

OUTDOORS

KIT OF THE WEEK

HJ Hall technical outdoors socks
Historic sockwear brand HJ Hall have launched a new range of technical outdoors socks.

A collection of six ProTrek socks are aimed at walkers of various types.

The range includes the Rambler, Challenger, Multi-Trek and Explorer Softop.

Two other styles, the Extreme and Advance Trek Dual Skin, offer endurance over long-distance hikes.

All the socks have been designed with comfort and function, as well as a unique Tri-Seal treatment for water repellency.

■ **Prices start at £8.75. See www.hj.co.uk**



WASH AND ODO



Revive your smelly kit

Getting sweaty is an inevitable outcome of outdoors activities.

Cleaning your baselayers and sportswear can be a challenge.

Now a new washing detergent has been created specifically for synthetic sports kit. Odo Sport Revive deep cleans in the washing machine at low temperatures to eradicate the bacteria that causes stubborn odours.

■ **It costs £5.99 for 750ml. See www.odosport.com/revive**



FITNESS IS JUST A WALK IN THE PARK

Glasgow's parks will host hundreds of fun and free activity sessions this year as part of a scheme to get city residents up, active and socialising.

Delivered by Glasgow Life in partnership with Coca-Cola Great Britain, ParkLives takes place at 10 parks, including Bellahouston, Kelvingrove, Springburn, Victoria and Queen's, starting this month.

There will be instructor-led activities from tennis to golf as well as more unusual activities such as fitness bingo and baby loves disco.

The free programme is designed to appeal to all ages and abilities. ■ **See www.parklives.com**

BALANCING ACT
Aqualining involves walking a tightrope over water



Learn the ropes to walk over water

Have you tried?



FIONA RUSSELL

Learn a thrilling new activity and hone your balance skills by taking up aqualining which sees participants cross fast-moving rivers and waterfalls without getting their feet wet.

Advice and ideas

AQUALINING

What is it?

Aqualining is a fun, over-water variation of the slacklining craze, which grew up among the rock-climbing community in America.

A slackline is a combination of a tightrope and trampoline and is used as a way to improve balance, practise tricks and enjoy fun competitions between friends.

Tell me more:

Land-based slacklining is a recognised global sport, under the governance of the World Slackline Federation.

In Scotland, the activity has been developed to create aqualining over a fast-moving river and waterfall.

The Nae Limits aqualine is located 10ft above Perthshire's Calvin Gorge and is the world's only commercial aqualine.

Participants are first taught how to jump from rocks and waterfalls into deep water pools.

Next, they walk the aqualine but with a security line to hold on to – and then the aim is to go solo.

Aqualiners must try to stay on the line for as long as possible and even all the way across the gorge.

■ **Anything else to know?** John Mason-Strang, founder of



NAE LIMITS Setting up an aqualine over a pool for the next challenge

activity company Nae Limits, said: "Aqualining is a great mix of water play, fun and adventure and all set in spectacular scenery."

"You learn new skills and you can take part as an individual by challenging yourself, or with a group of friends simply having a laugh."

Who is this activity for?

Anyone over the age of 12 and in good physical health.

When can we do this?

Sundays between May and September.

What else can we do?

This summer, a special Nae Limits Sunday Session pass allows customers to sample a range of water activities, including aqualining, canyoning and cliff jumping, as well as whitewater sports such as tubing and rafting.

Anything else to know?

Nae Limits has recently moved headquarters to Rivers Meet café at Ballinluig, Perthshire.

Contact:

www.naelimits.co.uk or call 0845 017 8177.

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.