

OUTDOORS

AIM HIGH ON TREK

A new Ben Nevis trek has been launched by children's charity Action Medical Research.

The aim is to encourage fundraisers to join the walk to the highest point in the UK at 1344m. The hike takes place on September 10, 2016, and entries are now open.

Bushcraft and survival expert Ray Mears, who is supporting the trek, said: "I would recommend this if you are looking to challenge yourself in 2016 and try something new while supporting a great cause."

"Ben Nevis is a spectacular mountain and the views from the top are truly magnificent. Plus you'll feel on top of the world knowing you're helping to fund vital research to help sick babies and children."

■ **To register or find out more, see action.org.uk/ben-nevis**



GO WILD FOR 2016

Keep track of next year and feast your eyes on fabulous photography with the 2016 editions of the Wild Nature diary and calendar.

Each year the John Muir Trust commissions photographer John Beatty to choose his top wildlife snaps for the diary and calendar.

John said: "Each image tells its own story, both moving and inspiring, showcasing nature through the year, with a mixture of stunning landscapes and intimate portraits of wildlife."

■ **The diary is £15.50, the calendar is £12 and they can be bought as a pair for £26. See www.wild-nature.co.uk**



KIT OF THE WEEK

MERRELL ALL OUT TERRA TRAIL
Merrell have launched an off-road running shoe that is ideal for winter.

The All Out Terra Trail footwear is designed with 360-degree protection from rock and debris with a durable upper and internal built-in sock.

The shoes also boast deep, diamond-pattern lugs on the sole for great grip on the muddiest trails.

The heel to forefoot drop is 6mm while cushioning is a generous 16mm.

■ **Priced £100 for men's and women's shoes from www.merrell.com**



CYCLE OF LIFE

Billie Fleming was known as Mrs Billie Dovey, when she completed year-long bike ride in 1938

Join chain gang to pay tribute to Billie

Have you tried?



FIONA RUSSELL

There are still two months left to get on your bike and join a very special cycle in honour of cycling pioneer Billie Fleming, who clocked up nearly 30,000 miles in one year to create an unbeaten world record.

BILLIE FLEMING TRIBUTE RIDE

What is it?

A year-long ride around the UK that pays tribute to celebrated cyclist Billie Fleming, who died in 2014 aged 100.

Tell me more:

In 1938, Billie clocked up 29,603 miles cycling every day for a full year and in doing so, the remarkable Londoner set a female record for riding the most miles in one year.

Yet Billie could not even ride a bike until she was 18.

She told Cycling Weekly: "I met a boy who rode a bike. He introduced me to it. I guess I was 18 at the time and I'd never been on a bike before."

"He used to take me on to the Barnet Bypass in Mill Hill, London, in the evening and teach me how to ride this bike."

After Billie's death, keen cyclist Anne Hunt decided to try to replicate the daily rides.

The aim of the Billie Fleming Tribute Ride is to have a woman, or women, ride every day of 2015 across the UK, following Billie's routes. Anne said: "Billie was unusual in the 1930s as such a keen cyclist but she wanted to inspire more women to ride their bikes for fitness."

"She wanted to prove her belief that just by cycling, a girl could keep fit and that was the simple principle behind her year of cycling."

"It seems fitting, almost eight decades on, that we are carrying on this inspiring goal by getting women to join our tribute ride up and down the UK."



ENTHUSIASTIC Billie Fleming tribute cyclists. Right, a tribute map

Anything else to know?

The tribute ride started on January 1 and finishes on December 31, 2015.

So far not a single day of cycling has been missed and Billie's routes have been followed as closely as possible.

In the summer, the rides, just as Billie did, came to Scotland. In fact, on August 5, I joined the tribute challenge and cycled 60 miles from Luss to Killin.

In the final two months of the tribute ride, there are many more opportunities for women to do a cycle of their own.

Records for Billie's daily cycles are incomplete and in November and December, riders can choose to ride where they want. The distance of Billie's rides are recorded and it's hoped that either one, or a number of cyclists, will ride the same daily total.

Anne said: "Sadly we do not

know Billie's exact route for every day of her year's bike ride.

"But we want to complete the full year and we are calling for women to pick a day and go out for a ride."

"Women can be joined by men and they can cycle as far as they want but the aim is to have the same total mileage as Billie's. The winter months are not easy for cycling in the UK but Billie managed it so we hope to fill all the daily slots."

Who is it for?

Any woman, whatever her cycling fitness, can visit www.tributetobillie.co.uk and commit to a day of your choice.

When can I do it?

Until December 31 and on any day that is not taken.

Cost? Free.

Contact: www.tributetobillie.co.uk and see Billie Fleming Tribute Ride 2015 on Facebook.

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.