

# Trees For Life Volunteer Work Weeks 2006

## Spring

**Mar 25 Glen Moriston** at the Invermoriston Holiday Chalets  
**Mar 25 Corrimony** at Plodda Lodge  
**April 01 Glen Moriston** at the Invermoriston Holiday Chalets  
**April 01 Corrimony** at Plodda Lodge  
**April 08 Glen Moriston** at the Invermoriston Holiday Chalets  
**April 08 Corrimony** at Plodda Lodge  
**April 15 Glen Moriston** at the Invermoriston Holiday Chalets  
**April 15 Corrimony** at Plodda Lodge  
**April 22 Glen Moriston** at the Invermoriston Holiday Chalets  
**April 22 Gentle Week** at Plodda Lodge  
**April 29 Glen Moriston** at the Invermoriston Holiday Chalets  
**April 29 Glen Affric** at Athnamulloch Bothy  
**May 06 Glen Moriston** at the Invermoriston Holiday Chalets  
**May 06 Glen Affric** at Athnamulloch Bothy  
**May 13 Glen Moriston** at the Invermoriston Holiday Chalets  
**May 13 Glen Affric** at Athnamulloch Bothy  
**May 20 Glen Moriston** at the Invermoriston Holiday Chalets  
**May 20 Glen Affric** at Athnamulloch Bothy  
**May 27 Glen Affric** at Athnamulloch Bothy

## Autumn

**Sep 02 South Strome** at The Station Bunkhouse, Plockton  
**Sep 02 Corrimony** at Plodda Lodge  
**Sep 09 South Strome** at The Station Bunkhouse, Plockton  
**Sep 09 Corrimony** at Plodda Lodge  
**Sep 16 South Strome** at The Station Bunkhouse, Plockton  
**Sep 23 Skye** at Dun Caan hostel, Kyleakin  
**Sep 23 Glen Affric** at Plodda Lodge  
**Sep 30 Skye** at Dun Caan hostel, Kyleakin  
**Sep 30 Glen Affric** at Plodda Lodge  
**Oct 07 Glen Moriston** at the Invermoriston Holiday Chalets  
**Oct 07 Glen Affric** at Plodda Lodge  
**Oct 14 Glen Moriston** at the Invermoriston Holiday Chalets  
**Oct 14 Glen Affric** at Plodda Lodge  
**Oct 21 Glen Moriston** at the Invermoriston Holiday Chalets

Thank you to Scottish Natural Heritage for their financial support towards some of our work weeks.



Thank you for your interest in participating in the work of Trees for Life!

Tel. 0845 458 3505 Fax 0845 458 3506 Email: trees@findhorn.org www.treesforlife.org.uk

Running late on the morning of your work week? Call one of these numbers: 07973 390748 or 07733 412552 or 07733 413165

## Booking form Please complete the rest of this form on the reverse

I enclose a cheque/postal order for £ \_\_\_\_\_ (Payable to **TREES FOR LIFE**, please) or:  
 Please charge my credit/debit card £ \_\_\_\_\_ Card type: VISA/MASTERCARD/DELTA/MAESTRO (SWITCH) (delete as appropriate)  
 Card No.  Exp. date \_\_\_\_/\_\_\_\_ Valid from \_\_\_\_/\_\_\_\_  
 Issue No. \_\_\_\_/\_\_\_\_  
 Name of cardholder \_\_\_\_\_ Signature \_\_\_\_\_

I eat a vegan diet *Please inform us of any other special dietary needs*

Due to the remote locations where we work, it is essential that we are aware of anything in your medical history which may affect your participation in a work week, and any medication which you are currently taking. Please give details here:

### Please return this form together with your payment to:

Trees for Life, Volunteer Work Weeks, The Park, Findhorn Bay,  
Forres IV36 3TZ, Scotland, UK.

