

## Explore Dundreggan

Experience a rewilding landscape. Follow one of our paths or talk to our staff to find out what activities you can get involved with today. From guided walks to self-led trails, heritage crafts to wildlife spotting, there's something for everyone.



## Thoiribh sùil air Dul Dreagain

Coimheadaibh air àite a tha ga ath-fhiadhachadh. Coisichibh air ceum no bruidhnibh ri ar luchd-obrach airson faighinn a-mach na tha a' dol an-diugh. Eadar cuairtean treàraichte is fèin-threàraichte, ceàirdean dualchasach agus fiadh-bheatha a ghabhas faicinn, tha rudeigin ann do na h-uile.

## Your rewilding journey...

Our actions impact the world around us. The food we eat, how we travel, the things we grow, the products we use. We are part of nature and it is all connected.

### Five ways to rewild yourself:

- Use your senses**  
Take 10 minutes ... go somewhere green or where nature is present. What can you smell? What can you hear? What can you see? What do you feel?
- Name it**  
Learn the name of a bird or a plant you'd normally just walk past. Can you find out its Gaelic name and what it means?
- Seasonal change**  
In each season, notice what you can see growing in the wilder, untended green spaces and what might live there.
- Wonderful weeds**  
Do you need to pluck that plant out, or can you leave it for bees and other pollinators?
- Get involved**  
Why not volunteer for a local organisation that looks after nature? This could be Trees for Life. Go to [treesforlife.org/volunteer](https://treesforlife.org/volunteer) to find out more about our conservation weeks.



## Trees for Life

Trees for Life is an ambitious, ground-breaking charity with a vital mission. Since 1993 we have worked with volunteers, communities, partners, and landowners to rewild the Scottish Highlands.

Dundreggan is our living example of rewilding in action and a landscape in recovery. Trees for Life encourage natural regeneration and the return of natural processes, working with the landscape to benefit people and wildlife.

We rely on donations to support our work. Find out how you can support rewilding at: [treesforlife.org.uk/support](https://treesforlife.org.uk/support).

## Craobhan gu Deò

Tha Craobhan gu Deò na bhuidheann thùsaireach le amas cudromach. Bho 1993 a-mach, tha sinn air a bhith ag obair còmhla ri saor-thoilich, coimhearsnachdan, com-pàirtichean agus uachdarain gus ath-fhiadhachadh a chur an gnìomh air Gàidhealtachd na h-Alba.

'S e Dul Dreagain ar n-eisimpleir beò de dh'ath-fhiadhachadh. Tha Craobhan gu Deò a' brosnachadh ath-ùrachadh nàdarra a bheir buannachd do dhaoine agus fiadh-bheatha.

Tha sinn an urra ri tabhartasan airson ar cuid-obrach a dhèanamh. Faighibh a-mach mar a b' urrainn dhuibh fhèin taic a thoirt do dh'ath-fhiadhachadh aig: [treesforlife.org.uk/support](https://treesforlife.org.uk/support).



Alice Mellon



'I've learnt so much about trees, nature in general and this incredible country. My body, mind and soul have been nourished and stimulated. I'm returning home with a clearer mind and inspired to use what I've learned to make my home a better place for nature.'

*Trees for Life Volunteer*



## Where to next?

Dundreggan is part of a wider rewilding movement. Trees for Life work with neighbouring landowners and organisations as part of Affric Highlands. There are plenty more places in Affric Highlands for you to visit and continue your rewilding journey.

## Càite a-nise?

Tha Dul Dreagain mar phàirt de dh'iomairt ath-fhiadhachaidh nas fharsainghe ris an canar 'Afraig Mhòr'. Tha Craobhan gu Deò ag obair còmhla ri uachdarain is buidhnean eile anns an iomairt seo. Nach toir sibh fhèin sùil air àiteachan eile ann an Afraig Mhòr?



[visitdundreggan.co.uk](https://visitdundreggan.co.uk)

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



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Trees for Life | Rewilding the Scottish Highlands  
Ath-fhiadhachadh na Gàidhealtachd

## Ur turas ath-fhiadhachaidh ...

Tha ar gnìomhan a' toirt buaidh air an t-saoghal ceithir-thimcheall oirnn – ar biadh is siubhal, agus na dh'fhàsas agus na chleachdas sinn. Tha sinn mar phàirt de nàdar.

