



Spring woods are now

Sensational spring woodlands are now full of new life.

Birds are nesting, bees buzzing and buds unfurling. To share this vibrant energy, visit a wood or forest and drink in the natural world all around.

It's easy to find freedom among wonderful scenery this spring and summer. There are miles of waymarked routes to walk or cycle at Forestry Commission Scotland sites from Ballachulish to Campbeltown, Crianlarich to Tobermory.

Get out with the family and enjoy the benefits of healthy exercise, or simply relax at one of the many attractive picnic sites. You can explore on your own or join an organised event led by a ranger.

To come really alive this spring, use all your senses when in the woods. What can you hear? No doubt the sound of birdsong, and perhaps also a breeze through the leaves or the splash of a burn.

Feast on the sight of primroses and wood anemones, whilst keeping an eye out for wildlife - maybe a roe deer, pine marten or even a sea eagle. But