### For office use only

Payment  Database entry  Folder entry  Confirmation letter/email sent  
 Sponsored tree planting form sent



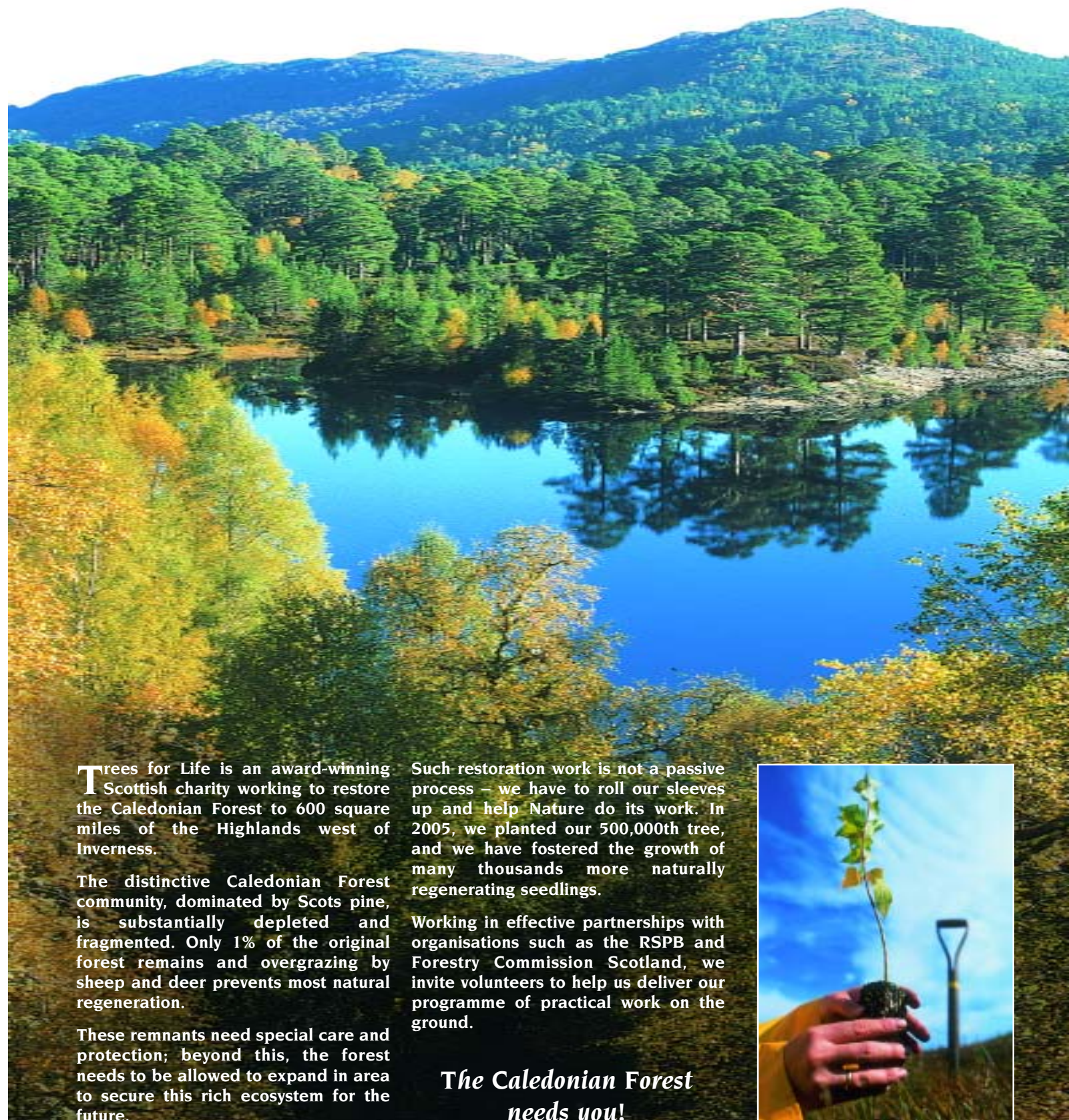
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# TREES FOR LIFE

## RESTORING THE CALEDONIAN FOREST

# Volunteer Work Weeks 2006



Trees for Life is an award-winning Scottish charity working to restore the Caledonian Forest to 600 square miles of the Highlands west of Inverness.

The distinctive Caledonian Forest community, dominated by Scots pine, is substantially depleted and fragmented. Only 1% of the original forest remains and overgrazing by sheep and deer prevents most natural regeneration.

