

Common to all



Base Camp

The main base camp for your group. This could be central to their area, or placed close to the busy **spring** and **summer** resources.

Where will you camp?

Common to all



Hunting Camp

A small, short term camp site used by a group of hunters and set close to a good hunting ground or fishing place.

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The Clan Gathering

All of the people of the land meet here in **late autumn**, to share resources, work together on large tasks, and to meet others and exchange news.

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Salmon Run

All of the people of the land would have made use of this annual bounty, when the salmon travelled up the rivers from the sea to spawn. The salmon run throughout the **summer**.

Salmon are very good eating, because they are very oily. The skin can also be cured and made into bags and even clothes. Where is your river?

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Hazelnut Harvest

This is an important event, where your people gather and process a huge store of hazelnuts when they are ripe in the **autumn**. They will see you through the coming winter. Where are the best hazel trees?

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The Great Mountain

A sacred place of spirits, it guides you through the land as it can be seen from miles away.

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The Sacred Waterfall

At the head of the river, the sacred waterfall is an important landmark and of great ceremonial significance. Your people travel here at special times of the year. What time of year will you visit?

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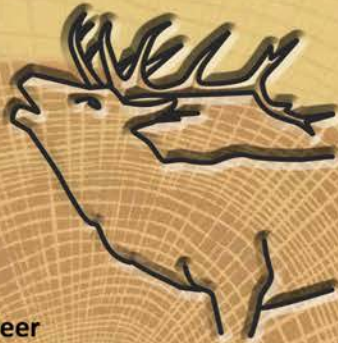


Honey

All of the people of the land would have collected and stored honey, seeking bees nests throughout the **summer** and **autumn**.

Where will you look for honey?

Common to all



Deer

The deer was an important animal, providing meat for eating, skins for clothing, bones and antler for making needles and hunting tools, and sinew for making strong string. It was hunted throughout the year. The deer was a sacred animal for some groups who used bone and antler headdresses for special ceremonies.

Where will you hunt for deer?

Common to all

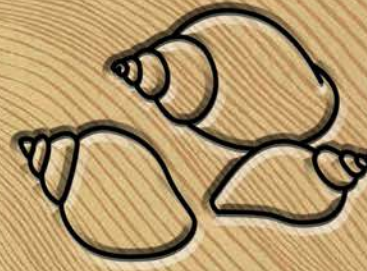


Birds

All of the people of the land would have collected birds eggs in the **summer** and hunted birds – such as wood pigeon – throughout the year.

What birds can be found in your habitat and where would you find them?

Atlantic Rainforest



Whelks

Gathered from rock pools, whelks can be eaten all year round, although you have to use a sharp stick to get the sea snails out of their shells once they are cooked. Then the shells can make beads to sew on clothing.

Atlantic Rainforest



Crabs

Crabs make good eating. You drop them in boiling water to cook them, and then crack open the claws and body to get at the white and brown meat, but don't eat the green meat!

You can find big brown crabs at low tide in **spring, summer and autumn**.

Atlantic Rainforest



Nettles

Only growing at the edge of the wood or in clearings, nettles can be eaten (the leaves are very nutritious) and dried and stripped and made into string and baskets for making traps and containers. Nettles for eating are best gathered in the **spring** when the leaves are pale green and tender, and in **late summer** if you want to make string from the long stems.

Atlantic Rainforest



Carrageen seaweed

This red seaweed grows on the rocks that appear out of the sea at low tide and is rich in health-giving minerals. There are other edible seaweeds that may well have been made use of by the Mesolithic community. Seaweed for eating is best harvested in **early summer**.

Atlantic Rainforest



Loch shore

The loch shore is a good place to hunt deer when they come out of the forest to drink. You should also look out for bears, wild boars and beavers!

Highland Pinewood



Pine resin

The bark of a pine tree can be baked in ash piles under fires to extract the resin, which then can be mixed with fat or beeswax and crushed charcoal to make glue to fix microliths. Pine pollen can also be collected as the pine cones dry and cooked to provide a nutritious foodstuff – and you can make pine tea from boiling pine needles!

Atlantic Rainforest



Shellfish

Limpets, oysters and mussels are a staple foodstuff. The shells also make good tools. Limpet shells protect the hand while steadying a drill, oyster shells are good for scraping and as scoops. What else could you use shell for? You find them clinging to rocks by the shore at lowtide all year round.

Highland Pinewood



Wild Boar

As well as the meat, wild boar have very thick skins that make good beds to protect from the cold of the ground. The males have big tusks that can be used as decoration and as hide scrapers while the bone is also a useful resource. They are best hunted in the **summer**.

Highland Pinewood



Blaebberries

Blaebberries are good to settle a bad stomach, and are nice to eat anyway. Lots of other animals like to eat them so you can also watch a blaeberry patch to wait for animals to hunt. Other highland berries may also have been favourites, like raspberries and crowberries. Berries are gathered in **late summer**.

Highland Pinewood



Cloudberry

Bright orange cloudberry are relatively rare today, but would have been a staple food in the Mesolithic, gathered in huge quantities in **summer** from bushes in the high moorland above the forest and stored for the winter.

