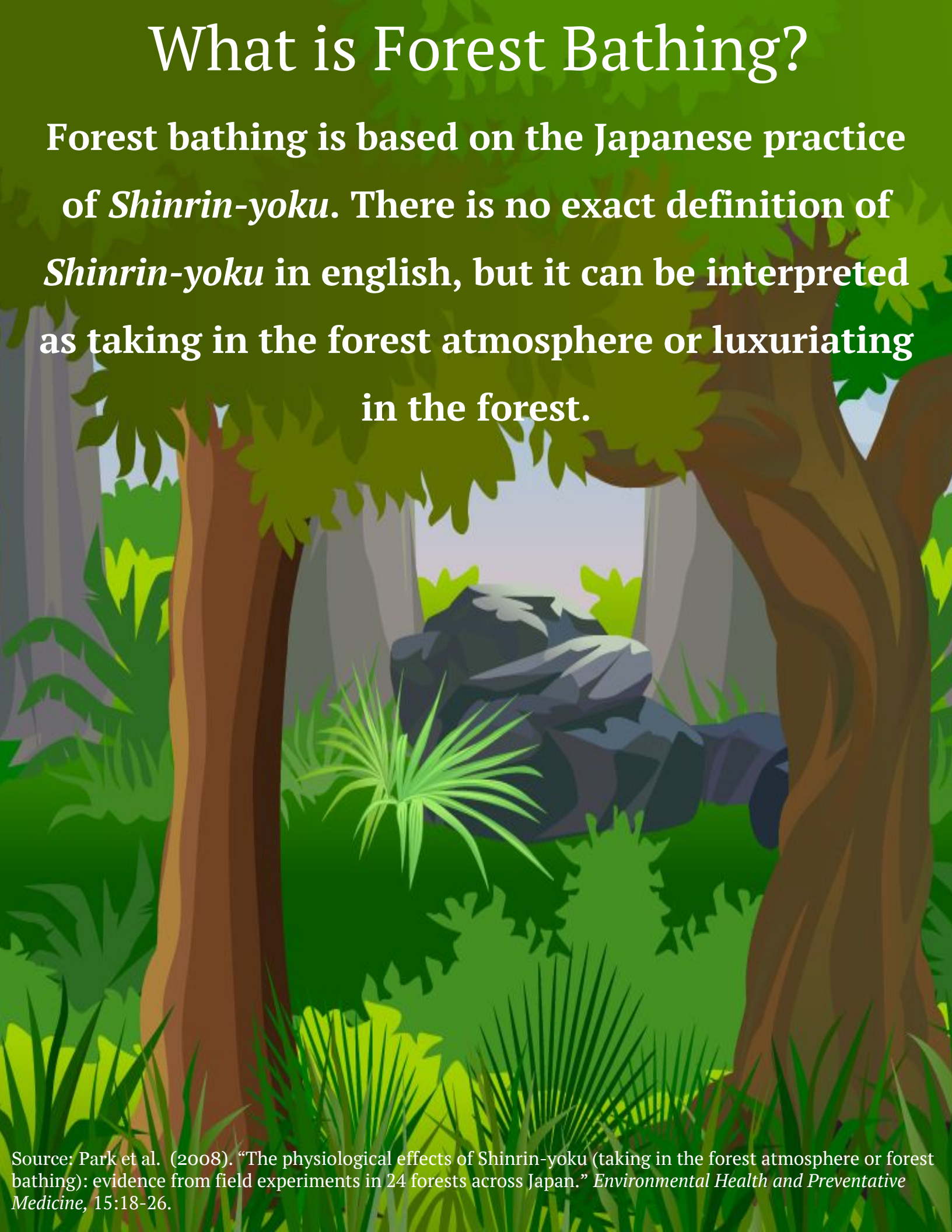


# What is Forest Bathing?

Forest bathing is based on the Japanese practice of *Shinrin-yoku*. There is no exact definition of *Shinrin-yoku* in english, but it can be interpreted as taking in the forest atmosphere or luxuriating in the forest.



