

EVERY SECOND COUNTS
The course finish line



POINTING THE WAY The sign says it all as competitors look to push on

HEAD FOR HEIGHTS
There's room for mountain bikes too on the cable car



VICTORY EMBRACE
Crowds salute another World Cup success



ON THE TRAIL OF LOST TREASURE

Geocaching – treasure hunting by GPS – is a fast growing activity in Scotland and a new geocache trail is being launched. The Alva Glen trail opens today at the start of the Ochils Festival, which is the brainchild of the Ochils Landscape Partnership. It follows the success of a geocaching trail in the Ochils Woodlands Park. The Alva Glen allows walkers to search for geocaches by GPS navigation. Each cache also has a hidden letter, which can be unscrambled to spell two words. These words can be entered into a competition to win Trespass vouchers. See www.ochils.org.uk

TAKE THREE..

Choose a rucksack to suit all of your summer up-to-a-day-long hikes.

SAVE
Vango Charge 25L
Value for money with this cleverly designed day pack, including Vango's AirWave Back System, detachable strap, rain cover and many pockets. Price, £29.99, www.sportswarehouse.co.uk



SPEND
Camelbak Rimrunner 25 Hydration Backpack
Comfortable rucksack with room for all your summer walking kit as well as a three-litre hydration bladder. A zipped pocket holds a handy rain cover. Price £63.71, www.blackleaf.com

SPLURGE
Osprey Kestrel 28
You get what you pay for and the Osprey Kestrel boasts many features, including a hip belt with zipped pockets, integrated rain cover, trekking pole attachment and lots of pockets. Price £90, www.ospreyeurope.com



RUNNING FOR COVER

Lightweight, waterproof and highly breathable, the new Mammut Rainspeed jacket ticks all the right boxes for runners. Weighing just 210g, it is designed for comfort and performance whether it's windy, rainy or a little cool. When you heat up, the hooded jacket can be packed into its pocket for easy carrying. There are male and female versions of the jacket priced at £155, www.mammut.ch



BODY AND MIND



Child's play to get them active

There's been lots of research done on obesity and inactivity in kids.

Unlike adults, who may drag themselves to the gym if they are feeling chubby, children tend not to have this motivation.

Parents, grandparents, schools and coaches can help and should encourage them to get active. What works though?

Fun: To engage kids, it needs to be fun. Make up games to play – hide and seek, treasure hunts, races, swingball, building a den. Take them on outdoor adventures and explore the area around you – kids don't notice how long they have walked, cycled or scooted if they are having a great time.

Competition: Some parents are scared of their child losing but in fact, providing that they are supported and shown how



APRIL LOGAN

to improve, they usually enjoy some competition – even if it is simply racing you to the end of the street. **Inspire:** If you get active with your children or show them great examples, they already look up to you and will want to join in. Find coaches who the kids think are fun but also trust and respect. The coach must have a balanced, relaxed approach but can be serious when needed.

FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER AT FITNESS@SUNDAYMAIL.CO.UK FOLLOW APRIL LOGAN @PTSCOTLAND

GAVIN OATTES I WAS JUST THINKING

It's during tough times at work that you have to draw from any positives. I've nearly walked away at times but thanks to other people or a quick change of mind-set, I turned things around. Stay positive, you never know what might happen. ■ Follow Gavin on Twitter @gavinoattes

THE DIET Christine Mitchell

I get home from work at 8pm and although I am starving, I don't want a full meal in my stomach all night as I feel uncomfortable. What can I do? Have a main meal at lunch time so you only need a light supper at home – like smoked haddock poached in milk with cornflour added to thicken to a sauce, served on wholemeal toast topped with tomato and cheese, finished by grilling. Protein, fibre and you won't feel uncomfortable.

EMAIL YOUR QUESTIONS TO DIET@SUNDAYMAIL.CO.UK FOR MORE INFO ON THE WEIGHT WATCHERS PROPOINTS PLAN OR TO FIND YOUR NEAREST MEETING, CALL 08457 123 000 OR VISIT WWW.WEIGHTWATCHERS.CO.UK