

There is a Bush Craft course held in Kishorn on the 15<sup>th</sup> of May. There are still some places left.

Details below:

Spend a day in the company of a qualified bush craft instructor and wildlife biologist learning about wild food and plant id, primitive fire lighting, navigation, tracking and shelter building. You will be amazed at what you can learn in a day!

09.30 Introduction - what is bush craft? Getting the group's ideas about definitions for bush craft.

09.45 Fire lighting with sparks - finding natural tinders, lighting with firesteel and building a fire

11.00 Break

11.20 Forest foray - looking for plants used in bush craft, id points, and edible plants.

12.20 Lunch

13.00 Navigation with compass - grid references, taking bearings, reading a map - theoretical lesson with some paper exercises to test comprehension.

14.00 Introduction to tracking - looking at bones and plaster casts and then walking an awareness trail (where objects have been placed)

15.00 Building a leaf shelter as a group.

16.00 Finish

Contact Kristine at the Strathcarron Centre to book. Phone 01520 722 882