

New dementia project launches at Highland rewilding estate, to bring people closer to nature

Thursday 12 March, 2026

An innovative new project to support wellbeing by helping people living with dementia get closer to nature is taking place in March at a major rewilding estate in the Highlands.

The pilot research project has been co-designed by the University of the Highlands and Islands (UHI), in collaboration with Trees for Life's [Dundreggan Rewilding Centre](#) in Glenmoriston.

The organisers say that although Scotland's natural and cultural heritage is one of the country's greatest shared assets, barriers such as rural isolation, lack of opportunity, accessibility and confidence can limit who feels able to access its benefits.

The residential experience will enable people living with dementia, and their care partners, to spend three days at Dundreggan – Trees for Life's flagship 10,000-acre rewilding estate.

At Dundreggan Rewilding Centre, which is designed to be accessible for all, rewilding charity Trees for Life offers inclusive experiences and opportunities to help people enjoy and engage with wild nature and the associated wellbeing benefits.

Through a specially co-designed programme of nature-rich activities this month, people living with dementia and their care partners will be able to enjoy an immersive and restorative multi-day experience in the wild Highlands to boost their physical, social and mental wellbeing.

Professor Anthea Innes of the UHI, who has extensive experience of working with people living with dementia, said: "A clear sign of interest and desire to participate in nature-based activities is that all the places for this project have been taken up, and we are now operating a waiting list.

"Participants will be able to stay at the specially designed accommodation at Dundreggan Rewilding Centre for two nights, with meals, accommodation and activities provided entirely free of charge.

"They will have the opportunity to take part in a series of outdoor adventures, guided by knowledgeable staff. Nature walks, craft activities, bannock making, board games, music, and storytelling based on Gaelic heritage are all on offer, tailored to meet the capabilities of the group."

Laurelin Cummins-Fraser, Dundreggan Rewilding Centre Director said: "We are excited to welcome people living with dementia and their carers to Dundreggan – giving them a chance to explore this special place and all it has to offer.

"Staying on site will enable our guests to immerse themselves in nature through the varied activities, with the needs of those living with dementia very much in mind. What we learn from this pilot project will shape the development of a longer-term programme of nature-based health and wellbeing services at Dundreggan."

The project is being part funded by The Scottish Funding Council (SFC) Innovation Fund Voucher scheme, managed by Interface, which fosters collaboration between Scottish organisations and universities or colleges.

At Dundreggan, Trees for Life is restoring important fragments of Scotland's unique Caledonian forest and its wildlife.

Developed in collaboration with the local community, Dundreggan Rewilding Centre offers year-round events and activities, accessible forest trails, a café and events space, and purpose-built accommodation with 20 bedrooms.

See visitdundreggan.co.uk for more details.

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