

## How to find the height of a tree

This relies on trigonometry (and suppleness!) and the fact that if you view a tree top at a 45 degree angle then the height of the tree is equivalent to the distance that you are from that tree. Walk away from the tree but at regular intervals bend forward and look through your legs back to the tree. Stop when you are at a point where you can just see the top of the tree and measure the distance along the ground from the tree to you. This is roughly equal to the tree's height.

