

# IT'S GREAT OUTDOORS



**FIONA RUSSELL**

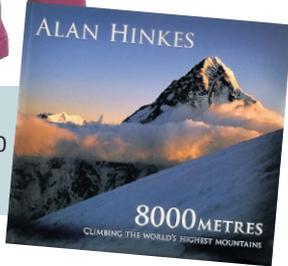
WWW.FIONAOUTDOORS@AOL.COM

## SAVE

Versatile and warm, the Regatta Canto Junior Jacket is smart-looking and practical. **£25, [www.regatta.com](http://www.regatta.com)**



Inspire and delight would-be mountaineers with the new book from adventurer Alan Hinkes, entitled 8000 Metres: Climbing the World's Highest Mountains. **£25, [www.cicerone.co.uk](http://www.cicerone.co.uk)**



# GIFTS THAT WILL DRIVE THEM WILD

No idea about the gear? Running out of inspiration? Here are Fiona's top tips to make Christmas just perfect for the outdoor lover in your life.



The kids will be begging you to go camping in the spring thanks to this funky cow print, two-season Vango Wilderness Junior sleeping bag. **£19.99, [www.vango.co.uk](http://www.vango.co.uk)**

Offering a list of great features normally only found in much more expensive wetsuits, Lomo's Challenger Triathlon Wetsuit will encourage the lucky recipient to join the open-water swimming trend. **£89, [www.lomo.co.uk](http://www.lomo.co.uk)**



Great styling and lots of warmth from real down – for only £50. The Quecha XLIGHT Inuit Down Hoodie is perfect for women who feel the cold. **£49.99, [www.decathlon.co.uk](http://www.decathlon.co.uk)**

Book a loved one an outing on a stand-up paddleboard. You can buy a voucher from Wilderness SUP and then they can choose their top SUP location. **From £40 for a two-hour mini SUP exploration, [wildernesssup.co](http://wildernesssup.co)**



## SPLURGE

The GoPro video camera has been reissued as the Hero3+ Black Edition. Ideal for taking film and photos on the move. **£359.99, [gopro.com](http://gopro.com)**



Good-looking and practical, the Suunto Ambit2 HR watch is high on functionality and includes an altimeter, barometer and compass. **£499.99, [www.ellis-brigham.com](http://www.ellis-brigham.com)**



As well as keeping hands cosy, Nathan Speedshift running gloves have TruTouch technology to access smartphones and LightWave red LED lights. **£40, [www.johnlewis.com](http://www.johnlewis.com)**



Junior skiers need the same comfort and speed as the grown-ups, so go for Salomon Focus Boots for kids. They come in five colours and sizes 4.5 to 14. **£200, [www.salomon.com](http://www.salomon.com)**



Show your woman how much you care with a top-notch Arc'teryx Beta FL GTX Active jacket. PS, there's a men's version, too. **£349.99, [www.ellis-brigham.com](http://www.ellis-brigham.com)**



This Jackson Karma whitewater kayak in pink is the perfect pressie for your paddling lady. **£999, [www.canoeandkayakstore.co.uk](http://www.canoeandkayakstore.co.uk)**



## STOCKING FILLERS

- 1 Stuff some Gore Bikewear Visibility Thermo Arm Warmers into the toe of your favourite cycling man's stocking this Christmas. **£34.99, [www.goreapparel.co.uk](http://www.goreapparel.co.uk)**
- 2 The Sea to Summit X-Shot is a handy container for a morning espresso or evening dram and folds flat for packing away. **£7.99, [www.ellis-brigham.com](http://www.ellis-brigham.com)**
- 3 The popular Victorinox Jelly Climber Knife is a Swiss army knife boasting an attractive jelly-effect outer casing. **£28.50, [www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)**

- 4 A Clif Bar is a performance nutrition snack perfect for anyone who uses up lots of energy outdoors. Choose from chocolate chip, oatmeal raisin walnut or crunchy nut butter. **£1.34, [www.gooutdoors.co.uk](http://www.gooutdoors.co.uk)**
- 5 Darn Tough sell lifetime guarantee running socks made from anti-whiff merino wool. The No Show Tab Ultralight is priced **£10.99, [darntough.com](http://darntough.com)**
- 6 Heat Treat Hand Warmers come in a range of styles to keep small and large hands toasty. **£9.99, [www.heat-treats.co.uk](http://www.heat-treats.co.uk)**

