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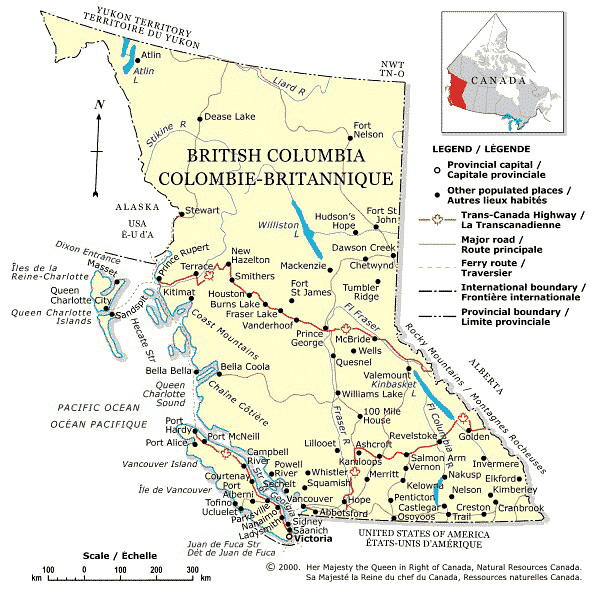
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**DO YOU LOVE WATERFALLS, HOTSPRINGS AND SWIMMING HOLES?**

Did you know that standing near a waterfall can improve your mood, reduce stress and improve our health? It’s because waterfalls are probably the greatest producers of negative ions, thanks to the violence with which falling water breaks apart on both hard and aqueous surfaces.Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Think mountains, waterfalls, and beaches. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy. So next time you are feeling down, go chase waterfalls! Photo taken at Shannon Falls near Squamish

▲ Teresa the Traveler poses in front of Sukunaka Falls



Explore Beautiful British Columbia

If you want to discover the secret waterfalls, hot springs and swimming holes hidden in this magnificent province of Canada keep reading. But please **keep these amazing places secret** so they don’t get overcrowded and destroyed. Don’t post the directions online. If your friends want to know where they are tell them to buy the book or invite them along with you for an awesome adventure!

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*A special thanks to all the people who shared their favourite waterfalls, hot springs and swimming holes with me so I could compile this book!*

Please note: Some of the trails in this book may have closed since I have visited them. It is a good idea to call or do some online research before visiting to make sure they are still open.

If you choose to visit without checking up and discover they are closed, be happy that you got yourself off the couch and go find other cool things to explore in that area and if you find something cool that isn’t in this book let me know.

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