

OUTDOORS

KIT OF THE WEEK



FWE cycle clothing

You would expect people who work in bicycle shops to know a thing or two about cycle clothing.

With this in mind, Evans Cycles asked staff for design input for their new FWE cycling jersey and bib shorts.

The result is a FWE LTR short sleeve jersey top and FWE BK bib shorts in both male and female fit.

The look is classic retro style and there are plenty of thoughtful features including zipped security pocket and reflective details.

The price tag is also budget-friendly at £29.99 for the top and £34.99 for the shorts.

See www.evanscycles.com

SAY TREES TO WIN LUXURY BREAK

Woodland Trust Scotland are encouraging snap-happy families to get out into local woods to take photos.

The charity has launched a Say Trees! photography competition with Yorkshire Tea to find pictures that capture the spirit of family fun.

The contest is open to all ages and abilities and entries must be submitted by June 29.

The winner will receive a luxury one-night trip to Harrogate including afternoon tea at Bettys, and a goody bag of Yorkshire Tea products.

Carol Evans, director of the WTS, said: "We're looking for photos that show families enjoying a trip to the woods."

See www.woodlandtrust.org.uk/saytrees/



GET ON BIKE FOR A ROYALE PUSH

A new closed road sportive takes place in the north-east of Scotland this September.

The Etape Royale offers 65 or 100-mile routes through the rolling countryside of Royal Deeside, Aberdeenshire and into Moray.

A percentage of every rider's entry cost will go towards local causes distributed through the event's Charitable Foundation.

The sportive, on September 27, is organised by Wild Fox Events.

See www.etaperoyale.com

YOU CANOE DO IT One of the many activities teens can enjoy in the great outdoors



Grab some life thrills and skills

Have you tried?



FIONA RUSSELL

Teenagers are being invited to build up their self-belief and teamwork skills by taking on outdoor challenges in special courses organised by the Outward Bound Trust.

SKILLS FOR LIFE AWARD

What is it?

The Outward Bound Trust have launched a Skills for Life Award.

The outdoors-based programme aims to develop confidence, communication and teamwork skills for teenagers.

Tell me more

Research has revealed there is a need to assist young people as they progress to further education or employment.

One survey by the CBI found that employers are not satisfied with the skills of school-leavers, including attitudes to work, teamwork, problem-solving and communication.

In response, the Outward Bound Trust has created the Skills For Life Award programme at Loch Eil Outdoor Centre, near Fort William. This summer, there are three 19-day courses for 15 to 19-year-olds that use the outdoors environment and challenging activities to enhance their skills.

Anything else to know?

The programme focuses on outcomes such as resilience, problem-solving, self-confidence, self-management, communication, teamwork and grasping opportunities.

Outdoor activities include two four-night expeditions in the Highlands, including hiking and canoeing.

Participants also take part in sailing, climbing and abseiling



CELEBRATING Youngsters on life skills courses build up a bond

sessions, as well as problem-solving tasks.

Everything to gain

Outward Bound Trust senior instructor Libby Oxtoby was involved in a pilot course.

She said: "I was impressed by how the participants developed the ability to face tasks with a much more positive mindset.

"They could see how much more they are capable of, how to interact with people, how to articulate themselves and how to better deal with a problem.

"It was uplifting to watch them change their attitudes to situations and for them to realise how the Skills for Life

experiences can transfer into employable skills."

When can I do this?

The Skills for Life Award courses take place from June 29 to July 17, July 20 to August 7 and August 10 to 28.

Who is this activity for?

Male and female 15 to 19-year-olds who want to improve their career prospects.

Cost

The courses are £1649 but you can get support through the Outward Bound Adventure Fund. Check out the website.

Contact

See "courses" on www.outwardbound.org.uk

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.