



TOUGH AT TOP Ben Nevis duathlon

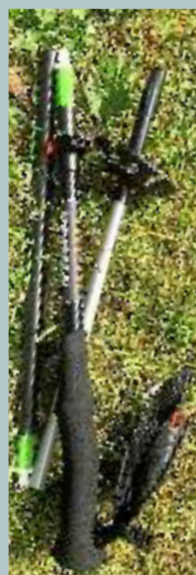
JOIN RACE TO THE SUMMIT

The tough City to Summit race returns in 2017 – as a duathlon. The swim has been removed from the former triathlon for a new run-bike-run format.

Competitors in the July 1 event will first run a half-marathon from Edinburgh city centre. They will then cycle 110 miles through the Highlands before running a marathon to the summit of Ben Nevis.

Places are limited to 500, so keep an eye on www.ratrace.com for entries opening.

KIT OF THE WEEK



Komperdell Carbon Ultralite Vario 4 walking poles
Despite weighing just 176g each, these poles are stiff, strong and ideal for walking in the hills and trail running.

They are adjustable to suit people of different heights and have a comfortable grip and padded wrist strap.

When not in use, they fold up to fit inside a rucksack.

■ £190 at www.firstascent.co.uk



Vango Nemesis 300 tent

If you are planning a wild camping adventure this summer, take a look at this three-man tent.

The geodesic design offers stability while the outer Protex 70D flysheet is highly waterproof and durable.

The weight-to-space ratio is good, with plenty of room for a couple or a family of three.

Pitching is easy – in about 15 minutes once you have the hang of it – and the tent comes with a “fast-pack tent bag”, which makes it easy to pack away.

■ The Vango Nemesis 300 costs £250 at www.vango.co.uk. There is also a Nemesis 200 for £225.

Go wild about nature



WALK ON WILD SIDE
Jamie Proudfoot loved last year's 30-day event so much he turned it into a 365 Days Wild challenge

Have you tried?



FIONA RUSSELL

Here's a challenge anyone can take part in, regardless of age or fitness level. Just commit random acts of wildness and share your experiences on Twitter. You can even get started in your own garden

30 DAYS WILD

What is it?

The Scottish Wildlife Trust are challenging people to go wild for the benefit of their health.

Tell me more

Scots are being called on to do as many wild things outdoors as they can in June.

The conservation organisation hope people will “make room for nature in their lives and commit to simple and random acts of wildness”.

Nick Wright, the trust's people and wildlife manager, said: “The great thing about nature is that you can find it anywhere – while taking the kids to school, walking the dog or looking out the window on your commute.

“You can do wild things in your garden, local parks, in the countryside and at the beach – almost anywhere.

“And we know that by opening your senses to nature you can have a tangible positive impact on your health and well-being.”

Studies have found a strong connection between people's health and happiness and the natural environment.

Last year, researchers at the University of Derby examined the impact of 30 Days Wild.

Two months after taking part in the challenge, the number of people reporting their health as excellent increased by more than 30 per cent.

How to be wilder

Scottish Wildlife Trust have come up with a list of random acts of wildness. Ideas include:

Let it grow: Mark out a patch of



BEACHCOMBING Go looking for treasures among the seaweed

lawn that you won't mow and watch it fill with bugs and wildflowers.

Follow a bee: You'll need sharp eyes and ears to keep up.

Sip in the wild: Enjoy your first cuppa of the day accompanied by birdsong in the garden.

Help hedgehogs: Cut a hole in your fence to allow hedgehogs to travel through.

Survey your local wildlife: Make a list of all the species you can see from your window.

Go beachcombing: See what treasures you can find at a beach.

Wild walk and talk: Invite a friend on a wild walk. Chat while spotting wildlife as you stroll.

Anything else to know?

Jamie Proudfoot was one of the many Scots who took part in the 30 Days Wild challenge last year.

The youth support worker from Helensburgh even extended his adventure into a year-long 365 Days Wild. He said: “The

challenge seemed like a terrific idea to engage mindfully with the outdoors and learn a little more about the amazing diversity that my little patch of Scotland had to offer.

“I was struck by how simple it was to turn every single day into a wild one.”

How do I take part?

It's free and easy. Everyone who signs up will receive a pack full of encouragement, ideas and random acts of wildness.

They will also be sent a wall chart to track progress.

The challenge is to keep a list of all the wild things you do and, if you want, post them on social media with the hashtag #30DaysWild.

More information at www.scottishwildlifetrust.org.uk/30dayswild or download a free app by searching for

“30 Days Wild” in the App or Google Play stores.

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 and other outdoor activities, as well as kit reviews.