



*Our meaningful and powerful relationship with our environment defines who we are. Our commitment to our values and our mission to develop vibrant communities is unwavering. We believe in conducting business in a sustainable manner that doesn't negatively impact our future and*

*protecting our wondrous surroundings for all to connect with and enjoy, responsibly. We proudly support Sustain Tahoe in it's efforts for environment stewardship and eco-tourism.*

*Thank you for joining us with your support. ~Sabrina Belleci*

## *An Earth Walk Guide & Journal*

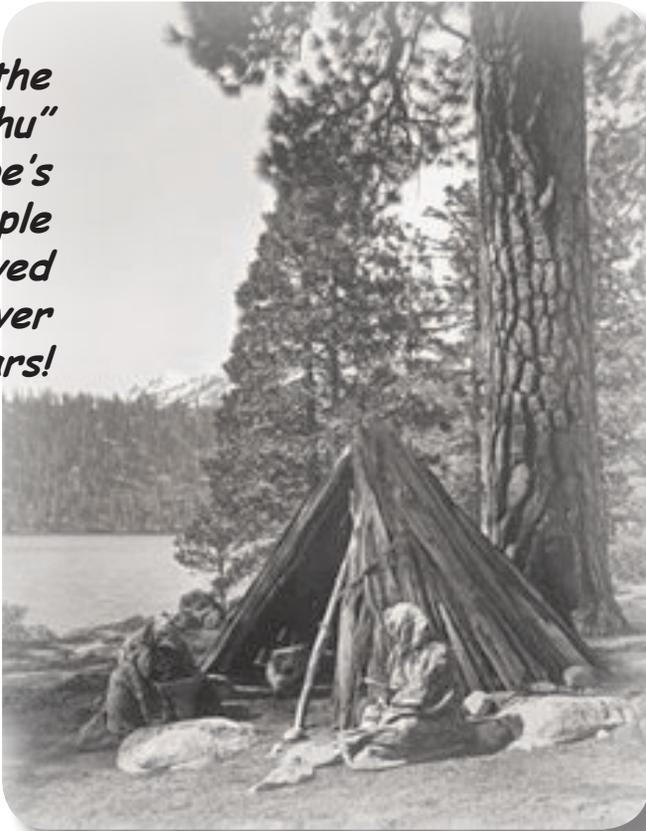


*A slow stroll along  
a wildlife corridor*



*This is a Washoe inspired EarthWalk...*

*...to honor the  
"Wa She Shu"  
Lake Tahoe's  
original people  
who have lived  
here for over  
10,000 years!*



Early survival in the Lake Tahoe basin depended upon being able to live in harmony with nature.

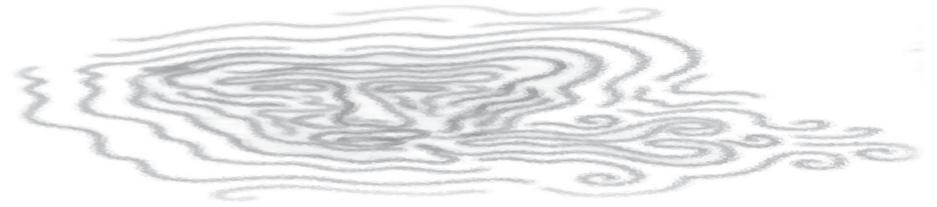
The Washoe needed to adapt to the rhythm of the cycles and seasons which required them to practice active observation, awareness and a sensitivity to survive successfully in the harsh mountain winters.

Just imagine living here without the modern infrastructure you depend on.

*"Ha-lung-gnah wah leh-iw lay-ee Wa-shih-sh-iw"*

Translation: **"WE ARE STILL HERE!"**

Melba Rakow



*with the creative force*



In 2009, Jacquie Chandler, a primal designer and corporate story coach and Penelope Curtis, an arts, culture, heritage & nature expert, joined forces to help El Dorado County identify their Geotourism assets (Art, Culture, Heritage, Eco-systems). The goal was to help locals develop ways to host these assets, so that the experience served the values of the community while providing a richer experience for visitors!

