

# High Life Highland Countryside Ranger walks in the Ullapool and Coigach area 2019

All the walks are led by one of the Rangers. It is important though that you think of your own safety and that of any children for whom you are responsible. Remember too that these are country walks in the Highland weather so please dress accordingly. Bring sturdy shoes, or boots, a picnic and a sense of fun. The Rangers reserve the right to cancel any of these events.

Most events will require booking in advance. This is to ensure your safety and that you get a quality experience. A full programme of guided walks and details on how to book can be found at <https://www.highlifehighland.com/rangers/upcoming-events/>  
Sorry watching wildlife is not usually compatible with taking dogs.

**Date:** Thursday 7<sup>th</sup> March

**Area:** Wester Ross

## **A Wee Walk to Nature: Birds' Nests, Ullapool**

Today we will start in the library looking at some examples of nests before venturing out for a short, low-level and slow-paced walk around Ullapool to look for nests and signs of birds building nests.

Perhaps you or someone you know are rehabilitating after illness or injury or just looking to have a short guided walk with company. Everyone is welcome.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on 6<sup>th</sup> of March.

**Time:** 2pm - 3pm

**Booking ref:** 001692ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 21<sup>st</sup> March

**Area:** Wester Ross

## **A Wee Walk to Nature: Shapes and Patterns in Nature, Ullapool**

Today we will be walking with a view to seeing shapes, patterns and textures in nature on a short guided walk. Bring a camera if you have one.

This is a short, low-level and slow-paced walk around Ullapool village. Perhaps you or someone you know are rehabilitating after illness or injury or just looking to have a short guided walk with company, everyone is welcome.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on 20<sup>th</sup> of March.

**Time:** 2pm - 3pm

**Booking ref:** 001693ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 4<sup>th</sup> April

**Area:** Wester Ross

**Dawn Riverside Walk, Lael near Ullapool**

Set your alarm clock for an early walk by the River Broom. At this time of year, birds are really starting to sing and the smell of spring is in the air. Bring a torch for the start of the walk, a hot drink and some breakfast if you like.

Distance approx. 4 km/2.5 mi

Booking essential by 4pm on 3<sup>rd</sup> of April. Please ask if you would like to bring your dog.

**Time:** 6.15am - 8.30am

**Booking ref:** 001696ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Wednesday 10<sup>th</sup> April

**Area:** Wester Ross

**In Search of the Dinosaur's Nest, Laide**

This Easter there is a different kind of egg hunt at Laide Community Woodland. It is a very well-kept secret that dinosaurs have remained there for million years. Palaeontologists (scientists who study dinosaurs) are in need of some new recruits to help research them. Your first training exercise is to follow the clues to work out where the nest of the dinosaur is. Suitable for families with children aged between 4 and 11.

Distance: 2.5km/1.5mi.

Numbers are limited and booking essential by 4pm on 9<sup>th</sup> of April. Please book adults on in addition to children.

**Time:** 2pm - 4pm

**Booking ref:** 001697GAIR

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 11<sup>th</sup> April

**Area:** Wester Ross

### **A Wee Walk to Nature: Trees from Around the World, Lael near Ullapool**

Today we will be walking somewhere a bit different at Lael Forest Garden.

Learn about the trees in this site and the range of countries they come from.

This is a short, low-level and slow-paced walk. Perhaps you or someone you know are rehabilitating after illness or injury or just looking to have a short guided walk with company, everyone is welcome.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 10<sup>th</sup> of April.

**Time:** 2pm - 3pm

**Booking ref:** 001698ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 18<sup>th</sup> April

**Area:** Wester Ross

### **Mountain Life: Golden Eagles on Ben More Coigach, Coigach**

On this mountain walk we will be learning about wildlife, especially golden eagles, while taking in spectacular views and seeing sculptural formations of Torridonian sandstone.

Participants on this walk must be over 8 years old with good fitness and be able to walk for most of the day on steep, rough ground over approximately 11 km/6 mi. Further details on what to expect and meeting place will be provided on booking.

**Time:** 10:00am - 5pm

**Booking ref:** 001700ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 9<sup>th</sup> May      **Area:** Wester Ross

**Date:** Thursday 16<sup>th</sup> May      **Area:** Wester Ross

### **A Wee Walk to Nature: Spring Foraging, Ullapool**

Our focus for today is looking at food we can eat from the wild. We will start in the library with a very brief introduction before going outside for a short, low-level and slow-paced walk.

