



## APPLECROSS WALKS AND TRADITIONAL CRAFTS GROUP

**The aim of the Group is to develop a program of events to encourage nature walks in Applecross and the Applecross area and to learn traditional skills.** (Constituted February 2005)

‘By providing opportunities to understand and learn about the uses of our native plants it will lead to rekindling the connection to nature through knowledge and skill and therefore protect it’.

Since 2000 we have had guided ethnobotanical walks during the summer in Applecross and Cuaig looking at traditional uses of plants, wild foods and medicines and practising lighting a fire from a spark. Workshops in basket making, willow lantern making, natural dyeing, coracle making, creel making, garden structures, pole lath turning and charcoal burning have taken place in Cuaig along with ‘biodiversity days’ each year celebrating the uses of the stinging nettle and elder tree.

The attending group share the cost of inviting skilled craftspeople in to teach workshops.

In the past we have been very grateful for small grants from Highland Enterprise, Wester-Ross Alliance (Leader), Highland Council and CSE Action Earth (SNH)

Membership is free. If you are interested in taking part in a guided walk or hearing about our workshops in the summer, please complete your details:

NAME .....

ADDRESS.....

TELEPHONE NUMBER..... EMAIL.....

If you have any suggestions of traditional crafts you would like to learn please let us know:

IDEAS SO FAR: Stick furniture making, oak swill making, spoon carving.

Contact: Lesley Kilbride (Crafts)  
Ri-aulaidh, Cuaig, Applecross  
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Contact: Gill Fairweather (Walks)  
Garden Cottage, Applecross  
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