

OUTDOORS

WALK ON THE CULTURAL SIDE

Cancer support charity Maggie's is calling for people to join a fundraising night walk of 10 miles.

Maggie's Culture Crawl Edinburgh on September 25 will include cultural highlights. It is being curated by author Alexander McCall Smith, who will write a special short story to celebrate the route.

He said: "The Culture Crawl provides an enjoyable and unusual way of seeing some of the city's landmarks, as well as providing access to some of its best kept secrets."

"It is pleasing that this will also help raise funds for Maggie's Edinburgh."

Registration is £25 and participants are asked to raise a minimum of £100. See www.maggiescentres.org/culturecrawl/find-event/culture-crawl-edinburgh or email edinburghculturecrawl@maggiescentres.org



CHI UP YOUR RUNNING SPEED

Leading chi running teacher Nick Constantine is hosting a series of workshops in Scotland.

The Soul in Motion Chi Running Workshops take place in Pollok House, Glasgow, on August 29 and Griffen Fitness, Edinburgh, on October 17. And there will be a Chi Running and Yoga Day on October 25.

Chi running is acclaimed as a way to boost running speed and endurance while reducing your chances of injury.

Nick said: "It combines the inner focus and principles of tai chi with the power and energy of running."

There's a free taster session at Run and Become, Edinburgh, on October 16 at 6.30pm.

Book: www.soulinmotion.co.uk

KIT OF THE WEEK

Vaude Tacul PD Jacket

Stay warm in the wet and cold with Vaude's new a lightweight down-fill jacket. The Vaude Tacul PD jacket is made with water-repellent and insulating PrimaLoft Silver Insulation Down Blend.

The eco-friendly jacket also offers great freedom of movement thanks to stretchy fleece inserts at the back, side and arms.

The men's Vaude Tacul PD weighs 390g while the women's is 325g. They can be stuffed into a stow pocket.

Priced around £180. See www.vaude.com



Advice and ideas

DRINK IN NATURE
Make wild cocktails using fragrant, foraged botanicals

Have your pick of nature's larder

Have you tried?



FIONA RUSSELL

Unearth amazing and delicious foodstuffs while enjoying the great outdoors on a food foraging trip then cook up a storm and be shaken and stirred by a spot of wild cocktail mixing.

WILD FOOD FORAGING

What is it?

Hunting and discovering the wild foods that can be eaten or used usefully as a medical or health aid.

Tell me more...

Scotland's countryside and coast are amazingly abundant in wild foods and herbs if you know where to look.

Wild food foraging trips are led by experts who can show you the good and the dangerous in our natural larder. Most outings are on foot and many offer plentiful opportunities for tasting and even cooking up the wild foods that you discover.

In late summer and autumn, the types of foods that you might forage for include rosehips, elderberries, raspberries, wild strawberries, hazelnuts, brambles and many types of mushrooms.

There are a number of outdoors providers that offer wild food foraging trips, including Galloway Wild Foods, run by Mark Williams.

He said: "Foraging is a great activity for all ages, especially in the coming months. But care must be taken over what you forage for so as to protect our natural environment and also to avoid toxic plants."

"An expert will show you all the great foodie finds, such as delicious chanterelles in August and ceps in September."

Mark will also lead a weekend of wild food foraging



FOOD FOR THOUGHT You'll be amazed at range of edibles on offer



at Dell Lodge, Dell of Abernethy, Nethy Bridge, in the Cairngorms National Park.

And the Autumn Good Life Workshop takes place on August 28 to 30.

Dell of Abernethy co-owner Polly Cameron said: "Mark will show foragers the huge bounty of produce in local woodlands and riversides, from fungi and plants to berries and herbs."

"After finding the foodstuffs, we'll come back to base for identification, cooking, feasting and wild cocktail mixing. We'll enjoy cocktails made with fragrant foraged botanicals and dine together around our woodland firepit, because food always tastes better outside."

Other wild food foraging experiences can be found at Scot Mountain Holidays, based in Boat of Garten, near Aviemore. Many of the guided walks, including those for

families, offer the chance to spot edible wild foods.

Who is it for?

All ages.

When can we do it?

All year round, although autumn is a very good time.

Cost?

Contact the provider.

Anything else to do?

Enjoy food foraging on a bushcraft weekend, a canoe adventure, a gourmet day or as part of a Wild Booze Walk with www.gallowaywildfoods.com/

Contacts:

The Dell of Abernethy: www.holiday-cairngorm.co.uk;

Galloway Wild Foods: www.gallowaywildfoods.com;

Scot Mountain Holidays:

scotmountainholidays.com;

Back Country Survival:

backcountrysurvival.co.uk;

Wilde in the Woods:

monicawilde.com

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.