Perhaps you or someone you know are rehabilitating after illness or injury or just looking to have a short guided walk with company, everyone over 18 is welcome.

Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on the 15<sup>th</sup> of May.

**Time:** 2pm - 3pm      **Booking ref:** 001702ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Friday 17<sup>th</sup> May      **Area:** Wester Ross

### **Mountain Life: Wester Ross Green Volunteers: Stac Pollaidh Path, Coigach**

Thousands of people walk up the popular Stac Pollaidh path every year and this is having some wear and tear on the path. Give something back to this hill while taking in some stunning views and attending a 'green gym'. This is a self-led event but the ranger will be on hand with advice, biscuits and you can borrow tools and gloves if you need them. We will be clearing vegetation and unblocking cross drains. You might also want to bring a packed lunch for the hill.

Please let the ranger know if you think you might come.

**Time:** 11am - 3pm      **Booking ref:** N/A

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 6<sup>th</sup> June

**Area:** Wester Ross

**A Wee Walk to Nature: Butterflies, Ullapool**

We will start in the library with a short introduction to our native butterflies and day-flying moths before going out to look for them on a short and slow-paced walk.

If you or someone you know are rehabilitating after illness or injury or you are just looking to have a short guided walk with company, please book on.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 5<sup>th</sup> of June.

**Time:** 2pm - 3pm

**Booking ref:** 001710ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 20<sup>th</sup> June

**Area:** Wester Ross

**A Wee Walk to Nature: Sunlight , Ullapool**

We will start in the library with a short introduction as to why we have so much light at this time of year and the impact of this on nature. Fingers crossed we will get some of this sunlight on the short guided walk that follows.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 19<sup>th</sup> of June.

**Time:** 2pm - 3pm approx.

**Booking ref:** 001711ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 11<sup>th</sup> July

**Area:** Wester Ross

**A Wee Walk to Nature: Cloud Watching, Ullapool**

We will start in the library with a short introduction to understanding the weather from the clouds. This will be followed by a short guided walk to look for some clouds!

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 10<sup>th</sup> of July.

**Time:** 2pm - 3pm

**Booking ref:** 001712ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 25<sup>th</sup> July

**Area:** Wester Ross

**A Wee Walk to Nature: Tree Leaves, Ullapool**

We will start in the library with a short introduction to trees and their leaves. This will be followed by a short guided walk.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 24<sup>th</sup> of July.

**Time:** 2pm - 3pm

**Booking ref:** 001714ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Tuesday 30<sup>th</sup> July

**Area:** Wester Ross

### **Mountain Life: Cul Mor, Coigach**

On the boundary of Wester Ross and Sutherland, Cul Mor is a Corbett with spectacular views from the top. It is a hard but worthwhile climb and we will be searching wildlife including a rare plant called Norwegian Mugwort.

Suitable for adults only. Participants must have good fitness for steep and rocky terrain and bring appropriate outdoor clothing, footwear and lunch. Distance 13.5km/8.5mi. Places are limited and booking essential by 29<sup>th</sup> July, 4pm.

**Time:** 10am - 5pm

**Booking ref:** 001715ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 8<sup>th</sup> August

**Area:** Wester Ross

### **Schools Out! Meet a Tree, Lael Forest Garden**

Join the Wester Ross ranger to learn all about trees. Meet some specimens from around the globe (there are over 200 species!). Play lots games and activities all to do with fabulous trees.

Distance: 2.5km/1.5mi

Booking essential by 4pm on 7<sup>th</sup> August. Adults can accompany children but must be booked on.

**Time:** 11:30 - 1pm

**Booking ref:**

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 8<sup>th</sup> August

**Area:** Wester Ross

**A Wee Walk to Nature: A Wander at Lael, near Ullapool**

Meeting at Lael Forest Garden, we will take in the sights and sounds at Lael Forest Gard surrounded by trees. Find out about trees from around the world (there are over 200 species here!)

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 7<sup>th</sup> of August.

**Time:** 2pm - 3pm

**Booking ref:** 001716ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 22<sup>nd</sup> August

**Area:** Wester Ross

**A Wee Walk to Nature: Maths in Nature, Ullapool**

Meeting at Ullapool Library, we will have a brief introduction to numbers in nature before going outside in search of this. You don't have to be mathematical to come along and enjoy.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 21<sup>st</sup> of August.