### Còig dòighean airson ath-fhiadhachadh a dhèanamh oirbh fhèin:

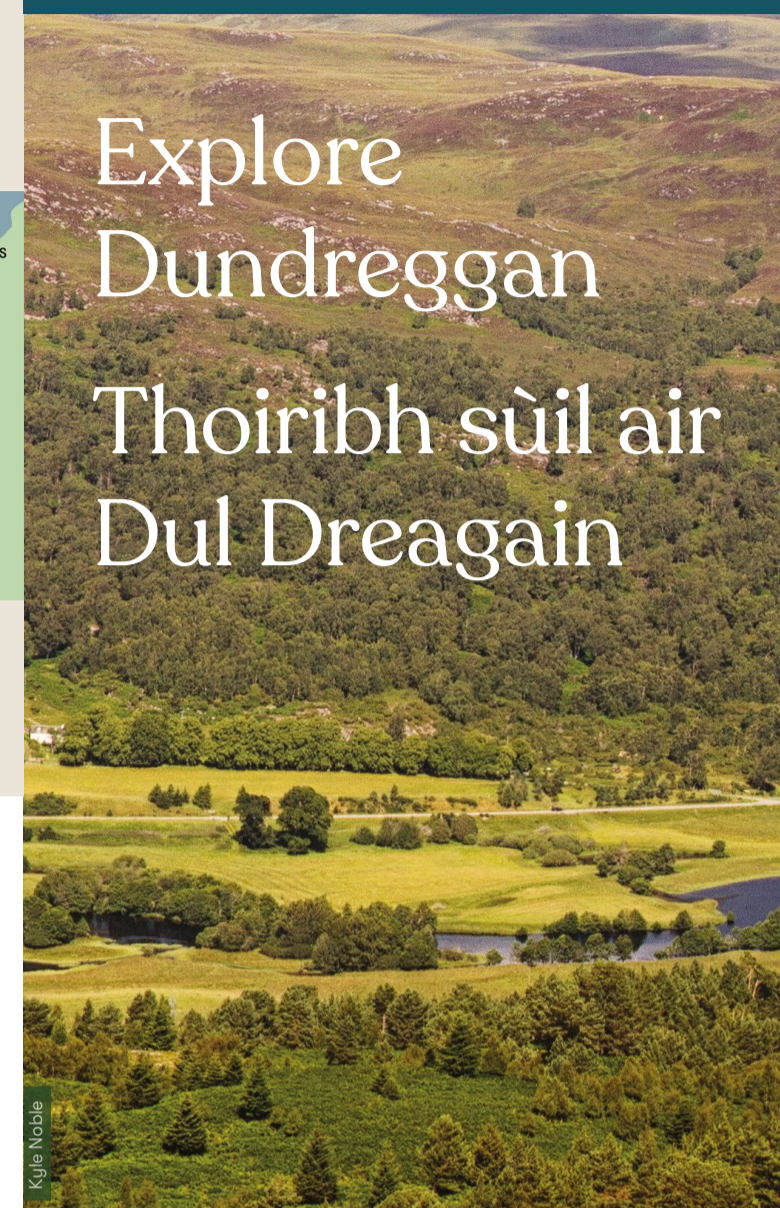
- Fairichibh**  
Cuiribh seachad deich mionaidean ann an àite nàdarra. Dè na fàilidhean a th' ann? Dè chluinneas sibh? Dè chì sibh? Dè dh'fhairicheas sibh?
- Thoiribh ainm air**  
Ionnsaichibh ainm eòin no lusa dha nach toireadh sibh feart gu h-àbhaisteach. Dè an t-ainm Gàidhlig a tha air agus dè a' chiall a tha aige?
- Atharrachadh ràitheil**  
Anns gach ràith, thoiribh sùil air na tha a' fàs ann an ceàrnaidhean uaine nach eil fo smachd, agus na dh'fhaodadh a bhith beò ann.
- Luibhean lurach**  
Am feum sibh an luibh sin a spionadh, no an dèanadh i feum do sheilleanan agus poileanadairean eile far a bheil i?
- Faighibh an sàs**  
Gabhaibh pàirt ann am buidheann ionadail a tha glèidheadh nàdar. Math dh'fhaodte Craobhan gu Deò. Gheibh sibh fiosrachadh mu na seachdainean glèidhteachais againn aig [treesforlife.org/volunteer](https://treesforlife.org/volunteer).