Highland Pinewood



Small mammals

Small mammals such as squirrels, martens and weasels were hunted and trapped for their fur. The pelts are thin but the fur is attractive and warm, and is a good liner for winter clothes.

Autumn is a good time to hunt them as the leaves are falling from the trees.

Highland Pinewood



Woodland edge

The montane woodland edge is a good place to hunt deer when they graze in the open, above the treeline in the **spring, summer and autumn**. Hunting camps look down onto the woodland edge from places with good views all around.

Broadleaf Woodland



Hazel stands

Well-managed hazel stands can give good straight but bendy branches for making shelters, coracles and baskets. Hazel is also good for arrow shafts. The **winter** is a good time to cut them, when they are free of leaves and before the tree starts to grow again in the spring.

Broadleaf Woodland



Woodland glade

A woodland glade is a good place to hunt aurochs and deer all year round when they graze in the open, and the long grass can be harvested in **autumn** for making coiled baskets or for lining shoes and beds. Smaller tree species bearing berries or nuts often grow at the woodland edge. Knowing where your woodland glades were would be really important!

Broadleaf Woodland



Crab apples

Crab apples can be cooked and eaten immediately or dried and stored for later. They are gathered in the **autumn** and were an important foodstuff.

Broadleaf Woodland



Brambles

In the **spring** the leaves can be eaten, whetting your appetite for the fruit that grows later. Early in the **summer** the growing bramble tendrils can be carefully cut, stripped of thorns with a cleft stick and twisted into rope to repair houses. Later in the **autumn** the blackberries provide a sweet treat.

Broadleaf Woodland



Fungi

A variety of mushrooms such as chanterelles and puffballs make delicious food and many have useful healing properties. Cramp balls and birch polypores also make good tinder to start a fire with. Mushrooms are collected in **late summer** and **autumn**.

Warning: some mushrooms are very poisonous, so you had to know good from bad!

Coastal Estuary



Wildfowl

Geese, ducks and swans made good eating – both the bird and its eggs. Goose feathers are also good for fletching arrows and bird skins can be used to make light clothes. Migratory birds such as geese **overwinter** here and spend the summer further north.

Broadleaf Woodland



Pignuts

Each pignut plant produces a delicious nutty tuber that can be eaten raw or roasted. Their delicate white flowers can be found in **spring**, decorating the woodland glades where the auroch graze. Pignut tubers take a few years to grow, so you can't harvest a glade every year!

Coastal Estuary



Willow

Willow only grows along fresh water rivers flowing to the estuary. Its branches are very flexible and are good for making baskets, fish and eel traps. The branches are gathered in **late spring**. The bark can be chewed as a painkiller.

Coastal Estuary



Eels

Special eel traps are made like fish traps but with spiky bits of willow pointing backwards into the trap from the mouth. The eels can swim in but not out. They are hunted in the **summer** and can be eaten or dried for storage.

Coastal Estuary



Eelgrass

Both the leaves and the roots of this underwater plant can be eaten. They are also very good dried into little cakes for the winter. Some communities made use of eelgrass to thatch their huts. Eelgrass is gathered in the **autumn**.

Coastal Estuary



Fish

Fish make good eating! They can be caught using spears and harpoons, nets and traps – and even tickled out by hand if you know how! Tidal fishtraps and fish pools in the river would have been visited in **spring, summer and autumn**.

Coastal Estuary



Club-rushes

Club-rushes have highly nutritious seeds, stems and tubers. They are also used for weaving into baskets and sleeping mats. It grows in clumps in marshes and next to slow-moving parts of the rivers flowing into the estuary and is gathered in the **summer**.

Coastal Birchwood



Seals

Sealskin makes very good waterproof and warm boots and coats, the blubber can be used to seal coracles and in lamps, and even the seal's intestines can be sewn together to make a raincoat. Seals are particularly hunted during their breeding season in **late autumn and early winter**.

Coastal Birchwood



Beached whale

A stranded whale provides a bounty of meat, blubber, bone and skin for further use. Although you can't plan for a beached whale, it's always good to keep watch for one **all year round**.

Coastal Birchwood



Birch tree

The papery bark makes good tinder for the fire, while the thicker bark is very pliable and can be rolled to make longer lasting firelighters or, as it is waterproof, sewn into containers. The very thin twigs are good kindling. Damp birch is good for smoking and drying meat. Some groups made birch tar which was used as glue and mastic.

The various products from birch trees were processed in the **spring**.

Coastal Birchwood



Cliffs

Seabirds like Great Auks nest on the side of the cliffs to keep themselves safe from predators, but if you can climb well you can climb down to take a few eggs in the **spring and early summer**.

Coastal Birchwood



Inter-tidal zone

The sand, rocks and pools that are left behind at low tide are great places to find seashells, crabs and seaweed **all year round**.

Coastal Birchwood



Wild carrots

Wild carrots are smaller and tougher than today's cultivated carrots, but are still very tasty. Wild carrots are picked in the **autumn**.