

OUTDOORS



RACE FOR LIFE

Scottish fitness brand Vivimoss are supporting Breast Cancer Awareness Month throughout October.

They will be donating 20 per cent from the sale of their women's hot pink Freedom shorts and Stay Fresh T-shirts during the entire month.

Founder Lauren Moss, of Edinburgh, said: "It's a pleasure to be able to do something to make a difference through our brand and to support such an important cause."

■ **For more details, visit www.vivimoss.co.uk**

WILDCAT FOR WEB

A new Scottish Wildcat Action website has just been launched.

Scottish Wildcat Action, supported by the Scottish Government and Heritage Lottery Fund, are delivering the first national conservation plan to bring back viable populations of Scottish wildcats.

The website has easy-to-use features to encourage people in the Highlands to report sightings and volunteer with fieldwork.

Dr Roo Campbell, project manager at Scottish Wildcat Action, said: "Local sightings of all wild-living cats are key in our efforts to save Scottish wildcats. "The new website will be vital for assisting with our action plan."

■ **For more details go to www.scottishwildcattaction.org for more details**



SEEING IS BELIEVING

The 15th European Outdoor Film Tour returns to Scotland in November.

The action-packed event will visit Glasgow and Edinburgh to showcase many new outdoor action films.

The line-up includes films about a high-speed longboarder, an American tour on wild horses, climbing K2 and skiing a volcano.

Dont' leave it too late, though. EOFT is on at The Mitchell Theatre in Glasgow on November 3 and Portobello Town Hall on November 4.

■ **For tickets and information, go to www.eoft.eu**

ON THE TRAIL
Walkers find one of the geocache stations



Cache reward for treasure hunters

Have you tried?



FIONA RUSSELL

If walking in the country sounds boring or it's struggling to motivate friends and family, heading outside to track down a series of specially placed 'caches' will liven things up. Trails have been set up in beautiful areas all over the country, including a new one in Royal Deeside

GEOTOURING

What is it?

A new GeoTour – or Geocache Tour – has been created in Glen Tanar and Royal Deeside.

Like a modern version of a treasure hunt, geocache tourers use GPS navigation to seek out caches on a set trail.

The Deeside Way, between Drumoak and Ballater, is the place to find 20 new geocaches.

Some 50 other caches are also hidden on "mini-trails" in the Deeside valley, including several located on a five-mile circular Old Pines Trail.

The exact position of the caches are revealed on the website Geocaching.com and a GPS device or smartphone app is used to find them.

Tell me more:

Geocaching was founded some 15 years ago in Oregon, America, when Dave Ulmer recorded the first hidden GPS-located cache.

Now, thanks in the main to Geocaching.com, the fun outdoor activity has spread worldwide with more than 2 million caches hidden in urban and rural locations.

Treasure hunters sign up to the site and look for a route to a cache in their own area or somewhere that they are visiting.

There are easy geocaching walks and much more challenging routes and each are graded so you can choose one to suit.

This concept has now been adopted by tourism group Visit Royal Deeside to



OPTIONS Head ranger Eric Baird says the GeoTour is proving popular

encourage more people to explore the region.

Eric Baird, head ranger for the Glen Tanar Charitable Trust, said: "The new GeoTour offers visitors more options for exploring the fantastic walking trails and countryside in this area."

Anything else to know?

A typical cache is a small waterproof container containing a logbook with a pen or pencil.

The geocacher enters the date they found it and signs it with their established code name.

After signing the log, the cache must be placed back exactly where the person found it.

The caches also contain small treasures. If one is removed, it must be replaced with something similar.

You can also become a

geocache "hider", as well as a "seeker".

Who is it for?

Everyone of all ages and fitness levels.

When can I do this?

All year round.

Anything else to do?

An Explore Royal Deeside passport has been created to partner with the Geotour.

By checking boxes as you seek out caches, you can claim a specially commissioned trackable Geocoin.

Tick 25 boxes for a silver coin and 40 for a gold coin.

Cost:

Basic Geocaching apps are free but there are extra options with various subscriptions.

More details:

See visitroyaldeeside.com/explore-royal-deeside-with-geocaching and glentandar.co.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.