Based upon the success of the El Dorado project, Sustainable Tahoe was created. Our Geotourism programs highlight ways visitors can sustain or enhance the unique assets of the Tahoe Watershed (which is also Washoe Indian Territory).

To help us introduce the Washoe culture of stewardship, we enlisted Ben Rupert of the Washoe and Duck Valley Shoshone Paiute. He is a great-grandson of Henry Moses Rupert, the last Washoe Shaman and the first Rupert. Ben's respect for his culture and family legacy has guided his life. He shares its wisdom and beauty through being a Washoe Fancy Dancer and as a Warrior's Path Guide, constructing Galis Dungals, interpreting artifacts, sharing traditional bow and arrow making and providing heritage storytelling.

The Earth Walk model of nature immersion is one of our programs. As a collaborative Nevada non-profit public benefit corporation, we appreciate local participation, grants, sponsors and the purchase of our Gratitude Ornaments supporting our efforts from South Lake to Pyramid Lake.

*I am spirit in rhythm*



John Rupert

*Great Grandson of Moses Rupert, a Shaman of the Washoe.*

**The making of a "Galis Dungal"  
a traditional Washoe shelter.  
by  
Ben Rupert**

First peel bark from a cedar tree that has seasoned for over a year.



Then take young cedar trees (14 ft) & lash them together.



Finally, place cedar bark against the frame.



The Galis Dungal is now ready!

## What is an Earth Walk?

An **Earth Walk** is a mindful, respectful stroll along a creek, in a field, or through a forest where you open your senses to messages, movements and intricate details woven into the web of life, as you recognize yourself in the water, wind and beauty breathing through you.

A very slow and silent (if possible) meander (wandering) along the path will enhance your ability to become immersed in the cacophony of sights and sounds engulfing you. Journal your reflections in the spaces provided if you like and spend a few moments in the *Galis Dungal* in further reflection.

## Earth Walk & Forest Bathing

Forest bathing originated in Japan in the late 1980's and was coined by the Japanese Ministry of Agriculture, Forestry and Fisheries as "Shinrin-yoku," which roughly translated means "Forest Bathing", taking time to immerse yourself in the forest atmosphere.

Earth Walk combines the spirit of Forest Bathing with how Indigenous people lived close to the earth. Early survival depended upon learning the "Landguage" of an ecosystem and the wildlife living there. Once you tune into the subtle messages and guidance constantly coming from the land, water, plants, wildlife and air, your relationship begins to deepen with wonder and respect.



## References & Links

Forest Bathing - <http://time.com/5259602/japanese-forest-bathing/>

Washoe Tribe - [www.washoetribe.us](http://www.washoetribe.us)

Sustain Tahoe - [www.sustaintahoe.org/](http://www.sustaintahoe.org/) [sustaintahoe@gmail.com](mailto:sustaintahoe@gmail.com)

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*Like earth*

*I sustain and I cultivate*

## *Many thanks go to our Earth Walk Supporters who made this possible!*

Nevada Commission on Tourism ~ Funding  
Incline Village Visitors Center ~ Galis Dungal Location  
Ben Rupert ~ The Warrior's Path  
Melba Rakow ~ Washoe Language  
Ava Hinojosa ~ Collaborative vision & guidance  
David Colley ~ Smart Bear Box signage  
Dustie Rose Nelson - Illustrations  
Tailor Pollak ~ Illustrations  
Anton Elder ~ Photography, page 21  
Mary Beth Ray - Cover art watercolor  
Tiger Lily Productions ~ Cedar Bark & Poles  
Steven Phillips ~ Trail support IVGID (Incline Village General Improvement District)  
Steve Dolan ~ Lahonton Trout Story from a Stream Enthusiast

