



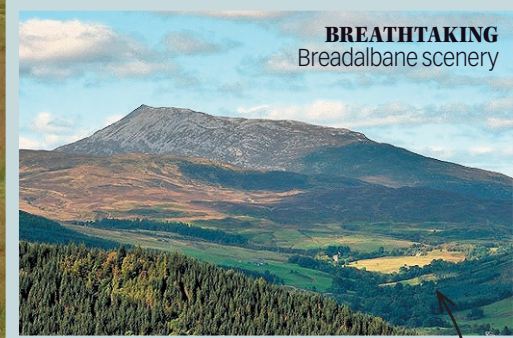
PEACEFUL Fiona takes a moment to enjoy the beautiful surroundings while on the cycle trail



BAGS OF STYLE

Practical outdoors and great styling combine in a new range of messenger bags.

The Vaude Albert, in sizes eight to 19 litres, is made of recycled tarpaulin and is easy to carry while walking, cycling or travelling. It has a slide-stop shoulder pad, a hipbelt and a system to attach to a suitcase handle. It comes in blue, red, orange, green or black, from £39.95 to £79.95. See Vaude.com



BREATHTAKING
Breadalbane scenery

Where is Breadalbane?

Breadalbane incorporates the settlements of Crieff, Aberfeldy, Kenmore, St Fillans and Killin.

In between the towns and villages is a beautiful landscape, where lochs stretch into the distance, mountains rise high above and around every corner is a natural or historical discovery. For more info, visit www.breadalbane.org

Acharn, the pretty banks of the River Tay and Kenmore.

Route creator and keen walker Felicity Martin, of Comrie, said: "I live in the area and walk most days. These are country routes I know and love.

"There are so many trail options on both Rings and now visitors will be able to easily pick and choose where they walk.

"We want to welcome more of them to explore our lovely landscape."

As I ride another picturesque road, this time in Glen Lyon, I keep my eyes peeled for golden eagles and look up at the mountain summits of the majestic Ben Lawers range.

Glen Ogle tests my leg muscles further but I know there is more descent to enjoy and the wonderful southern shore road of Loch Earn.

The 100-mile route is challenging, even on a carbon-light road racer, and perhaps I made it harder by riding it in reverse.

Andrew doesn't think so. He said: "It's a tough route to do in a day, whichever way you go.

"And many people will choose to ride it over two or three days instead of one long day.

"We really hope to see more cyclists on this route, as well as the biking trails and the walking Rings.

"Breadalbane is a secret gem for all outdoors people in the very heart of Scotland."

For further details about the Rings, visit www.breadalbane.org/rings-of-breadalbane

WWW.FIONAOUTDOORS.CO.UK

TAKE THREE.. Commuter bike lights

Keep on cycling into the autumn and winter with an essential set of back and front bike lights.

SAVE

B'Twin bike 300 light set
If you like your bike lights to be easy on and off, these include a useful "elastomer" strap. The LED lights include reflectors and come with a two-year guarantee. **£9.99, www.decathlon.co.uk**



SPEND

Ring Cyba-lite twin set
A new range of front and rear LED lights have four lighting modes and flashing, low battery warning and quick release swivel mounting brackets. **£34.99, www.ringautomotive.co.uk for stockists**



SPLURGE

Exposure Sirius Mk1 with flare light set

The Sirius offers superb lighting for brightening even unlit roads plus a pulsing mode that can be used in daylight hours for improved cyclist visibility. The lights are easy to attach and remove and recharge via a USB port. **£108.71, www.wiggle.co.uk**



REEL ROCK

The popular Reel Rock film tour returns to the UK this autumn. This year, the one-date event will offer a feature-length documentary entitled Valley Uprising. The film is a fascinating insight into 60 years of climbing history in America's Yosemite National Park.

It takes a look at the legends of climbing, as well as some of today's super climbing athletes. Reel Rock is in Edinburgh on October 15 at the Queen's Hall. See www.reelrock.co.uk for more details.

BODY AND MIND



SWAPSIES Try battle ropes instead of machine weights

Make a trade on your fitness

I often read about healthy food swaps like swapping a bag of crisps for a handful of almonds and a piece of fruit. This is great advice, as your body gets more benefits from nutrient-packed food. Why not apply the same approach to exercise, so our body gets more benefits from it?

Swap jogging for interval sprints –

Instead of your usual 30-minute jog, add some sprints, where you run flat out at your fastest pace.

You can do this using lamp posts – jog for five, sprint for one. You'll burn more calories and fat, plus you'll improve endurance, heart rate and lung capacity.

Swap machine weights for functional training –

Instead of doing machines, where they often only work one muscle at a time, try functional training such as using cables, TRX, medicine balls, kettlebells or battle ropes. Several



APRIL LOGAN

muscles are challenged so this is far more effective for burning fat, strengthening more muscles and shaping the entire body.

Swap sit-ups for Pilates –

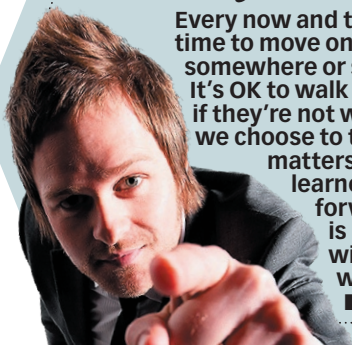
Sit-ups only work the big muscles at the front of your tummy. Pilates, however, works the entire core, so abs, back and waist will be stronger and slimmer. Go to a class, get a DVD or check out YouTube for core-specific Pilates exercises.



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

Every now and then we find it's time to move on – from someone, somewhere or something else. It's OK to walk away from things if they're not working. It's what we choose to take from it that matters – what we've learned as we move forward. Acceptance is key. Look forward with hope, not back with regrets. **@gavinoattes**



THE DIET Christine Mitchell I'm trying to lose weight but am tired all the time and have no energy, what would help me?

Studies show obesity leads to poor sleep and bad moods.

Research shows that after just six months of weight loss, you will see an improvement in sleep quality and mood. Cut back on caffeine and alcohol, go to bed and wake up at the same time every day. Banish all gadgets in the bedroom, including TVs. Keep going. You'll get there.

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