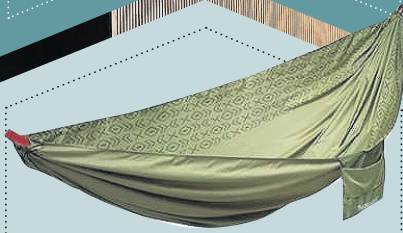


IT'S GREAT OUTDOORS



KIT OF THE WEEK

Hang out on a summer camping trip in a Therm-a-Rest Slacker Hammock.

Created from a polyester ripstop fabric, the hammock offers great comfort with no pressure points and also feels soft against the skin.

The attached pocket doubles up as a stuff sack and a holder for books, tablets, and headlamps should your slacking escalate to full-on snoozing.

The hammock comes in single and double sizes and for warmer, climates where bugs are a problem, there is a mesh Slacker Hammock Bug Cover.

Therm-a-Rest Slacker Hammock and accessories are available in selected retailers, priced from £60. See www.thermarest.com

GO THE NEW DISTANCE

A leading women-only cycle series, the Macmillan Cycletta, has added two new routes to the Scottish event. The Cycletta Scotland takes place at Scone, Perthshire, on July 19, and includes new distances of 20km and 150km, as well as the 50km and 100km. Dan Lipman, of organisers Human Race, said: "We're very much listening to what our participants are looking for from an event and ensuring their needs are met." See humanrace.co.uk/events/cycletta to enter.



HANDY Clever FlipBelt waistband FLIPPING BELT UP

The FlipBelt is a singular tubular waistband that acts as a pocket for all your on-the-go essentials.

Worn around the waist, the stretchy belt has four holes in which you can insert your mobile phone, keys and rolled-up fivers.

The FlipBelt, priced at £25, is made from a moisture-wicking spandex-lycra blend and is also machine washable.

Buy from www.achillesheel.co.uk and see www.theflipbelt.co.uk

ON CREST OF A WAVE Wakeboarding at Glasgow's Wake Park



Have you tried?

Wake-up call for watersports fans



FIONA RUSSELL

This activity uses an overhead cable to pull you along the water's surface rather than a speedboat, the result is less noise and more emphasis on fun.

CABLE WAKEBOARDING

What is it?

A fast-growing watersport that sees riders being pulled along the surface of water by an overhead cable while strapped to a wakeboard.

Tell me more

Cable wakeboarding is a new version of the older set-up of wakeboarding that relied on a speedboat for travel. It is like water skiing but done on a mono board. Here, the pull is provided by an overhead cable that runs smoothly between tall masts.

Along the cable are a number of carriers from which ropes attach that pull the wakeboard rider back and forwards across the water. The cable is controlled to run at different speeds to suit varying abilities.

A wakeboard looks like a cross between a snowboard and a surf board. Riders wear wetsuits and once the basics of riding across the water have been mastered, the next step is easy turns and then jumps and somersaults.

Anything else to know?

Grasping the basics of riding a wakeboard is fairly simple. An instructor can teach from the waterside and most people are up and riding the surface of the water within 10 minutes. Because you ride back and forth, it is easy to pick up tips and



A WILD RIDE Enjoying the facilities at Foxlake Adventures

advice and advance skills much quicker than wakeboarding from behind a noisy boat.

But I thought... Scotland's lochs were the perfect location for wakeboarding. This is true and there are loch-based wakeboarding providers.

However, cable wakeboarding simply makes the sport more accessible to different people and it is easier to teach.

When can we do this?

Spring to autumn.

Where can we do this?

There are two wakeboarding centres in Scotland.

The first opened in East Lothian at purpose-built

Foxlake, near Dunbar. See www.foxlake.co.uk. The other, Glasgow Wake Park, is on the Forth & Clyde Canal at Pinkston Watersports Centre, close to the centre of Glasgow, see www.glasgowwakepark.com

Who is this for? Children as young as six and any adults, whatever their age, can do it. **What else can we do?** Wakeskating is an adaption of wakeboarding but the rider is not bound to the board, which means the rider can perform more challenging airborne tricks. Head to Glasgow Wake Park.

At Foxlake there is an aerial ropes course above the water called Foxfall Ropes.

Advice and ideas

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at www.fionaoutdoors.co.uk – you'll find lots of great information about walking, cycling, running, other outdoor activities and kit reviews.