# Dundreggan Rewilding Centre

## Àrainn Ath-fhiadhachaidh Dhul Dreagain

# Explore Dundreggan Thoiribh sùil air Dul Dreagain



Kylie Noble

Dundreggan is a special place. Please help us keep it that way by following the Scottish Outdoor Access Code:

- Take your litter home and dispose of it responsibly
- Keep your dog under close control; ideally on a short lead
- Bag and bin dog waste

For information visit [outdooraccess-scotland.scot](https://outdooraccess-scotland.scot)

**SCOTTISH OUTDOOR  
ACCESS CODE**  
[outdooraccess-scotland.scot](https://outdooraccess-scotland.scot)



'S e àite sònraichte a th' ann an Dul Dreagain. Nach cuidich sibh sinn ann a bhith ga chumail mar sin le bhith a' leantainn Còd Inntigidh a' Bhlàir A-muigh:

- Thoiribh ur sgudal dhachaigh leibh agus cuiribh ann am biona e
- Dìonaibh fiadh-bheatha: cumaidh smachd teann air a' chù agaibh; bu chòir a bhith air geàrr-thaad
- Cuiribh sgudal-coin ann am poca agus an uair sin ann am biona

Gheibhear tuilleadh fiosrachaidh air [outdooraccess-scotland.scot](https://outdooraccess-scotland.scot)

**CÒD SLIGHEAN  
DÙTHCHAIL NA H-ALBA**  
[outdooraccess-scotland.scot](https://outdooraccess-scotland.scot)





**Ceum an Aitinn**  
['kame un AHTCH-un']  
(the juniper path)

A great low-level circular path taking you past lush juniper, hidden burns, signs of past people and a chorus of birdsong.

Tha an ceum ìosal seo gur toirt seachad air craobhan-aitinn, uillt fhalaichte, fianais air daoine o shean agus ceilearadh nan eun.

A wide, semi-bound surfaced path with an optional short and moderately steep there-and-back detour to a waterfall viewpoint.

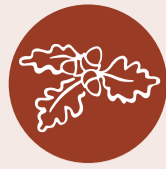


easy  
furasta

916m  
(approx ½ mile)  
(½ mhìle)

Allow 30 mins  
Fad 30 mion

Ceum leathann le uachdar dinnte. Tha cothrom ann a dhol gu ruige eas agus air ais air ceum rud beag cas.



**Ceum an Daraich**  
['kame un DAR-ich']  
(the oak path)

A circular route passing by our tree nursery, sìthichean 'fairies', ancient oaks, and mature regenerating woodland dripping with mosses and lichens.

Cuairt chearcallach a tha a' dol seachad air ar lios-àraich, làraichean shìthichean, seann chraobhan-daraich agus coille ùr-fhàis làn còinnich is crotail.

Wide, semi-bound surfaced path with several short moderately steep sections.



moderate  
Cuimseach doirbh

1.2 km  
(¾ mile)  
(¾ mhìle)

Allow 45 mins  
Fad 45 mion

Ceum leathann le uachdar grinneil dinnte agus earrannan goirid a tha rudeigin cas.



**Ceum a' Ghiuthais**  
['kame uh YOO-ish']  
(the pine path)

Really explore Dundreggan through woodland to open moorland and views over one of our planting areas and shieling remains, before returning downhill past regenerating trees, wood ant nests, and fragrant bog myrtle.

Leanaibh tro choille gu ruige monadh fraochach agus chì sibh mòran de Dhul Dreagain, a' gabhail a-steach àite cur-chraobhan agus seann àirigh. Tillidh sibh seachad air craobhan ùra, neadan sheangan-coille agus roid chùbhraidh.

A steep, rough and often narrow path, with frequent obstacles and boggy patches. Some burn (stream) crossings may be impassable after heavy rain.



strenuous  
Le spàirn

2.2 km  
(1 ⅓ miles)  
(1 ⅓ mhìle)

Allow 1.5 hours  
Fad 1.5 uair

Ceum cas, garbh a tha uaireannan cumhang, le cnapan-starra agus

boglaichean beaga. Bidh e do-dhèanta faighinn tarsainn cuid de dh'uillt an dèidh uisge.