These remnants need special care and protection; beyond this, the forest needs to be allowed to expand in area to secure this rich ecosystem for the future.

Such restoration work is not a passive process – we have to roll our sleeves up and help Nature do its work. In 2005, we planted our 500,000th tree, and we have fostered the growth of many thousands more naturally regenerating seedlings.

Working in effective partnerships with organisations such as the RSPB and Forestry Commission Scotland, we invite volunteers to help us deliver our programme of practical work on the ground.



**The Caledonian Forest needs you!**

“Imagine a beautiful wild forest...”

# The work weeks

Every year, people of all ages and backgrounds, from Scotland, the UK and beyond, see in our work weeks the opportunity they have been looking for to help restore the natural environment. The volunteer quotes in this brochure are from volunteers who joined work weeks in 2005. Not only do work weeks help restore the forest, they seem to help restore people, too! We believe that four key elements contribute to the quality of our volunteers' experience.

## Contact with nature

Spending a week working amidst the forests, rivers and mountains of the Scottish Highlands often touches people profoundly.

## Helping the planet

The weeks provide participants with the chance to do something positive to help the planet. For many people, this is an empowering experience at a time when so much environmental news is negative.

## Sharing with others

For a week, we live as a community, working together in the forest and sharing domestic tasks such as cooking the evening meal. We seek to live in a spirit of harmony and cooperation. We begin each day's work together with a moment's quiet reflection; also, the group will meet on occasion to share how the week is going for them.

## Living education

Participating in a work week is an educational experience, not only because volunteers learn about ecological restoration but also because it is an opportunity to observe nature and learn from the land itself, knowledge that can inform our daily lives.

## So what are the weeks like?

*'A week full of magic and memories'*

David, Leeds

Each work week group consists of ten volunteers. Volunteers must be 18 to participate but there's no upper age limit. The work can be physically quite hard and some of the work sites are reached by walking some distance over rough ground, so you will need to be reasonably fit to take part. However, volunteers



Scots Pines in Glen Affric National Nature Reserve

usually find a pace of work they can cope with. We also run a Gentle Week, based at our tree nursery, for those who feel the regular weeks may be too much for them.

Each week has two leaders, whom we call focalisers. The focalisers may be Trees for Life staff members or else work-week veterans who have been trained to lead weeks themselves.

We provide transport to and from Inverness at the start and end of the week; we also provide accommodation and food for vegetarian or vegan meals. Cooking and other chores are done on a voluntary rota basis. The week starts with a walk to introduce the volunteers to the forest and then on Sunday the work begins. Wednesday is a day off - the group may choose to do something together or this might be a chance to spend some time on your own. Most working days run from around 9am to 5pm. In the evening, you'll have time to relax, eat, read, play games, sing, tell stories - whatever you feel moved to do!

*"In restoring some of the forest, my sense of self has been returned"*

Anne, Glasgow



“Reforesting the earth is possible, given a human touch”

Sandra Postel and Lori Heise, Worldwatch Paper 83

# The work

You don't need any previous experience of conservation work to participate in our work weeks. Each task begins with an explanation and demonstration by the leaders, who will also cover the safety aspects volunteers will need to bear in mind. We provide tools and safety equipment, such as hard hats and goggles, where necessary. All the work bears directly upon some aspect of forest restoration.

## Collecting seeds and berries



We collect pine cones for their seed in spring, while most other seeds and berries are collected in autumn. This is a leisurely activity that will take you into beautiful mature forest.

## Tree nursery work



At our nursery at Plodda Lodge we grow some of the trees that are then planted out into the forest. Most weeks staying at Plodda will spend a day in the nursery, helping to propagate trees, weeding beds, making compost and so on.



## Planting trees

We plant trees in areas where the forest is unlikely to be able to regenerate itself because of the remoteness of the nearest seed sources. Planting usually takes place in enclosures, that is, within fences that prevent overgrazing by sheep and deer. Please note that not all weeks include tree planting.

## Stock fencing and tree guards



Some areas we work in do have resident, though controlled, deer populations. When we plant in these areas, we put up small stock fences to protect the young trees (deer won't jump into the small enclosed space), or else place individual Netlon guards around them.