**Time:** 2pm - 3pm

**Booking ref:** 001719ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 5<sup>th</sup> September

**Area:** Wester Ross

### **A Wee Walk to Nature: Looking for Fungi , Ullapool**

Meeting at Ullapool Library, we will have a brief introduction to fungi and mushrooms before going outside to look for them.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on the 4<sup>th</sup> September.

**Time:** 2pm - 3pm

**Booking ref:** 001720ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

**01854 613526**

**Date:** Thursday 19<sup>th</sup> September

**Area:** Wester Ross

### **A Wee Walk to Nature: Collecting Tree Seeds, Ullapool**

Meeting at Ullapool Library, we will have a brief introduction to tree seeds before going outside to look for them and collect them for planting up in the winter.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on the 18<sup>th</sup> of September.

**Time:** 2pm - 3pm

**Booking ref:** 001724ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Friday 20<sup>th</sup> September

**Area:** Wester Ross

**Wester Ross Green Volunteers: Badentarbet Beach Clean, Coigach**

Join the Wester Ross ranger and Coigach and Assynt Living Landscape Project to clean up this beach for wildlife and people. It regularly gets coated in rubbish from the sea and it needs your help. Drop in for as long as you like.

- Bags, gloves and pickers provided (but bring your own if you can)
- Wear sturdy footwear and bring layers of clothing
- We will have baking!

Please let the ranger know if you think you might come.

**Time:** 1pm - 4pm

**Booking ref:** N/A

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Tuesday 1<sup>st</sup> October

**Area:** Wester Ross

**Foraging Walk, Isle Martin near Ullapool**

Join the ranger for a potter about Isle Martin (a community owned Island run by The Isle Martin Trust) where we will look at food from the land and coast. Following the walk, there is a museum and café on the island which you can enjoy.

Suitable for adults and families with children over 8 years old. Distance approx. 2.5km/ 1.5mi. Please bring lunch, sturdy footwear and outdoor clothing.

Places are limited and booking essential by 4pm on the 30<sup>th</sup> of September.

The Ferry is run by the Isle Martin Trust and charged seperately. The ranger will meet you on the island.

For ferry updates and information please visit [www.islemartin.org](http://www.islemartin.org).

**Time:** 12 - 2pm (from Isle Martin, you must get a boat to the island before then)

**Booking ref:** 001725ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 10<sup>th</sup> October

**Area:** Wester Ross

### **A Wee Walk to Nature: Colour Changes in Nature, Ullapool**

Meeting at Ullapool Library, we will have a short introduction on changing colours of the season before going out to see it in action.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on the 9<sup>th</sup> October.

**Time:** 2pm- 3pm

**Booking ref:** 001727ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Wednesday 16<sup>th</sup> October

**Area:** Wester Ross

### **Over the Hill, Dundonnell to Clachan on the Coffin Route, Loch Broom**

Follow this old coffin route from Dundonnell over the hill to Clachan Church. As part of Highland Archaeological Festival we will be looking at the history of the area and for wildlife while taking in views of Little Loch Broom, Loch Broom, An Teallach and the Fannich hills. The way is rough, steep and boggy in places and there is a river crossing. Participants must have good fitness, wear sturdy boots and bring lunch. Car shuffling to be arranged on receipt of bookings.

Booking essential by 4pm on the 15<sup>th</sup> of October.

**Time:** 10am - 4.30pm (not including car moving)

**Booking ref:** 001728ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Saturday 19<sup>th</sup> October

**Area:** Wester Ross

### **Wester Ross Green Volunteers: Ullapool Hill Path Day**

Keep warm on this October day by helping clear the path on Ullapool Hill. Bring a flask of tea and your own tools if you like. This is a self-led activity but there will be tools and gloves to borrow and biscuits/cake to eat.

Please let the ranger know if you might come.

**Time:** 10am - 12pm

**Booking ref:** N/A

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 24<sup>th</sup> October

**Area:** Wester Ross

### **A Wee Walk to Nature: How Does Wildlife Cope with Winter? Ullapool**

Meeting at Ullapool Library, we will have a short introduction on the challenges that face wildlife in winter before wrapping up to head out on a short walk.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on the 23<sup>rd</sup> October.