**Ceum an Fhraoich**  
['kame un ROEU-ich']  
(the heather path)

A circular route passing stands of old pines to open moorland with glorious views of Glenmoriston.

Cuairt chearcallach tha a' dol seachad air seann chraobhan-giuthais gu monadh le seallaidhean air leth de Ghleann Moireasdain.

A rocky, steep, rough but wide track, winding up toward the base of Binnilidh Bheag. It is possible to reach this summit across rough, pathless ground. Some burn (stream) crossings may be impassable after rain.



strenuous  
Le spàirn

4 km  
(2 ½ miles)  
(2 ½ mhìle)

Allow 2 hours  
Fad 2 uair

Ceum leathann a tha creagach, cas is garbh, agus a tha a' dol gu bonn Binnilidh Bheag. Gabhaidh an ceum a leantainn chun a' mhullaich

thairis air talamh garbh. Bidh e do-dhèanta faighinn tarsainn cuid de dh'uillt an dèidh uisge.



Slender St John's Wort is Lus Chaluim Chille in Gaelic, meaning 'Columba's plant', named for the famous saint. It was believed to have medicinal properties when placed under the left armpit.

Tha Lus Chaluim Chille air ainmeachadh air an t-sàr-naomh Ghàidhealach – dhan tug e misneachd, a rèir beul-aithris. Airson feum a dhèanamh dheth, bhiodh daoine ga chur fon achlais chli.



Juniper is a hardy understory shrub in Scotland's pinewoods. Its dense prickly needles are ideal for nesting birds.

Tha aiteann na phreas buan a dh'fhàsas sa ghiùthsaidh. Togaidh eòin neadan am measg nan duilleagan biorach.



Oaks are megacities for nature. Long-lived and slow growing, they are home to more lichen, insects, and birds than any other tree.

Tha an darach, a ruigas aois mhòr, na thèarmann do bharrachd chrotail, meabh-fhrìdean agus eòin na craobh sam bith eile.



Cnòthan-daraich, acorns, are a favourite food of jays. They help disperse them by burying them in the soil. In Gaelic, the jay is sgreuchan-coille, 'screeching one of the forest'. Listen out for their harsh, sudden call.

'S e cnòthan-daraich am biadh as fheàrr leis an sgreuchan-choille. Bidh na h-eòin a' sgaoilleadh nan cnò le bhith gan tiodhlacadh san ùir. Cumaibh cluas ri claisneachd airson an sgreuch aca.



Scots pine is the living heart of the Caledonian forest. Sacred to past peoples, its branches, bark, roots and leaves support a vast array of life.

Tha a' chraobh-ghiuthais mar chridhe na Giùthsaidh. Naomh do sheann slòigh, tha a geugan, freumhaichean agus biorain a' toirt dachaigh do dh'fharsaingeachd beatha.