## Felling non-native trees



Many sites that are now designated for Caledonian Forest restoration were formerly plantations of spruce and

lodgepole pine and these trees have usually seeded. Left to their own devices, the plantation trees would out-compete the native trees and it is this regeneration that we tackle, using bow saws and loppers. We do not tackle large trees or blocks of plantations. Nearly all work weeks involve some non-native tree removal. Occasionally, we remove rhododendron where this invasive shrub is endangering the native vegetation.

## Removing fences



Where high deer fences are no longer needed we remove them because they are an unnatural element in the landscape and pose a serious threat to birds such as the black grouse and capercaillie, which fly into them. Fence removal is a great team activity and it's very satisfying to look back along the fence line and see how much you've achieved.

## Wetland restoration



At Corrimony, we have been using rocks and turf to dam the drainage ditches which were ploughed in for plantations. Encouraging bog to re-establish, we return the area to a more natural state and help restore the lost biodiversity.

*"Work you can get your teeth into!"*

Rebecca, Cardiff

# The Locations

Each work week is based in a particular area, with the work week tasks at different sites in the locality. The accommodation will usually be a short drive of around half an hour from the sites.

## Glen Affric



Glen Affric is often described as one of the most beautiful glens in Scotland. It certainly contains one of the best and largest fragments of Caledonian Forest. Its importance has been acknowledged by its being designated a National Nature Reserve, which is managed by Forestry Commission Scotland.

In spring, our tasks include broadleaf planting and removing non-native trees. Accommodation will be at the Athnamulloch bothy.

In autumn, work will concentrate on the eastern and southern areas of the National Nature Reserve and accommodation will be at Plodda Lodge.

## Glen Moriston

Glen Moriston, the southern boundary of the Trees for Life target area, has a band of mixed woodland winding its way along the course of the River Moriston, with plantations and patches of native woodland on

the hillsides. The work will be in Forestry Commission Scotland's Inverwick Forest. This forest is important for black grouse, a rare and declining species, and improving the habitat is a focus for our work. We will be removing redundant deer fencing and removing non-native trees to benefit the grouse. We will also be doing some footpath repair work on an ancient right of way through the forest. We have new accommodation for these weeks - we will now be staying at the Invermoriston Holiday Chalets.



*Lunchtime in the Inverwick Forest*

## Corrimony

At Corrimony, above Strathglass, we are helping the RSPB restore Caledonian Forest to an area of



*"It made a real impact on me to get out and see the difference between old growth forest and overgrazed hillside - and it was inspiring to help reverse the trend."*

Peter, York

moorland and former conifer plantation. The reserve offers the chance to see many rare birds, such as black grouse, golden eagle and merlin. There's also a spectacular wooded gorge, complete with a beautiful waterfall. We will be helping the warden plant a large new woodland along a stream, also with wetland restoration and non-native felling. Accommodation will be at Plodda Lodge.

## South Strome Forest



On the western edge of our target area, the South Strome Forest overlooks Loch Carron. Here we will be working with the Fernaig Community Trust, removing sitka spruce regeneration from a developing woodland of young broadleaf trees. We also expect to do work for Forestry Commission Scotland on their holdings around Loch Alsh and Loch Duich, which is likely to include fence removal, non-native felling and ecological surveys, all among classic Scottish scenery – the kind you see on calendars! Accommodation will be at the Station Bunkhouse, Plockton.

*Black grouse*

PHOTO BY LAURIE CAMPBELL

*"A fantastic week. I'll always have fond memories of it."*

Danni, Hull

## Skye

After several years' absence, we are returning to work on Skye. We will be working on Forestry Commission Scotland's Kinloch Hills Native Woodland Restoration Project. This 7,400 hectare site is on the eastern side of this beautiful island. FCS is working to restore native woodland, heath and bog. Our tasks will include non-native tree removal, native planting and ecological survey work. The accommodation for these weeks will be at the Dun Caan hostel, Kyleakin.