# Trail Map

## Cowling Arboretum

### Carleton College

- ● ● Short Loop Trail (●)  
(1.0 mi/1.7 km)
- - - Medium Loop Trails (■)  
(Lower Arb 2.6 mi/4.2 km  
Upper Arb 1.4 mi/2.2 km)
- Long Loop Trails (▲)  
(Lower Arb 4.4 mi/7.1 km  
Upper Arb 2.4 mi/3.9 km)
- Other Trails
- P** Parking near Arboretum
- P** Other Parking
- College Boundary (2013)

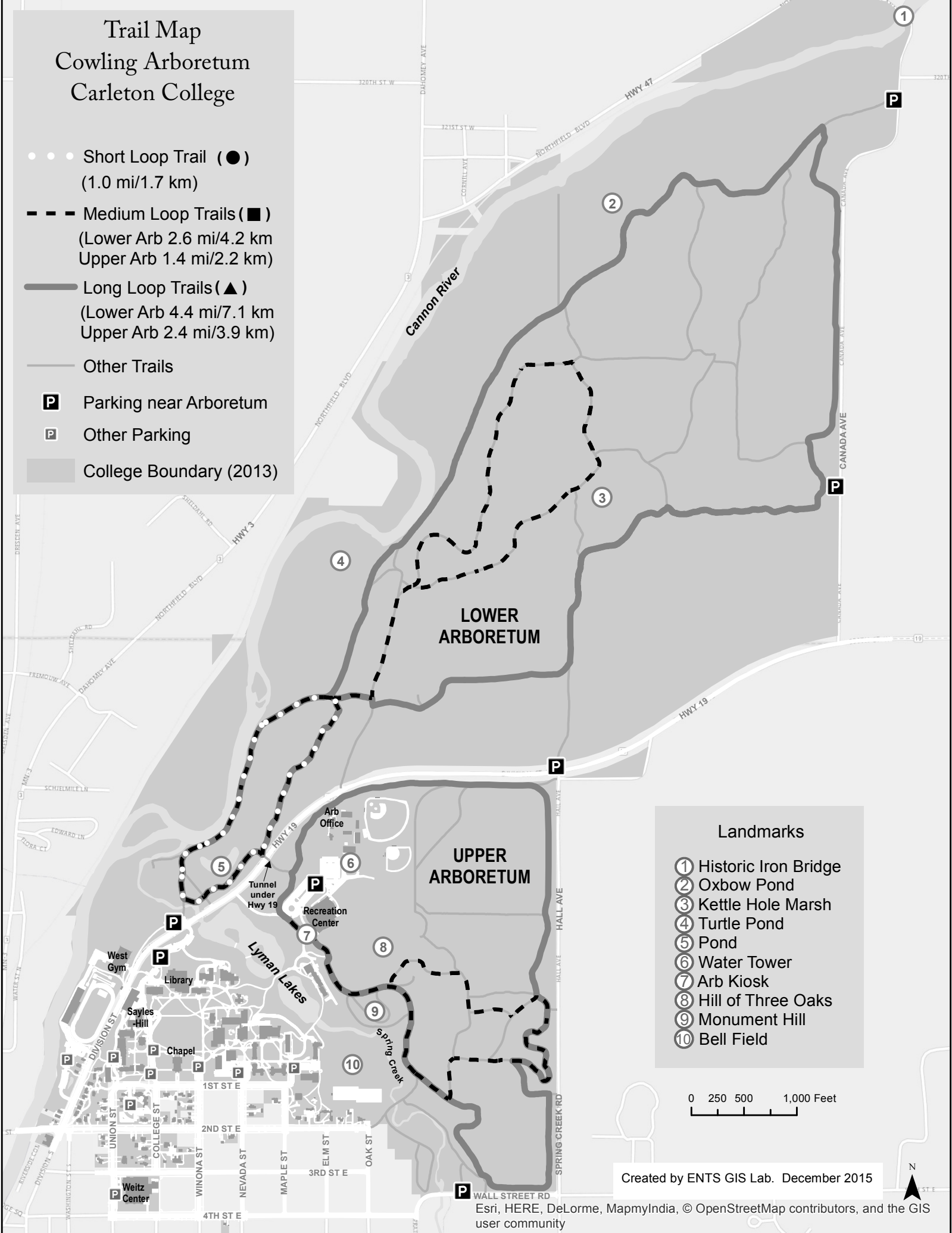
#### Landmarks

- ① Historic Iron Bridge
- ② Oxbow Pond
- ③ Kettle Hole Marsh
- ④ Turtle Pond
- ⑤ Pond
- ⑥ Water Tower
- ⑦ Arb Kiosk
- ⑧ Hill of Three Oaks
- ⑨ Monument Hill
- ⑩ Bell Field