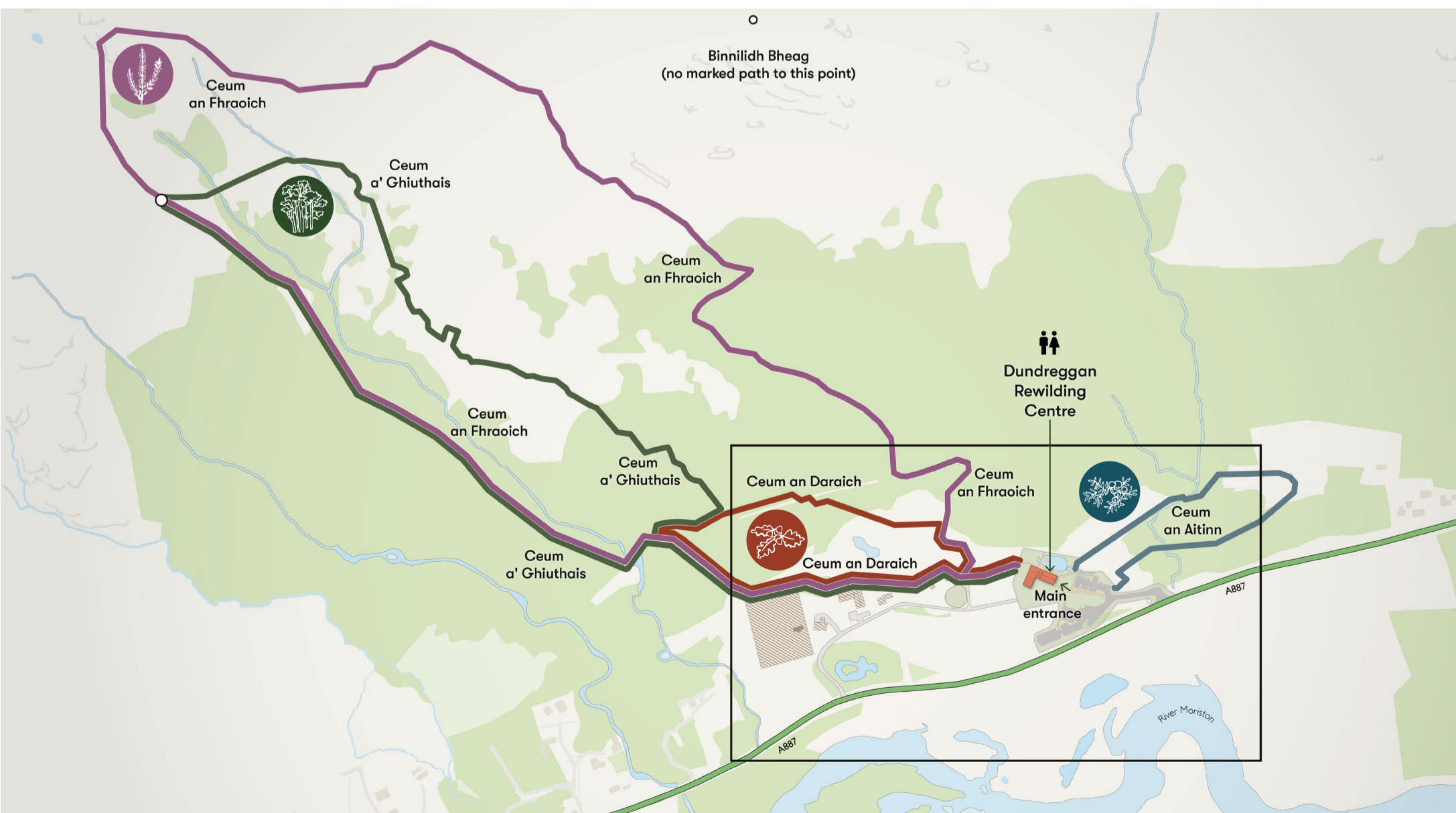
Heather was a handy material for the past folk of the glen. It provided drinks, bedding, brooms, medicine, thatch and rope.

Bha fraoch feumail do mhuinntir a' ghlinne. Gheibhte deoch, stuth-leapa, sguaban, iocshlaint, tughadh agus sìoman bhuaithe.



In fenced areas, we can see how the landscape regenerates when grazing pressure is reduced.

Far a bheil feansaichean, chì sinn mar a thig ùrachadh air an tìr nuair a tha ionaltradh fo smachd.



Seileach nan allt is calltainn nan creag,  
Feàrna an lòin is beithe nan eas,  
Uinnseann an dubhair is darach  
na grèine,  
Leamhan a' bhruthaich is iubar  
an lèana.

the willow of the streams  
and the hazel of the rocks,  
the alder of the bog  
and the birch of the waterfalls,  
the ash of the shade  
and the oak of the sun,  
the elm of the hill  
and the yew of the plain.

Gaelic proverb, collected by the Rev Dr Duncan MacGregor Campbell, late 19th century. Rewilding is informed by place. At Dundreggan, we delve into Glenmoriston's Gaelic roots to reconnect with the intertwined stories of nature and people.

Seanfhacal Gàidhlig air a chruinneachadh leis an Oll. Urr. Donnchadh MacGriogair Caimbeul, deireadh an 19mh linn. Ann an Dul Dreagain, tha mar a tha nàdar agus daoine eadar-thoinnte le chèile tro dhuilch nan Gàidheal a' cur ri ar tuigse de dh'ath-fhiadhachadh.