*Gentle Week volunteers propagating aspen in the polytunnel at Plodda Lodge Nursery.*



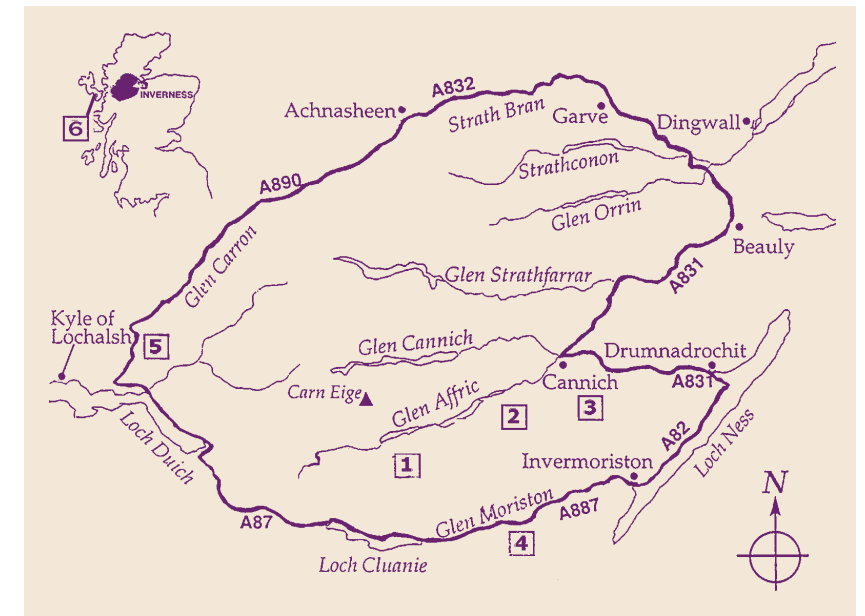
## The Gentle Week

Each year we run a gentle week for those who would like to make their own practical contribution to the restoration of the Caledonian Forest, but who may not be able to keep up with the pace of the other work weeks. Work on this week will be based around Trees for Life's nursery at Plodda Lodge. The work will include the collecting, planting and transplanting of native tree cuttings, preparation of seed beds and sowing seed, as well as work on our aspen propagation project. Accommodation will be at Plodda Lodge.

## Map showing the locations of the Work Weeks within Trees for Life's target area

*The inset map of Scotland shows the position of the target area in the Highlands*

1. Glen Affric
2. Plodda Lodge and tree nursery
3. Corrimony
4. Inverwick Forest, Glen Moriston
5. South Strome Forest
6. Skye



# The Accommodation

## Plodda Lodge

Plodda is TFL's field base. Set in the woods of Strathglass, Plodda has been renovated to accommodate our work week volunteers. It has solid fuel heating from a Rayburn stove, a bathroom, a well-equipped kitchen and large lounge. Sleeping accommodation for the whole group is in one bunk room on bunk beds.



## Invermoriston Holiday Chalets

We will have three chalets for our use. The wooded site is attractively positioned above the River Moriston, on the edge of the village of Invermoriston, which has a shop, hotel and café, with local woodland, riverside and lochside walks. The kitchens are well equipped and the bathrooms have showers.



## Athnamulloch bothy



This is a good, weathertight bothy (a disused croft house), now used only for seasonal accommodation. On flat land to the west of Loch Affric, ringed by high mountains, the bothy's location makes for a memorable week. It has no electricity or running water, so facilities are basic! Cooking is done on a gas cooker and on the open fire. There's also a wood-burning stove. There are two rooms upstairs for sleeping, with foam mattresses on the floor. Staying at the bothy involves more chores, such as fetching water and chopping wood, but allows for a more gentle rhythm of life – a real chance to get away from it all.

## Station Bunkhouse, Plockton

This is a modern bunkhouse with six-and four-bedded rooms, showers, a well-equipped kitchen and a comfy lounge. Bed linen is provided, so you don't need to bring a sleeping bag. Plockton itself is a popular resort village, with shops, pubs and cafes.

## Skye

We will have exclusive use of the cosy Dun Caan hostel on the harbour front at Kyleakin, a fishing village on the Sound of Sleat. There are three small dorms, a well-equipped kitchen and drying room. All bed linen is provided. The hostel is approximately half an hour's drive from the work site at Kinloch Hills.

