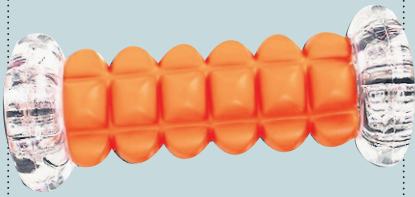


## OUTDOORS

## STOCKING FILLERS



**Trigger Point Nano Foot Roller** is designed to help with flexibility and muscular aches. ■ £19.95, [www.live-on-the-edge.com/](http://www.live-on-the-edge.com/)



**SmartWool NTS Mid 250 Cuffed Beanie** looks good and keeps your head warm. ■ RRP £19.99, [www.smartwool.com](http://www.smartwool.com) (Call 0800 0326 499 for stockists or search online)



**The Lezyne Twin Speed CO2 Kit** is for times when emergency tyre inflation is required. ■ £15.99, [www.wiggle.co.uk](http://www.wiggle.co.uk)



**Keela Men's ADS ADV long-sleeved top** is a great next-to-the-skin baselayer. ■ £19.94, [www.keela.co.uk](http://www.keela.co.uk)



Cycling has never been so much fun as when riding a fat bike. Treat your man to the best Christmas gift with a **Trek Farley 5** boasting oversized tyres, aluminium and Shimano Deore 10-speed gears. £1300 at [www.evanscycles.com](http://www.evanscycles.com). Also [www.mugdockcountrycycles.com](http://www.mugdockcountrycycles.com)



The **Primus Eta Lite Stove** is lightweight, packable and super-efficient. £75, [www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)



Keep track of your running with an innovative **Epson Runtastic SF-810V GPS and Heart Rate Monitor**. It doesn't require a chestbelt, instead it monitors your pulse from the wrist. £179.99, [www.epson.co.uk](http://www.epson.co.uk)



The **Geodesic Vango Nemesis Tent** is ideal for backpacking trips, especially when the conditions are testing. From snow to sand, sea-level to summit, the Nemesis provides a stable shelter. £225, [www.vango.co.uk](http://www.vango.co.uk)

# Perfect pressie ideas for action men



**FIONA RUSSELL**

Is your man a hiker, biker or sleep outside type? Here are some fab Christmas gift suggestions.



The **dhb Vacon Roubaix unpadded bib tights** fit neatly over his usual cycle shorts but keep the legs warm on winter rides. £42.75, [www.wiggle.co.uk](http://www.wiggle.co.uk)



Waterproof, windproof, breathable and warm, the **Jack Wolfskin Whiteline Texapore 3-in-1 jacket** is a great all-rounder. £300, [www.jack-wolfskin.co.uk](http://www.jack-wolfskin.co.uk)

With plenty of space – 40 litres – for walking kit, the **Berghaus Explorer 40 Rucksack** is a perfect partner for winter adventures. £100, [www.berghaus.com](http://www.berghaus.com)



The versatile all-terrain **The Bataleon Whatever 15/16 snowboard** delivers great performance but thanks to the advanced profile, it does this without having to sacrifice performance. £335, [www.ellis-brigham.com](http://www.ellis-brigham.com)



The **Jottna Fenrir hooded jacket** is packed with 850-fill hydrophobic down for a lightweight but very warm mid or outer layer. £200, [www.jottnar.com](http://www.jottnar.com)

On-trend cycle tourers are using bike packs instead of a pannier rack and bags. So buy your cycling man an **Apidura Saddle Pack** in 11l, 14l or 17.5l. £80 to £85, [www.edinburghbicycle.com](http://www.edinburghbicycle.com)



**Salewa Men's Wildfire Vent Approach Shoes** are ideal for times when you need your feet to stick to rock. £79, [www.tiso.com](http://www.tiso.com)



This **Phd Minim Ultra Down Sleeping Bag** is the perfect present. It weighs just 330g yet still offers great warmth. £236, [www.phdesigns.co.uk](http://www.phdesigns.co.uk)



**Kalenji Kanergy Kiprace Men's Running Shorts** offer support and claim to reduce muscle fatigue. £24.99, [www.decathlon.co.uk](http://www.decathlon.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](http://www.fionaoutdoors.co.uk) – you'll find lots of great information about walking, cycling, running, other outdoor activities and kit reviews.