

Tiroran Forest Travels



Start at the main forest entrance, cross the bridge and go through the gate.

Take a deep breath - what does the forest smell like?

Stand quietly and use your ears, how many different bird songs can you hear?

Touch the rough bark of a tree, or some soft springy moss.

Japanese people have a word for slowly and quietly enjoying being in a forest - *Shinrin-yoku* which means 'forest bathing' - why do you think it's called that?

Now it's time to get active, can you run up the track all the way to the top of the slope without stopping?!



Turn right at the top and find the entrance to the adventure play-

ground. Everything here is made of wood.

How many ways can you find to climb and balance? There is a fort built into a tree with lots of branches, in spring it has white flowers, in autumn red berries. Do you

know the name of this tree? This guide will help you: <https://forestryandland.gov.scot/learn/trees>



More detective work - can you find trees that have bark like this?



You could make bark rubbings using crayons and paper. How many different patterns can you find?



Art hunt! There is an old ruined village in this forest, can you find willow sculptures of the farming people who used to live here? Or of some mythical giants?! Another wooden sculpture celebrates the huge white-tailed sea eagles that nest here - their nest is the size of a double bed!

Why not take a photo of activities and post to the Mull and Iona Ranger Service Facebook page, we'd love to see what you got up to!

<https://www.facebook.com/mullionarangerservice>

