

Take a foraging walk in Atholl Estates

Atholl Estates is holding a series of foraging sessions, with its regular expert, Tamara Colchester on 10 and 11 May, from 10.30am.

The two and a half hour foraging walks are an opportunity to learn and identify at least fifteen edible and medicinal spring plants and trees found in the grounds of Blair Castle.

In a small and intimate group, participants will learn lifelong identification techniques, pick up recipe ideas, and share in Tamara's wealth of ethnobotanical tales, gathered as a result of her many years of experience in this area.

Jess Reid, Marketing Manager for Atholl Estates said: "Tamara has been hosting these informative foraging walks with us for the past four years.

"She really is fantastic at what she does, and is so knowledgeable at bringing this fascinating subject to life. Those who have completed these walks in your past have given us amazing feedback as to how much they enjoyed it, whilst for one participant, it started a whole new interest in cooking with foraged ingredients, along with planting specific plants in their garden. As well as giving enjoyment through the very picturesque surroundings on the walk around our beautiful estate, the foraging experience finishes with delicious wild tea and homemade cake and biscuits in the Hercules Garden. All in all, it's a great day out.

"Children are welcome on the walks, with no charge to bring

them along.

Tamara said: “During these walks we will move through a variety of habitats – woodland, meadow, hedgerow and garden – taking time to connect with each surrounding environment, noticing their changing flora and subtle variations in character.

“At the end, there’s plenty of time to revise the plants learnt and learn how best to store them for future use. All participants will also receive a personalised PDF containing information about all the plants met.

“Doing walks at Blair affords a unique opportunity to experience a range of diverse habitats in an extraordinary setting. The old-growth trees, woodland plants, meadow flowers and cultivated gardens means that participants can learn a huge amount in a short space of time. These walks are not so much about distance, but depth. It’s a moment to slow down and truly experience the vitality of the Scottish Highlands.”

[The Spring Foraging Walks](#) cost £45 per person. All profits from the ticketed walks provide free community walks for refugees in Scotland.

<https://atholl-estates.co.uk/events/spring-foraging-blair-castle/>

