

OUTDOORS

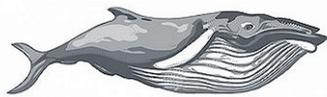
KIT OF THE WEEK

NANO foot roller

The NANO foot roller is an innovative gadget designed to increase flexibility and relieve minor muscular aches and pains.

The foot roller's surface replicates the feeling of a massage therapist's fingertips and increases blood flow to the affected areas.

The NANO foot roller is available in two densities, regular and extra-firm. It's priced at £24.99. See www.live-on-the-edge.com



OCEAN FILM FESTIVAL U.K.

BIG BLUE BROUGHT TO THE BIG SCREEN

The Ocean Film Festival world tour comes to Edinburgh next month.

The festival, which originates in Australia, will feature a selection of the world's most captivating ocean-themed short films.

It will visit 24 towns and cities across the UK this autumn, including the Scottish capital's Festival Theatre on September 26.

The tour showcases more than two hours of footage taken above and below the water's surface.

The films document the beauty and power of the ocean, and celebrate the divers, surfers, swimmers and oceanographers who live for the sea's salt spray and marvel at the mysteries of the big blue.

For details and tickets, see www.oceanfilmfestival.co.uk

UP YOUR SKILLS BY GOING DOWNHILL

Mountain bikers are invited to join an enduro training camp at Dunoon on the Cowal peninsula next month.

Enduro is a mountain bike event that has a greater proportion of downhill sections, which are timed, to uphill and cross-country sections. This aims to test riders' technical skills.

The two-day camp, run by No Fuss Events, is aimed at beginner and intermediate riders. You'll learn from coaches how to ride your bike more skilfully and with improved technique.

There will be training on Saturday, October 10, followed by an entertainment evening and race on Sunday, October 11.

The camp costs £75. There is a £45 entry for the race only. See www.nofussevents.co.uk

**YACHT TO LOVE IT**

Feel the wind in your sails on the beautiful beach at St Andrews

Blown away by beach adventure

Have you tried?



FIONA RUSSELL

If you think that windy weather means you can't have fun by the seaside, just try racing along the sand on a land yacht and you're guaranteed to change your mind

Advice and ideas

LAND YACHTING

What is it?

Land yachting combines the grace of sailing with the adrenaline buzz of motor racing. Sitting just above a sandy beach, you whizz along on a wheeled board that is powered by the wind in a sail.

Tell me more...

A land yacht looks like a sailing dinghy on wheels.

To enjoy the activity you need no prior knowledge and the basic skills can be mastered within 20 minutes.

Blown Away Experiences are a leader in land yachting sessions in Scotland.

An instructor provides a full demonstration of how to sail a land yacht. Then it's your chance to practise controlling the sail and steering.

As your skills improve, you'll find the confidence to go faster.

It's also a lot of fun to race fellow land yachters, so this is a good sport for doing with friends or a family group.

At the end of the two-hour session, you'll be presented with your certificate of completion



IT'S A BREEZE You can learn basic land yachting skills in 20 minutes

and there are awards for the top land yachters.

While land yachting is aimed at teenagers and adults, children aged five to 12 can ride beside an adult on a twin land yacht.

Land yachting with Blown Away takes place at West Sands Beach in St Andrews; Lunan Bay, near Arbroath; and Belhaven Bay, Dunbar, East Lothian.

Anything else to know?

Safety gear is provided, including helmet, gloves and protective goggles. It's recommended to take spare clothes in case you get wet or sandy.

Who is it for?

Teenagers and adults. Children under 16 must be accompanied by an adult, with maximum two

children per adult. The maximum weight is 16.5st or 105kg.

When?

All year round but mainly in the spring, summer and autumn. The activity is subject to wind and tides.

Cost

A land yachting experience, including coffee and shortbread, is £55 per person.

Anything else to do?

Blown Away also offer beach kayaking, stand-up paddling, zapcats and beach Olympics.

Contact

Blown Away at www.blownaway.co.uk. Another provider are X-Sail at www.x-sail.com/x-sailing/x-perience

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.