Introduction to foraging, wild food and bushcraft

Tune into the woodland and coastal wilderness of the South Hams on this inspiring course. Participants will become familiar with the wild edible plants of South Devon as well as learning survival and bushcraft techniques necessary for enjoyable days (and nights!) in the wild. The three night residential course will provide insights into plant folklore, nutrition and practical use as well as how to interpret the landscape and navigate through the countryside watchfully and considerately. Bushcraft techniques will range from the practical to the fun and will be aimed at complete beginners while giving those with some experience a chance to hone their skills in a stunning setting. Tool use and fireside welfare will be taught and observed with experienced instructors on hand to ensure participant safety and enjoyment throughout.

Course Overview

Surrounded by the Slapton Ley National Nature Reserve, Slapton Ley Field Centre offers a variety of manmade and natural sites to study, such as a beautiful coastline and resort towns.

Course Description

Activities Include

- Wild food identification, foraging and cooking
- Fire lighting
- Shelter building
- Sharp tool use
About the Tutor

Lewis Winks is an experienced outdoor educator, geographer and wild food enthusiast.

Tom Aslin is a skilled bush craft instructor, navigator and mountaineer.

What to Bring

Essential:
- Warm, comfortable clothes
- Walking boots / strong shoes
- Gloves and warm hat
- Waterproofs
- Day sack
- Water bottle
- An inquisitive mind
- Stories to share around the fire

Additional:
- Notepad
- Hand lens
- Camera
- Thermos
- Cloth bags for plant gathering and / or a wicker basket
- Tupperware containers
- Rubber washing up gloves
- Sleeping bag (for wild camp, conditions depending)
- Roll mat or similar (for wild camp, conditions depending)

Start and Finish Times

Participants are requested to arrive on Friday 23rd May at Office Reception for registration between 2:00pm and 5:00pm; after this time self-directed arrival information will be posted on the front door. There will be an introductory talk with the Head of Centre typically at 5.30pm. Supper is usually at 6:30pm. Breakfast, for resident participants, will be from 8.00am. The course will end after supper on Sunday 25th May with departure after breakfast on Monday 26th May. On the final day please vacate your room by 9:00am, storage is provided for your luggage.

How to Book

You can check availability and make a provisional booking by telephoning the Centre on 01548 580466.

To confirm your booking please complete the form found in the FSC brochure or online at www.field-studies-council.org.