

Are you interested in a meaningful language and cultural experience rooted in the land?

Join us for an immersive walk through the stunning landscapes of Haílzaqv Territory where each plant tells a story.

Plan Your Visit

Depart from: Qátuwálas Visitor Centre
66 Waglisla St., Bella Bella BC

Availability: By request, year-round

Best season: Summer and early fall for optimal plant identification

Duration: Approximately 1.5 hours
(flexible based on group needs)

Cost: Varies

Physical level: Moderate (involves walking on natural terrain)

Best for: Nature lovers, cultural learners, those seeking spiritual connection, photography enthusiasts



Ýíxsá Táwngila was created by Nathaniel Mason, Haílzaqvla revitalization champion, and Astrid Wilson, Heiltsuk Tribal Councils Economic Development Coordinator.



Learn about the Land and its Medicinal Connections

Book your tour:

 778-213-8368

 info@heiltsuk.ca

 66 Wabalisla St,
Bella Bella, BC V0T 0B2



www.qatuwalas.ca

MEDICINE WALK TOUR

Ýíxsá Táwngila



Learn about our
Plants & Medicines

The Medicine Walk Tour is a sacred walk through the forest, beginning with a prayer in Haíłzaqv̓la (Heiltsuk Language), followed by storytelling about the traditional medicines our people still use today.

It was thoughtfully designed to honour the beauty of our community and the living history of our traditional medicines.

On this guided tour, you'll:

- Learn about the traditional knowledge and natural medicines our people have used for generations
- Explore the healing attributes of our environment
- Gain insight into our language and worldview through connection to place



The Haíłzaqv̓ view the natural world as a source of healing and knowledge, emphasizing the interconnectedness of all living things.

Oral Tradition

Traditional knowledge and practices are often passed down through generations through stories, songs, ceremonies, and the teachings of elders.

Plant-Based Medicine

Our remote Indigenous community has a deep understanding of the medicinal properties of plants and use them for healing various ailments.

Respect for Our Land

The Haíłzaqv̓ people have a deep respect for their land and its resources, viewing it as a sacred source of life and healing.

*ǵv̓íłás (laws of our ancestors):
Take only what we need,
not what we want.*



Yíłsá Táwngila is the newest tour offered by the Qátuw̓alas Visitor Centre - perfect for nature lovers and anyone curious about the traditional medicines and plant knowledge of the Haíłzaqv̓ people.

