

Morenish Woodland Trail

Ceum-coille Mhòirnis



Reconnect Dèan ath-cheangal

Rediscover Dèan ath-lorg

Recover Dèan ath-bheòthachadh

On this hillside, the National Trust for Scotland has removed a non-native conifer plantation that did not support much wildlife. We have replaced it with native species to boost biodiversity. Today, you can explore a healthy, recovering mountain woodland.

Woodlands are naturally rich places for biodiversity, home to many species. For millennia, they have also provided people with resources for survival and inspired legends, folk tales and superstitions. Gaelic was once spoken widely in this area, and the place names offer insights into our heritage. Trees have a symbolic, almost spiritual place at the heart of Gaelic culture.

We invite you to take time to discover the life that is flourishing here, and enjoy the rich cultural connections between wildlife, place and people.



www.nts.org.uk
The National Trust for Scotland
is a Scottish charity, SC007410

Car Park



Follow the **Morenish Woodland Trail/Ceum-coille Mhòirnis** through restored mountain woodland, and make connections between nature, people and place. Enjoy inspiring views of the mountains and Loch Tay, and discover a hidden waterfall.

Distance: 1.5km (0.9 miles)

Time: approx. 45 minutes

Access: The trail follows a track through woodland. It includes some steps and is narrow and uneven in places.

Allt Mhòirnis



Woodland wellbeing Carthan nan craobh

Being outside, among trees, is good for our wellbeing. Close your eyes and listen to the birdsong, the rustling of leaves and other sounds of life. In Gaelic this is **caoirean na coille** – 'the soft cooing of the wood'.

A woodland grows

'Tha coille a' fàs

Our Gaelic ancestors knew these species well.



Beithean (BAY-hun)
Birches



Seilich (SHAY-leech)
Willows



Caorann (KOEUR-un)
Rowan



Calltainn (COWL-tin)
Hazel

In Gaelic culture, people were often compared to trees. Stand like a tree: your body is the trunk and the branches your arms.



Do you resemble an oak?

To be likened to **rìgh na coille**/

'the king of the forest' was praise indeed!

Trees bring life

Craobhan na beòshlaint

In spring, pollen from willow catkins feeds bees.
They are food for other insects, which are prey for
birds then eaten by mammals.



Can you spot tiny holes in
the bare earth? These are
solitary bee nests.



Water of life

Uisge na beatha

Willow/**seileach**, alder/**feàrna** and mosses/**còinnich** thrive close to the burn. Folklore tells of otherworldly creatures who live nearby, such as the horse-like kelpies/**eich-uisge** (aych-OOSH-kuh) and the human-like urisks/**ùruisgean** (OOR-ish-kun).



Ben Lawers takes its name from the Lawers Burn/**Uisge Labhar**, meaning 'speaking burn'. Listen carefully – what might the water be saying here?

Ways with wood

Fiodh gu feum

Alder/**feàrna**, oak/**darach** and hazel/**calltain** became crannogs/**crannagan** on the loch. Bows of ash/**uinnseann** or yew/**iubhar** helped hunters. People found fruit and nuts, and made drinks from sap. Barks were tanned and dyed. Tools, utensils and whistles were whittled. Firewood was burned.



How would you find food and shelter in the wild?

Seasonal change

Atharrachaidhean ràitheil

Earrach

Spring

Samhradh

Summer

Foghar

Autumn

Geamhradh

Winter



'Nì samhradh breac riabhach foghar geal grianach'

Gaelic saying: 'A speckled, chequered
summer makes for a bright sunny autumn'.



What colours can you see?

Whose sounds can you hear?

Deep dark wood Coille mhòr dhorch

Trees need help to grow. Underground, tiny threads link their roots, sharing nutrients and information.



Look for mushrooms/**balgain-bhuachair** on the surface of the soil; they are the fruits of these subterranean networks.

Language of the land

Cànan na tìre



Language speaks of life.

Above you is **Meall nan**

Tàrmachan – ‘hill of the ptarmigan’.

Tàrmachan, ‘the murmuring one’,
refers to the bird’s call.

The name of this trail is a contraction
of **mòr-innis** – ‘big meadow’.



Look about. Does
a hill look knobbly
or smooth?

What colour is it?
How would you
describe it?



Our good health

Ar deagh shlàinte

The Gaelic word for 'health' – **slàinte** – comes from a root meaning 'whole, complete'. Our own health is enhanced by being part of a whole, taking in land and nature.



How do you feel now?

A bheil thu slàn?

Are you healthy? Are you whole, complete?