

OUTDOORS



KIT OF THE WEEK

OSPREY 36 LITRE RUCKSACKS

Winter walking demands a larger rucksack for all your extra safety kit and clothing layers and the Osprey 36 litre Stratos – for men – and women-specific Sirrus, pictured, fits the bill.

They are also full of handy features such as an AirSpeed “trampoline” suspended mesh back system, padded shoulder straps and padded hip belt with two zipped pockets.

There’s also a sternum strap with emergency whistle, plenty of pockets and an integrated and detachable rain cover. The pack weighs 1.25kg and is sold for £100 in four colours for men and three colours for women.

■ See www.ospreyurope.com



WHEEL GOOD GEAR

Bike brand dnb have launched a collection of clothing for winter cyclists and the new Blok range includes short and long-sleeved jerseys, bibbed tights, long socks, arm warmers and neck tubes.

The collection is designed with the dnb “plus” motif in a choice of Micro, Macro and Meso patterns and funky colours. The clothing is also split into male and female products and in a wide size selection.

Prices range from just £6.65 for the socks to £61.75 for the dnb Blok Softshell Roubaix Jacket. There is also a more traditional “Classic” dnb style for autumn and winter.

■ See www.wiggle.co.uk

LIGHTS FANTASTIC

Acclaimed outdoors light show, the Enchanted Forest, is back in Perthshire for its annual showcase.

You can visit the multi-award winning display in Faskally Woods, near Pitlochry, all this month until November 1.

This year the event is named Flux: Illuminating Nature and offers a great family evening. As well as the beautiful lights, there’s story-telling, mulled wine and food.

■ For prices and times, see www.enchantedforest.org.uk



RIGHT STUFF
Everest climber Bonita Norris is an ambassador for #GetOutside

Help champion the great outdoors

Are you?



FIONA RUSSELL

Calling all enthusiasts who love to get out and exercise. Ordnance Survey is offering you a chance to be one of 12 champs who will share their passion for Britain’s awesome open spaces with others.

GETOUTSIDE CHAMPIONS

What is it?

National mapping agency Ordnance Survey is looking for 12 #GetOutside champions, who will win a host of prizes and join a campaign to encourage more people to enjoy the great outdoors.

Tell me more:

If you like the great outdoors, you’ll know all about the physical and mental benefits.

You might also like to pass on – and share – your passions and enthusiasm to other people.

If so, why not enter a competition being run by OS to find the UK’s top outdoors champions? The 12 chosen will take part in photoshoots and a year-long series of events with OS’s ambassadors.

The ambassadors include wildlife presenter and naturalist Steve Backshall, endurance adventurer Sean Conway and mountaineer and Everest climber Bonita Norris.

Each champion will be able to share their insights, thoughts and outdoor stories through the #GetOutside website and social media. Also included will be full access to OS’s latest digital mapping product OS Maps, a #GetOutside champions clothing bundle, £200 cash sponsorship and an OS online shop discount.

Steve Backshall said: “I’ve been lucky enough to travel the world with my job and Britain is up there as one of the most beautiful and interesting countries to discover and



MESSAGE Naturalist Steve Backshall is backing the OS campaign

explore. OS is giving people who have a passion for being outside a chance to share that enthusiasm with others.”

Anything else to know?

OS launched the #GetOutside campaign to urge people off the sofa, to ditch the car and to enjoy the outdoors, after worrying research showed walking is on the decline in Britain.

The results suggested a quarter of Brits won’t walk anywhere that takes more than 15 minutes. Three-quarters won’t walk to work, almost 70 per cent never walk to the shops and only a third would ever do the school run on foot.

Nick Giles, managing director for Ordnance Survey Leisure, said: “We are in danger of becoming disconnected from our own landscape. The benefits of exercising and getting regular fresh air in your lungs are well documented, but more needs to

be done to get that message across, which is where our champions come in.

“We want to hear from people of all ages and abilities who love the outdoors and believe they can get others to love it too.”

“Or we would like to hear from you if you know someone who would make an inspirational champion. It’s our hope that the champions will make a difference to their communities and beyond by helping people reconnect with spending quality time outdoors.”

Who is it for?

Anyone who loves the great outdoors.

When can I do this?

Enter the competition before the closing date of October 31.

Contact: Nominate yourself as a #GetOutside champion or someone you know at os.uk/championgetoutside

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.