0 250 500 1,000 Feet

Created by ENTS GIS Lab. December 2015

Esri, HERE, DeLorme, MapmyIndia, © OpenStreetMap contributors, and the GIS user community

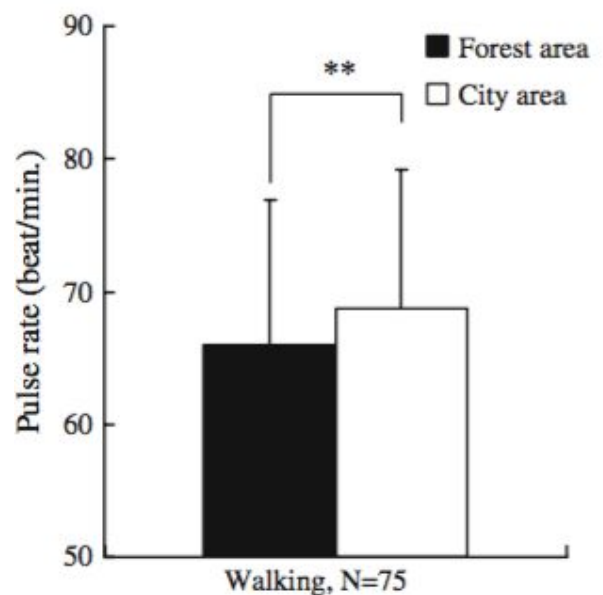
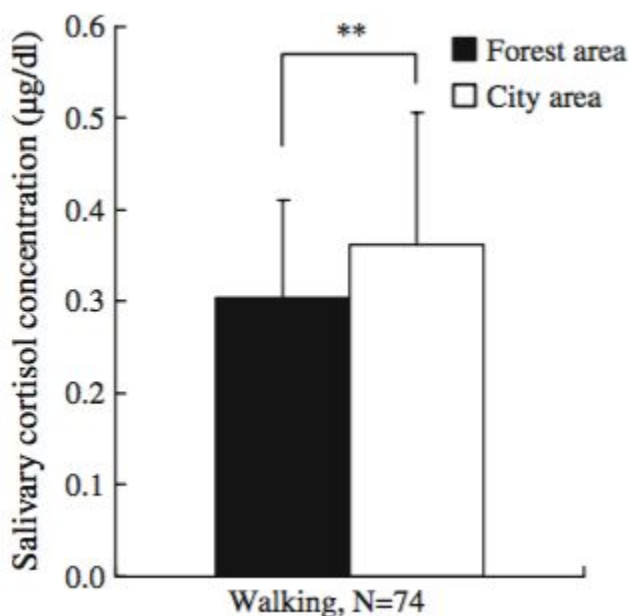


# **The Cowling Arboretum**

**Carleton owns approximately 800 acres of land adjacent to the College, formally known as the Cowling Arboretum, but most people just call it the “arb.” The arb is home to a number of different wildlife and plant species, and is full of running, biking, and skiing trails. The arb is a great place to immerse oneself in nature and be active year-round!**

# Physical Health Benefits

Studies show that forest bathing, even for short periods of time, can decrease cortisol (stress hormone) levels in the blood, sympathetic nervous system activation (fight or flight), blood pressure, and heart rate compared to walking around in an urban environment. Studies found that that walking in an urban environment can actually increase all of these physiological measures of stress. Being active in the forest will also help promote good physical health.



# Mental Health Benefits

**Forest bathing can yield mental and emotional health benefits. For example, forest bathing decreases feelings of tension (T-A), depression (D), anger (A-H), fatigue (F), and confusion (C). Forest bathing also increases feelings of psychological vigor (V).**

**Check out the graph below!**

Source: Park et al. (2008). "The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan." *Environmental Health and Preventative Medicine*, 15:18-26.

