

OUTDOORS

KIT OF THE WEEK

Mountain Hardwear SuperMega UL 1 tent

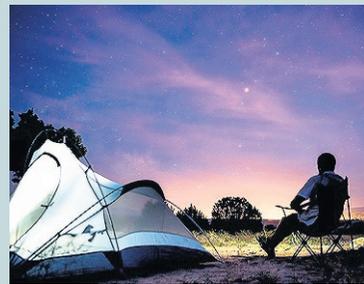
When weight really matters, the one-person Mountain Hardwear SuperMega UL 1 tent will make you smile. Its carrying weight is a little over 0.8kg yet it's still designed to offer good weather protection.

The free-standing tent is perfect for summer backpacking or bike touring trips.

■ **The tent sells for around £300. See www.mountainhardwear.eu for stockists.**



GO BATTY FOR BIG SLEEPOUT



August 8-9 sees the return of The Big Wild Sleepout at RSPB Loch Leven in Perth & Kinross.

The event takes place in the day and overnight and includes nocturnal bat and moth walks, as well as family fun and games.

The costs are adults £33, children £16, family £98 (two adults and up to three children). Booking is essential.

■ www.rspb.org.uk/scotland/

GET INTO THE RIGHT GEAR

New Scottish fitness wear brand vivimoss sell fitness clothing that looks as good at the gym as it does on a trail run. Recent launches include the women's Energy Short-sleeved Tee and Freedom Shorts.

There are also a men's range of tops, shorts and trousers. Vivimoss boast strong ethical sourcing and green business credentials.

■ See www.vivimoss.co.uk



Advice and ideas



IN PEAK FORM
Ramblers Scotland want people of all ages go for a walk on August 1-3

GREAT WALKS AND GREAT PRIZES ON OFFER

As well as enjoying the fitness and health benefits of walking, the Get Outdoors Weekend has 100 prizes to give away. Share photos of your adventures with Ramblers Scotland to have a chance of winning a two-night stay for two people at Gleneagles Hotel, a Páramo fleece and windproof jacket and a Highlander Blackthorn2 tent. There are also Pocket Mountain guide books, Nikwax products, walking socks and water bottles up for grabs. See www.ramblers.org.uk/go-walking/get-outdoors-weekend-2015

Step this way for wild weekend

Have you tried?

GET OUTDOORS WEEKEND

What is it?

A special 50th anniversary weekend of walking, including guided walks, organised by Ramblers Scotland and great routes to explore on your own or with family and friends.

Tell me more...

Long-established walking charity Ramblers Scotland want more people to discover the fun of walking.

From August 1 to 3, the Get Outdoors Weekend offers dozens of varied and interesting led walks for people of all ages and abilities.

They have also listed many more walks to enjoy on your own or with a group of friends.

Jess Dolan, Ramblers Scotland director, said: "It is a great way of celebrating our 50th birthday by showcasing all our fabulous countryside has to offer. There's no better time to discover new places, paths and views."

Ideas to inspire you include Scotland's 26 Great Trails, local health walks supported by Paths for All and walks in the Cairngorms National Park or Loch Lomond and the Trossachs National Park.

Anything else to know?

If you think the Ramblers are only for people in their later years, you'll be surprised.

In the 21st Century, the



PERFECT FIT Enjoy stunning country views and get some exercise

PICK FROM DOZENS OF VARIED AND INTERESTING LED WALKS

walking organisation have plenty to offer all ages, and including many new Young Walkers groups. These groups, based in Edinburgh, Glasgow, Tayside and Aberdeen, attract people aged between 20 and 40.

A spokesman for Ramblers Scotland said: "Our Young Walkers groups are growing and thriving. There are Ramblers Scotland groups and led walks to appeal to all ages."

Who is it for?

Everyone.

Cost?

Guided walks are free although

there may be transport costs for some of the walks.

Anything else to do?

Ramblers Scotland have 450 mapped routes as part of their innovative Medal Routes project. The short circular routes of bronze (15 mins), silver (30 mins) and gold (60 mins) can be found in locations from Orkney and Shetland to the Borders. Download free from the Medal Routes App or the Ramblers Scotland website.

Contact

Ramblers Scotland at www.ramblers.org.uk/scotland.aspx

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.