*Project concept & book design  
by  
Jacquie Chandler & Penelope Curtis*

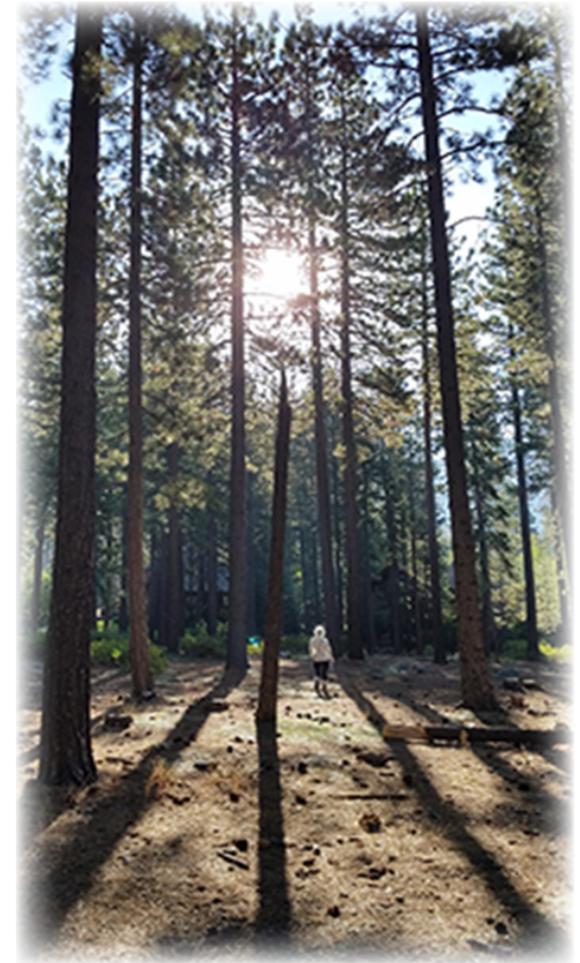


*"You didn't come into this world.  
You came out of it, like a wave from the ocean.  
You are not a stranger here."*

*Alan Watts*



moo-deh\*  
Washoe word for  
bear  
You will see more  
Washoe words  
throughout the book.



Why Take an Earth Walk?

A one to two hour **Earth Walk** or **Forest Bath** can refresh your mind, calm your nervous system, restore biorhythms (mindful breathing helps here). It restores your conscious relationship to nature. Nature immersion is now being prescribed by some physicians, and is covered by some insurance companies recognizing the health benefits. (note: Japan and China are leading on this.)

## What to bring on an Earth Walk?



**Sense of Wonder:** Notice everything as a miracle in motion or stillness.

**Mindfulness:** Give yourself a break from stressful internal dialogues.



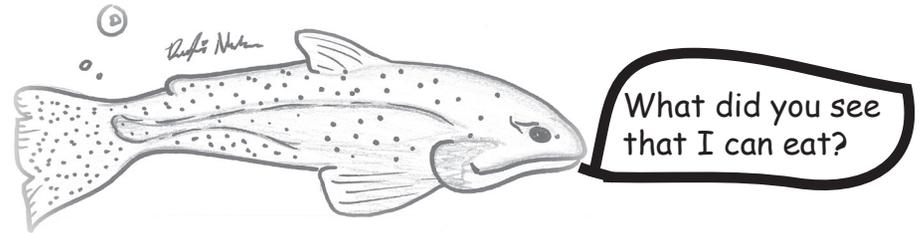
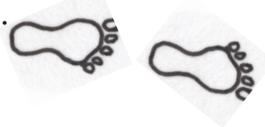
**Timelessness:** Not a hike, race or power walk. Not how far, but how deep. Savor each breath, step and movement. Let the forest move you.



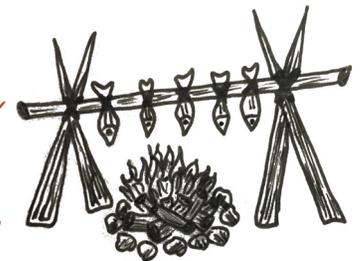
**Heighten Senses:** Open up your senses to a deeper level of listening, touching, smelling and feeling as you saunter along the path, in and out of landscapes and soundscapes. Feel the earth, water and wind. Breathe with your ears, eyes, nose, mouth, hands and feet.



