Morenish Woodland Trail Ceum-coille Mhòirnis



Reconnect Dean ath-cheangal

Rediscover Dean 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



A woodland grows Tha coille a' fàs

Our Gaelic ancestors knew these species well.



Beithean (BAY-hun) Birches



Seilich (SHAY-leech) Willows







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?

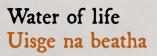
To be likened to righ na coille/
'the king of the forest' was praise indeed!



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.





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/eichuisge (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 mor-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?