



TreeTop Haven



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TreeTop Haven

TreeTop Haven is an all-season destination featuring five TreePODS (geodesic domes up in the trees) and The Nest Venue Centre, perfect for rustic weddings, inspiring meetings, and fun-loving family reunions. Set in fifty acres of woods in Mount Tryon, Prince Edward Island, Treetop Haven is a wellness destination that offers year-round activities and rejuvenation.

TreePODS

A TreePOD is a cross between a tree house and a pod, which is a geodesic dome, set up in the trees surrounded by a hot tub on a beautiful deck, which will extend the living space to the outdoors. TreeTop Haven offers these luxurious treehouses all the comforts and amenities of home. Surrounded by the forest and a beautifully designed large deck which extends the living space right out into the most scenic backyard you could imagine. Our decks are all equipped with patio lights allowing guests to enjoy the hot tub and barbeque well into the early evening hours.

Each TreePOD has a fully equipped kitchen, hot tub, barbeque, bathroom and a sofa bed that turn into a double bed. Our one bedroom can sleep up to 4 people while our two bedroom pods can sleep up to 6.

The back of the dome facing the forest has a large clear window allowing nature to be the only television you will need while staying in one of our domes. The music of the swaying trees will leave you transfixed singing you to sleep as the wind orchestrates an original melody.

Activities

Hiking

Treetop Haven has a great trail through the woods that is open year-round for walking, snowshoeing and even bird-watching! Craig's Way Trail is a beautiful walking trail throughout the property and it is 3km to access to the Confederation Trail which connects the Island tip to tip! Snowshoes are available to our guests free of charge.

Yoga

The is great green space as well that can be used for yoga, meditating, reading, or just relaxing outside. Yoga instructors, as well as massage therapists, are available when requested.

Forest Bathing

Why not try Shinrin-yoku the Japanese activity that translates to Forest Bathing. It was developed in Japan in 1982 by the Forest Agency of Japan. It was created as a natural way to relax while improving one's health.

A forest bathing trip consists of visiting a forest for relaxation and recreation while breathing in substances called phytoncides (wood essential oils). These wood essential oils are antimicrobial volatile compounds emitted from trees, such as a-pinene and limonene, to protect them from rotting and insects.

Numerous studies have shown the benefits of forest bathing to be; reductions in stress, anger, anxiety, depression, sleeplessness, lower levels of cortisol, lower blood pressure, and pulse rate. Forest Bathing has also been shown to improve the cardiovascular and immune systems, and for stabilizing and improving mood and cognition, by calming the nervous system.

For traditional sun-bathing we suggest Chelton Provincial Beach which is only 10 minutes away!

Stargazing

With your own private hot tub on your outside deck stargazing is highly recommended. Surrounded by 50 acres of forest you will find little light pollution and an incredible view of the night sky. Take in stargazing in all of the different seasons that Prince Edward Island offers.

Looking for ways to stay healthy and active while on vacation visit us at TreeTop Haven and leave your vacation feeling refreshed and renewed.