**Time:** 2pm - 3pm

**Booking ref:** 001730ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Tuesday 12<sup>th</sup> November

**Area:** Wester Ross

**Full Moon Walk, Ullapool Hill, Ullapool**

Providing clear weather, the way on this walk will be lit by the full moon. We aim to get to the top of the hill depending on weather and the group. We will talk about the effect of the moon on wildlife and its cultural significance at different times of the year.

The walk will follow paths but it is steep and rough in places and can be wet. Please bring good footwear, a decent torch, a snack and drink. Suitable for adults and families with children over 10.

Distance 5km/3mi. Booking is essential by midday on the day of the walk.

**Time:** 4.30pm - 7.30pm

**Booking ref:** 001733ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 14<sup>th</sup> November

**Area:** Wester Ross

**A Wee Walk to Nature: Feed the Birds, Ullapool**

Meeting at Ullapool Library, we will have a short session making bird feeders before heading out to hang them up around the village.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 13<sup>th</sup> November

**Time:** 2pm - 3pm approx.

**Booking ref:** 001734ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Saturday 16<sup>th</sup> November

**Area:** Wester Ross

**Wester Ross Green Volunteers: Riverside Paths, Ullapool**

A chance to do something practical, keep warm, get exercise, meet people and eat biscuits. We will be working by cutting back vegetation and removing old tree guards.

Wear sturdy boots and layers of outdoor clothing. There will be tools and gloves to borrow but please bring your own if you have them.

Please let the ranger know if you think you might come.

**Time:** 10am-12pm

**Booking ref:** N/A

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Thursday 28<sup>th</sup> November

**Area:** Wester Ross

**A Wee Walk to Nature: National Tree Week, Ullapool**

It is National Tree Week so we will be going for a short walk and planting a tree or two.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learning something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm on the 27<sup>th</sup> November

**Time:** 2pm - 3pm

**Booking ref:** 001736ULLA

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

**Booking:** [Please click here to book](#)

Contact: [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

01854 613526

Date: Wednesday 11<sup>th</sup> December

Area: Wester Ross

**Mountain Life: Inspired by Mountains, Achiltibuie**

Wester Ross is well known as one of the most beautiful mountainous areas in Scotland but what do they mean to you and how do they influence you?

Whether we climb up them or enjoy their changing colours from home, they inspire many of us to write, draw and create.

Please join the ranger for a session in Ullapool Library to learn about mountain writers and artists and produce something yourself.

We're looking to create a pocket book about living under and amongst mountains and would love your input.

If you think you might come, please let the ranger know.

Time: evening TBC.

Booking ref: N/A

It costs £9.73 per visitor to operate our Countryside Ranger Service. We make no charge for this event but we rely on your donations to help us protect our Highland wildlife and heritage.

Booking: [Please click here to book](#)

Contact: [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)

01854 613526

Date: Thursday 12<sup>th</sup> December

Area: Wester Ross

**A Wee Walk to Nature: Festive Plants and Animals, Ullapool**

We will go out for a short walk to identify and collect some festive plants for use in natural Christmas decorations. We will also look out for animals associated with Christmas time.

If you or someone you know is rehabilitating after illness or injury or just looking to have a short guided walk, learn something new, with company, please come along.

Over 18 years only. Distance approx. 0.5 km/0.25mi

Booking essential by 4pm 11<sup>th</sup> December

**Time:** 2pm - 3pm

**Booking ref:** 001737ULLA

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**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**

**Date:** Friday 13<sup>th</sup> December

**Area:** Wester Ross

**Mountain Life: Inspired by Mountains, Ullapool**

Wester Ross is well known as one of the most beautiful mountainous areas in Scotland but what do they mean to you and how do they influence you?

Whether we climb up them or enjoy their changing colours from home, they inspire many of us to write, draw and create.

Please join the ranger for a session in Lochcarron Library to learn about mountain writers and artists and produce something yourself.

We're looking to create a pocket book about living under and amongst mountains and would love your input.

If you think you might come, please let the ranger know.

**Time:** evening TBC .

**Booking ref:** N/A

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**Booking:** [Please click here to book](#)

**Contact:** [jenny.grant@highlifehighland.com](mailto:jenny.grant@highlifehighland.com)      **01854 613526**