*"I am returning nurtured and full of energy for my next adventures"*

Julia, Yorkshire

# Practicalities

Work week participants must be 18 or over. You must be fit enough to undertake the practical work that is the week's main purpose and be able to walk over uneven ground. If you have any medical condition that may affect your ability to participate in the work week, please tell us on the booking form. We may need to contact you to discuss this.

Sorry but we cannot allow dogs on work weeks.

## How to book

You can fill in and send back the attached form; if you have a debit or credit card, you can book online at [www.treesforlife.org.uk/tfl.ww\\_booking](http://www.treesforlife.org.uk/tfl.ww_booking) or you can phone us on 0845 458 3505. If you're booking close to the work week date, including online, please phone us to check that there are places available. Full payment must accompany your booking. We will send you a confirmation letter or email.

## Cancellations

Cancellations or transfers must be made at least 21 days before the work week start date, and will incur a £10 administration charge. Transfers or refunds cannot usually be made after that date but please let us know if you are unable to attend the week you've booked to do. We may be able to reallocate your place.

## The cost

Each work week costs over £2,500 to run, that's £250 per volunteer. Our fund-raising covers most of the costs but the contributions that volunteers make are vital. The minimum suggested amounts are on the form opposite. If you're able to pay more, we'd be very grateful.

## Travel

The rendezvous is the seating area on the concourse of Inverness railway station at 12 noon on the Saturday start date of your week. You'll need to make your own travel arrangements to get there, which may mean travelling to Inverness on the Friday and organising your own accommodation for that night. The work weeks themselves take place some distance from Inverness, so it's not possible to return and pick volunteers up later. Similarly, it isn't possible to drive back to Inverness before the final Saturday. Please commit to the whole week. For accommodation and local travel information, contact Inverness tourist office (01463 234353). The Bazpackers Hostel in Inverness gives a £1 per night discount to TFL volunteers (01463 717663). We return to Inverness railway station before midday on the following Saturday.



## What to bring with you...

- warm sleeping bag
- rubber boots and/or waterproof work/hiking boots
- work gloves
- two sets of warm working clothes (cool weather is likely)
- rain gear (including waterproof trousers)
- a warm change of clothes for evenings
- torch
- towel, soap, toothbrush etc
- day pack (small rucksack)
- Thermos flask
- sandwich box for packed lunches
- container for drinking water
- hot water bottle
- midge repellent and/or midge hood, especially during May, June and September

"Photographs by Peter Cairns, Laurie Campbell, Alan Watson Featherstone, Caz Phillips, Feja Lesniewska, Sally Kendall, Moira Craig, Jennie Martin, Rob Pedley, Ian Bailey, Dan Puplett and TFL volunteers, focalisers and staff."

## Work week booking form notes

- Though every effort is made to describe the work of each week accurately in this leaflet, it is very occasionally necessary for TFL to make changes at short notice to the work carried out.
- If you have any medical condition which may affect your participation, please fill in the relevant section on the booking form. If this is not done this may adversely affect the group. If you are in any doubt please talk to us at the TFL office before completing the form – the vast majority of people can be accommodated, especially if our focalisers are aware beforehand.

**IMPORTANT: Please retain the rest of this leaflet – you will need the information in it!**

## Booking form

We need a completed booking form for each work week participant. Please note we require payment in full to confirm your place on the work week(s). Credit card bookings can be made over the phone or at [www.treesforlife.org.uk/tfl.ww\\_booking.html](http://www.treesforlife.org.uk/tfl.ww_booking.html)

### PLEASE PRINT CLEARLY IN BLOCK CAPITALS

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

(very useful!)

Email: \_\_\_\_\_

(An email address helps keep our administration costs down)

**Work week prices: £90 non-members, £80 members, £55 unwaged non-members, £45 unwaged members**

I would like to participate in the following week(s):

Work week location: \_\_\_\_\_ Start date: \_\_\_\_\_ Cost £ \_\_\_\_\_

Work week location: \_\_\_\_\_ Start date: \_\_\_\_\_ Cost £ \_\_\_\_\_

Work week location: \_\_\_\_\_ Start date: \_\_\_\_\_ Cost £ \_\_\_\_\_

Additional contribution to the £250 cost of your work week £ \_\_\_\_\_

*Please complete the rest of this form on the reverse*

Total £ \_\_\_\_\_