

# Conservation Volunteering 2016



Voted one of the  
**TOP 10**  
Conservation  
Holidays in the  
World  
BBC Wildlife Magazine



**HELP**  
to restore  
the Caledonian Forest  
in the Highlands  
of Scotland



[treesforlife.org.uk](http://treesforlife.org.uk)



**Trees  
for Life**

# The Caledonian Forest needs your help!

**Trees for Life** is an award-winning Scottish conservation volunteering charity working to restore the ancient Caledonian Forest to a spectacular wilderness region of the Scottish Highlands. Most of our work is carried out by volunteers.

The Caledonian Forest once covered much of the Highlands and was home to many rare and endangered species. Today, only

scattered fragments remain, and overgrazing prevents the growth of new trees. Urgent action is required to conserve the forest and its unique wildlife for the future.



**Volunteering with Trees for Life is a wonderful way to experience the beauty of the Scottish Highlands. Whether you want to learn more about forests and wildlife, gain practical skills or meet new people, our life-changing volunteering opportunities provide it all!**

## Conservation Volunteering

Conservation volunteering with Trees for Life offers rewarding and hugely enjoyable opportunities to restore native forests and wildlife habitats. From planting trees to removing

non-native species, erecting fences, collecting seeds and berries, and growing trees in our nursery, there is something for everyone!

# Locations



## FCS Glen Affric

Often described as the most beautiful glen in Scotland with ancient woodland and dramatic mountains. Based at our newly restored Athnamulloch Bothy.



## Dundreggan Tree Nursery

Our tree nursery at Dundreggan is situated amongst beautiful ancient woodlands. Help grow rare trees such as dwarf birch and trial innovative ways to propagate aspen.



## RSPB Corrimony

This picturesque reserve is home to many rare birds including black grouse, crested tits, Scottish crossbills and golden eagles.



## Rewilding Dundreggan

Our Conservation Estate near Loch Ness is our flagship forest restoration project and a centre for rewilding. These weeks at



## Torrion

Breathtaking sea lochs and majestic mountains dominate this area of outstanding natural beauty on the Ben Damph estate.

Dundreggan combine practical activities such as tree planting to restore forests and wildlife habitats and learning about missing species such as lynx and beaver. Throughout these weeks there are rewarding opportunities to observe wildlife including pine marten and wild boar, learn how to use camera traps and much more!



# Ways to Volunteer

## Conservation Weeks

A combination of exciting wildlife experiences and practical conservation work. Choose from various beautiful locations in the Highlands to spend a week with us restoring the Caledonian Forest. Full accommodation, food, transport and training is included.

## Conservation Days

Our Conservation Days are for people who live locally in the Inverness-shire, mid-Highland or West Moray area. Activities include tree planting, surveying natural regeneration, rhododendron bashing, collecting seeds and berries, working in our tree nursery and much more!

## Long-Term Volunteer placements

If you are hoping to start a career in conservation or simply want to expand your skill set, our Long-Term Volunteer programme is the ideal way to gain experience in practical forest restoration work. Placements are from one to three months at our Dundreggan Conservation Estate.



# Join our Conservation Weeks

There are up to ten volunteers on our Conservation Weeks, with two skilled and experienced focalisers (group leaders). We provide accommodation in a bothy, lodge or holiday cottage, all meals and transport to and from Inverness.

Days run from 9am – 5pm, with a day off midweek to do something with the group or explore the local area. Vegetarian meals are cooked on a voluntary rota basis and evenings are free to enjoy the beautiful Highland surroundings.



## Conservation Week Dates 2016

Our Conservation Week meeting point is Inverness railway station where you are dropped off again the following Saturday.

### Spring

19 March	Rewilding Dundreggan
26 March	Rewilding Dundreggan / Corrimony
2 April	Corrimony
9 April	Dundreggan Nursery / Glen Affric
16 April	Glen Affric
23 April	Rewilding Dundreggan / Glen Affric
30 April	Dundreggan Nursery
7 May	Rewilding Dundreggan / Glen Affric
14 May	Rewilding Dundreggan
21 May	Rewilding Dundreggan
28 May	Rewilding Dundreggan
4 June	Dundreggan Nursery

### Autumn

27 August	Glen Affric
3 September	Glen Affric
10 September	Rewilding Dundreggan / Glen Affric
17 September	Rewilding Dundreggan / Glen Affric
24 September	Glen Affric
1 October	Rewilding Dundreggan / Glen Affric
8 October	Glen Affric
15 October	Rewilding Dundreggan
22 October	Rewilding Dundreggan / Corrimony
29 October	Rewilding Dundreggan / Corrimony
12 November	Torridon
19 November	Torridon

## How to Book

Please visit [treesforlife.org.uk](http://treesforlife.org.uk) or phone 01309 691292 to book your place. The standard cost of a Conservation Week is £350. However, through our dedicated fundraising programme we are able to offer a subsidised rate of £180 for people on low wages, and £90 for concessions. If you are able to pay more than the subsidised rate, we can use more of our fundraising income for conservation.

Trees for Life is grateful for the support of:

[treesforlife.org.uk](http://treesforlife.org.uk)  
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