**Wander:** meander/saunter aimlessly and slowly. Let your inner compass guide...listen to messages from the trees, wind, water...follow your feet.



*Like fire  
I consume  
and I radiate*



Washoe fish drying rack



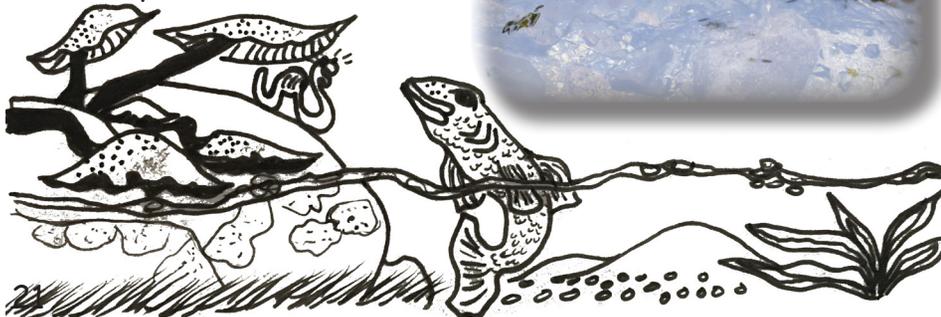
I am a Lahontan Cutthroat Trout  
Ahh-tub-ih

"Tahoe creeks are my nursery from mid-March through October. I am a threatened species that for thousands of years spawned in these creeks. My forefathers flourished in Lake Tahoe and each spring, spawning pairs migrated up the creek to the streambed nursery. After I clean the dime sized pebbles with my tail, I lay my eggs in a cluster at the bottom of the stream bed. I may create more than one nest, which is called a "Redd," and I can lay over a thousand eggs in one spawning season."

For thousands of years our natural cycle has nourished this Wildlife Corridor of bears, bobcats, raccoons, and eagles. The Washoe Tribe respected the streams by caring for them on an annual basis and harvested mature Lahontan Cutthroat from Lake Tahoe.

Gaze into the moving water of the stream near you.

You may see small fish flitting about that may be my babies! Now see if you can find the food I love...worms, bugs & maybe some very small mushrooms.



## Wildlife encounters: do not disturb

If there is a bear in the creek - back away, slowly. Give the bear space.

If possible only carry water. Do not bring food!

Please do not throw anything into the creek or disturb the edge of the creek, because the eco-system needs to stay intact to heal and thrive.

You are welcome to sit on stumps, logs or the ground near the creek, as long as you walk carefully, to avoid crushing plants trying to grow. It's like taking your shoes off before entering someone else's home.

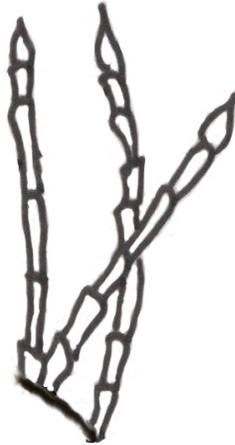
Many species are working hard to co-habitate in this ever-changing urban interface space. You are invited to experience the subtle movements of this ecosystem to experience yourself as part of it. Just show your respect and leave it as you found it, unless you see trash - then please help us by taking it to one of the Bear Box trash cans near each bridge.

Thank you for being willing to immerse yourself in this special watershed. Hopefully, your experience inspires a level of caring and sharing that will ensure what you do helps to keep this National Treasure reflecting its Beautiful Blue.

Slow walks give you the opportunity to observe the many details that surround you.



yahh-gah



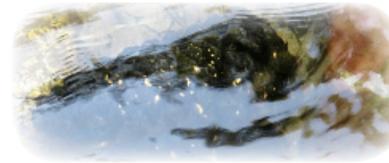
Take time to look around you...pick up objects - pine cones, rocks, leaves, what ever captures your attention - what details do you see, how do they feel?



