

In tune with nature

Find yourself

Most of us now use phones for navigation... take this tool away and anxiety can increase! But sometimes all we need is to stop, notice the trees, and we can find the way.

Trees can map our way. A planted line of Lombardy poplars often signifies the edge of a property; yews are often planted near or on religious sites. Think about your childhood, or indeed your daily life: do any trees feature as a landmark? But trees do even more... lichen and moss will usually grow on the shadier, north side of a tree; acting as a natural compass to guide us.