

Rapid Rainforest Assessment Training

#Species Survival Fund - Rainforest Restoration Project

RRA Training Programme

Over the course of one day, our aim is to give you the tools and confidence that you need, to be able to conduct a Rapid Rainforest Assessment wherever you go. Follow up support and advice will be available to help you put this course into action. Topics in this course will cover:

- What is a temperate rainforest and why is this habitat so important?
- What habitat characteristics define a temperate rainforest?
- Where can we find temperate rainforest within the landscape?
- What are the current threats to temperate rainforest in Cumbria?
- An introduction to lichens and bryophytes found within temperate rainforest habitat
- Guidance in using the Rapid Rainforest Assessment and support using the RRA App for data collection

Who is this training for?

This course is designed as a beginner's guide to temperate rainforest landscape and conducting a Rapid Rainforest Assessment. If you are someone looking to better understand the ecology of your local area, this course is for you!

What to bring?

- Appropriate outdoor clothing and shoes (wet weather gear, sun hat, sun cream as necessary). This course will involve walking on steep, wet and uneven ground
- Pen and paper
- Packed lunch (tea and coffee will be provided)
- Smartphone (if possible but not necessary)
- Hand lens (if possible but not necessary)

Course Details

- **Date:** Friday 11th April 2025
- **Timings:** 10:00 - 16:00 (please arrive between 9:30 and 9:45)
- **Location:** Quakers' Wood at Rookhow, Quaker Meeting House & Bunkbarn, Colton, LA12 8LA
- **Spaces on this course are limited so please email contactrookhow@gmail.com with your name, emergency contact details to confirm your attendance. Please include details of any pre-existing medical conditions or accessibility requirements.**



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