

Protect Earth is an environmental charity that plants and restores woodlands throughout the UK. We do this to create wildlife habitat, sequester carbon, and help give more people access to nature. Find out more about our work at [www.protect.earth](http://www.protect.earth).

This woodland is known as High Wood and was acquired by Protect Earth in 2022. It is an ancient woodland, although much of it was replanted in the 1960's with conifers for timber production. For sixty years these non-native trees, like Douglas Fir, have grown rapidly to produce a dark, unnatural woodland much less favourable for wildlife than what came before. Protect Earth's aim is to return High Wood to – perhaps the most valuable of all

British woodland types – temperate rainforest.

Temperate rainforest is an incredibly rare habitat, much scarcer globally than tropical rainforest. In Britain it only occurs on the western fringes, in areas with a mild climate and the highest rainfall. Temperate rainforests are one of the most biodiverse and atmospheric habitats we have. The humid conditions creating the perfect environment for a bewildering array of mosses, lichens and epiphytic plants (plants that grow on other plants), not to mention a wide range of fungi, insects, birds, bats and mammals.

High Wood is trying to turn itself back into a temperate rainforest. Look around and you will see many broadleaf trees that are naturally regenerating amongst the conifers. But we are helping the process along by thinning the stands of conifer to allow more light back to the woodland floor. This will promote quicker and more successful colonisation by native tree species. With the help of contractors and volunteers we have already removed 1800 tonnes of conifers, and kickstarted the process further by planting nearly 1000 trees here. This includes scarce and localised species like Cornish Elm and Devon Whitebeam. As the work progresses and native species return, High Wood will become a more balanced and diverse ecosystem.

Everyone is encouraged to enjoy this woodland as the restoration process unfolds. We have installed a horse access gate, repaired mountain bike tracks and welcome dog walkers, hikers and birdwatchers. We just ask that visitors leave these woods as they find them.

Recent work parties of volunteers have maintained the planted trees, put up bird boxes, and installed steps to improve access. We now meet regularly on the 3rd weekend of each month, alternating Saturdays and Sundays. If you would like to join one of these work parties, please contact us at [help@protect.earth](mailto:help@protect.earth).

# High Wood Summer Fair

22<sup>nd</sup> June 2025

11am – 4pm

## Programme

**Welcome to High Wood. We hope you enjoy your day.**

**Woods can be dangerous places with steep slopes, tree roots and wildlife, so for your safety, we strongly recommend that you keep to the paths and avoid long grass.**

**Please supervise your children at all times, including near all stalls and when playing with the outdoor toys.**

## Timetable

The walks and Qigong session are free but donations are welcome, either in cash, by card or online at [High Wood — Protect Earth](#). Donations will be used to maintain and improve High Wood.

### **11:00 - Event begins**

### **11:00 – 1:30 Drop-in Willow Weaving Sessions with**

**Jasmine Fassenfelt** <https://fassenfelt.art>

*For children and adults. Price according to item.*

### **11:30 - Nature Walk with our Ecologist (1 hour)**

*Learn about Protect Earth's work to restore High Wood from a commercial timber plantation back to native broadleaf woodland with Steve, our ecologist. Spot indicators of ancient woodland, and encounter some of the birds, insects and other wildlife which inhabit this special place in mid-summer.*

### **12:30 - 2:00 - Marshmallow Toasting** *Fun for all the family.*

### **1:00 - Sample Qigong Session with Ninja Granny (30 mins)**

[ninjagranny.org/classes](http://ninjagranny.org/classes)

*Gentle, slow, flowing movements that are easy to follow, relaxing and beneficial for health. We will do Tree Qigong and 5 animals Qigong.*

**1:40 - History Walk with Brian Oldham (2 hours)** President of Cornwall Old History Society and author of 'More Peeks into Liskeard's Past'. *This is a walk along the lanes surrounding High Wood. There will be several stops to hear a little about High Woods' neighbours in times gone by, including the rare opportunity to view the progress of restoring a medieval waterwheel.*

### **2:00 – 4:00 Willow Weaving Workshop with Jasmine**

*Make a willow swallow. Pre-book or check at stall to see if places are available. Recommended for adults and children aged 14 and over.*

**4:00 - End of organised activities** but please feel free to explore these beautiful woods on your own.

## Ongoing activities

**Cornish Maids Kitchen** – <https://cornishmaidskitchen.uk>  
*Burgers, baps, sweets and cold drinks. (Vegan options available)*

**How've You Bean** – “How've You Bean” on Facebook /"@hybcoffee" on Instagram  
*Coffee, cake, milkshakes and soft drinks (Vegan options available)*

**The Hugs Foundation** - <https://hugsfoundation.org.uk>  
*Meet the ponies from the Hugs Foundation based in Bodmin.*

**Screech Owl Sanctuary and Animal Park** - <https://screechowlsanctuary.co.uk>  
*Meet and learn about the owls and other animals from the park near Indian Queens*

**Demonstrations by Pete from the Association of Pole-lathe Turners and Green Woodworkers** - [www.bodgers.org](http://www.bodgers.org) *Watch a traditional green wood worker specializing in spoon carving and kitchen utensil making at work.*

**Demonstrations of lamp making by Adrian from Kernow Retail** - <https://kernowretail.co.uk> *Watch a demonstration of the final polishing and assembly of lamps made from reclaimed wood and scrap materials.*

**Face Painting by Alyce's Faces in Wonderland** (Facebook and Instagram)  
*Face painting on a wildlife theme.*

**Human Fruit Machine** - **Liskerrett Community Centre** <https://www.liskerrett.co.uk>

**Community Treasure Chest, Liskeard** <https://communitytreasurechestcic.com>

**Scavenger Hunts** - *Free and just for fun. Please leave all plants and minibeasts where you find them. Various hunts to suit all ages.*

**Children's games and colourings for the young and the young at heart.**

**Cornwall Butterfly Conservation** <https://www.cornwall-butterfly-conservation.org.uk>

**Cornwall Wildlife Trust** <https://www.cornwallwildlifetrust.org.uk>

**The RiverFly Partnership, Liskeard** <https://www.riverflies.org>