

## THE TOUGHEST OF TRIATHLONS



**MOUNTAIN TO CLIMB** Ben Nevis Billed as one of the UK's toughest triathlons, the Ben Nevis Braveheart Tri returns for another year on Saturday, September 17.

The challenge is a 1.2-mile sea loch swim, a 56-mile road cycle and a 13-mile run to the summit of Ben Nevis, Britain's tallest mountain, and back.

The event is set at the heart of the UK's Outdoor Capital in Fort William and promises both a huge challenge to competitors and fantastic views for those taking part or there to watch the spectacle.

You can enter the full triathlon for £150 and as a team relay for £180.

■ See [www.bravehearttri.com](http://www.bravehearttri.com)

## OUTDOORS CHAMP

Mammut's new Runbold range is aimed at outdoors fans who want to travel light and fast.

The collection, which includes jackets and trousers, is practical but also lightweight and easily packable.

The Runbold Guide HS Jacket costs £230 and is a Gore-Tex, two-layer waterproof jacket with a very small packing volume.

The Runbold Light IS Jacket, £185, is lightweight, water-resistant, insulated and reversible.

Meanwhile the Runbold Light Pants cost £75 and are described as the ideal companion for fast and technically demanding hikes. They can be packed into the left leg.

■ For stockists see [www.mammut.ch](http://www.mammut.ch)



## KIT OF THE WEEK

A new fitness clothing collection from Freya Active Sports Performance promises to keep you fresh for longer.

The range, including lightweight running shorts, has been treated with permanent anti-odour agent Polygiene.

Polygiene is an effective, naturally occurring treatment that inhibits the growth of odour-causing bacteria.

This means you will stay fresher while training and there is less need to wash your kit after every workout.

■ The shorts cost £18 at [www.freyalingerie.com/#sports](http://www.freyalingerie.com/#sports). Also see [www.polygiene.com](http://www.polygiene.com)



Advice and ideas

Have you tried?

# Rising to the top



**ON THE RIGHT TRAIL** Cream o' the Croft includes a multi-stage race



**FIONA RUSSELL**

With great music and gourmet food added to the usual mix of challenges and activities for bike fans and non-riders of all ages, this festival promises to be even better than its successful first run

## CREAM O' THE CROFT

### What is it?

Scotland's family friendly mountain bike festival at Comrie Croft, near Comrie, Perthshire.

### Tell me more

The Cream o' the Croft weekend is back for the second year and promises to be even bigger and better.

The festival takes place on June 17 to 19 with a focus on mountain biking, plus a host of other activities on the side.

On the Saturday, the main event is a mountain bike Enduro that features nine timed stages, including a "Jump and Pump" section, blue, red and black-graded descents, and a hill climb.

The fastest male and female across all stages will be crowned the "Cream o' the Croft".

For younger riders, there's a Mini Enduro for those aged six to 13 on the Sunday, as well as Toddler Balance Bike and Pedal Bike races.

Non-competitive riders will have a role to play in keeping the action going with two pedal-powered features, including the main sound system.

Other biking action includes coaching for toddlers and for women, a bunny-hop competition, a pumptrack challenge and bike drag racing.

For non-riders, there's a long list of other activities to try such as segways, quad pods, circus skills workshops, slack line, a



**WHEELIE SPECIAL** Young riders can enjoy a bunny-hop competition

petting zoo and a magical fairy hunt.

Andrew Donaldson, managing director of Comrie Croft, said: "The really special thing about Cream o' the Croft is the incredible friendly buzz and safe atmosphere."

### Anything else to know?

Alongside the action, Cream o' the Croft also plays host to a music, food and beer festival.

Aaron Gray, of organisers Muckmedden Events, said: "We are known for organising fun-focused mountain bike events.

"But last year, we combined this with Comrie Croft trails and locally sourced gourmet food and drink from Hansen's Kitchen – and it created something really special. We're

all really excited to be bringing the festival back for another year and we're pushing the boat out to make sure there's something for everyone."

Saturday's live music line-up is headlined by the seven-piece Jenova Collective.

Sunday's live music selection includes The Daddy Naggins from Glasgow and The Coaltown Daisies from Fife.

### Cost

There are a wide range of tickets and prices, with kids aged under six free. Readers of this column can take advantage of a discount on Single Cream and Double Cream weekend passes only. See [www.fionaoutdoors.co.uk](http://www.fionaoutdoors.co.uk) and click on the Events section.

For the full festival programme, see [www.creamofthecroft.co.uk](http://www.creamofthecroft.co.uk)

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 and other outdoor activities as well as kit reviews.