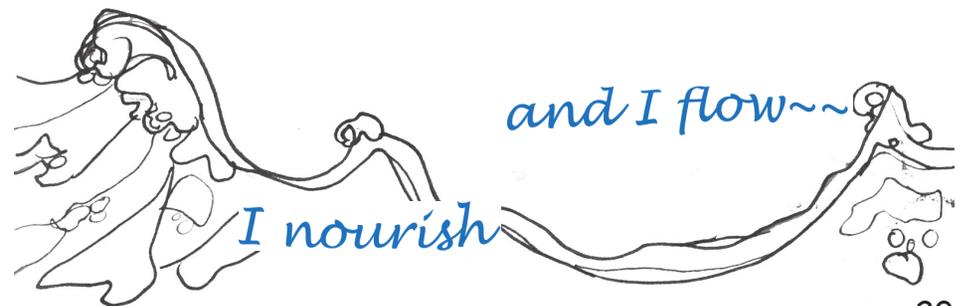
deh-eck



yigh



Draw your water visions or write a poem.



What is the shape of Water?



Do you see Water in this photo?

Take a moment to write a poem, observations or sketch a scene.



Does Water have a shape?



How many shapes do you think Water has?

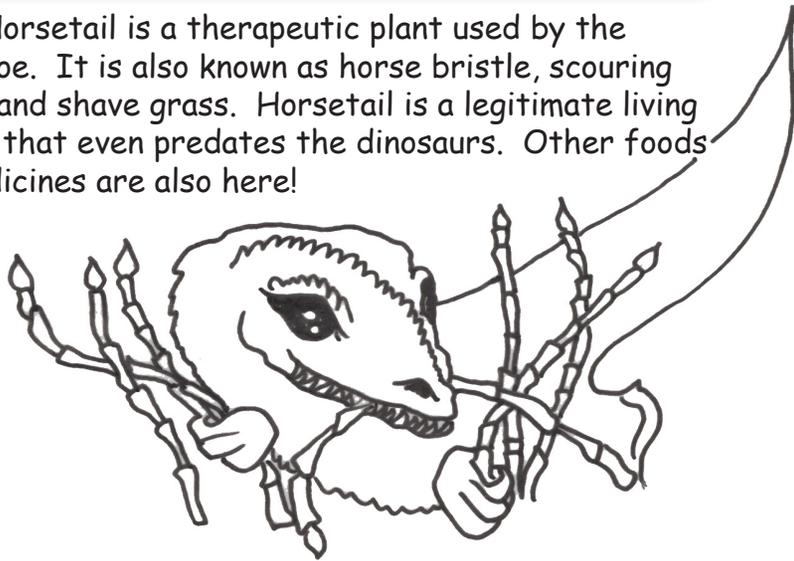


*Like water*

# A sense of time before the dinosaurs!



The Horsetail is a therapeutic plant used by the Washoe. It is also known as horse bristle, scouring rush, and shave grass. Horsetail is a legitimate living fossil that even predates the dinosaurs. Other foods & medicines are also here!



What can you see?  
Hoot-tung-gwah-hezsh  
Mih-gi-ih



*and I blow~~~*

Predator or Prey?  
What do you think?



Dim-moon

If you sit quietly for a while, you may see the wildlife around you, hunting or being hunted.



Hoot-tzool-lih



*Like the wind....I breathe*



What comes into your mind when you think about this ancient plant & the dinosaurs?



Cottonwoods grow in a community, sending out roots that grow into trees.

Enter a community & take deep breaths to slow your body down.



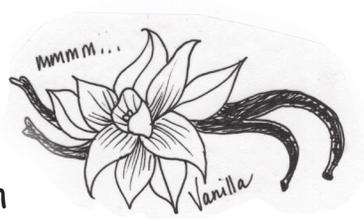
What did you smell?  
Moo deh smells berries & other plant foods.

Moo deh

Shhhhh...You might hear them talking.



What's that smell?  
Oam-pahh-lulh heash-ih



The bark of a  
Jeffrey pine is reddish  
brown & when the warm sun  
hits it, it can smell like  
vanilla or butterscotch.



What did you hear?

# Discover the heART in Nature



The Indigenous People spent time leaving their stories behind on rocks throughout the region. What story would you like to draw or tell?



I see you!!!  
Mih-Lee-gi-ih