

## HELP US BY GETTING ON YOUR BIKE

Scottish Cycling are calling for mountain bike volunteers.

Through a partnership with HSBC UK and British Cycling, Dundee has been selected to pilot a Level 1 MTB centre.

The centre will be used by schools, community groups and cycling clubs and promoted to members of the public.

Scottish Cycling, Developing Mountain Biking in Scotland, Angus Cycle Hub, Ancrum Outdoor Centre, Dundee Active Schools and Dundee City Council, want to recruit volunteers to work at a Go Ride October holiday camp and after-school sessions. They will then be trained in Level 2 leadership and bike mechanics.

Visit [britishcycling.org.uk](http://britishcycling.org.uk)

## HIT THE TRAIL IN FAIR CITY

The Muckmedden Fair City Enduro mountain bike race returns to Perth on October 21.

The multi-stage race, which was recently listed in Red Bull's Top 11 Must Do Mountain Bike Events in 2017, has a Halloween fancy dress theme.

It starts at 9.30am with a gentle ride through the streets of Perth.

The 350 riders then head into the hills of Deuchney and Kinnoull to race six timed stages on some of Scotland's finest mountain bike trails.

The Enduro also offers a great spectator event with an action hotspot in Deuchney Bike Park.

There will be opportunities to test-ride the best new mountain bikes and check out gear in the trade village.

See [muckmedden.co.uk/our-events/fair-city-enduro/](http://muckmedden.co.uk/our-events/fair-city-enduro/)

## VEST AND BE THANKFUL

Sprayway have launched a new down vest (gilet) for winter 2017.

The men's version is called the Aldan. The women's is the Nuna.

Both vests are lightweight and highly compressible, with 140g water resistant duck down fill.

The water-repellent Teflon treatment allows the down filaments to resist moisture and dry faster, which aids insulation and warmth.

A narrow baffle design stops the down from bunching or spreading out.

The gilet can be worn as a standalone or with layers.

The Aldan is priced at £100 and it's £90 for the Nuna. See [www.sprayway.com](http://www.sprayway.com)



**TOP MAN**  
Paul and rabbit pal on An Teallach

# Archie de triomphe



**FIONA RUSSELL**

**Anaesthetist Paul Fettes has given climbers summit else to get their teeth into with a new classification of hills setting a fresh challenge. There are 130 Archies to take your pick from**

**For decades, walkers have ticked off the famous Munros and Corbetts – and now there is a new target, the Archies.**

Identified by metric rather than imperial measurement, the Archies are the mountains of Scotland with a summit of 1000m or more.

The 130 Archies are also defined as having a 100m height drop between the top and the surrounding land.

This new list of Scottish mountains is the brainchild of Dr Paul Fettes, who has also published a book, *The Archies*.

Paul, a consultant anaesthetist at Dundee's Ninewells Hospital, said: "When Sir Hugh Munro defined his list of Munros in the late 19th century, he used the imperial measurements of the time.

"So his list was the Scottish mountains with a height of at least 3000ft.

"The same is true of the Corbetts, which are defined imperially as between 2500ft and 3000ft.

"But it makes more sense today to use the more modern metric measurement and 1000m seems like the perfect height for a list of mountains."

It was two years ago that Paul and a group of medical staff at Ninewells came up with the idea for a challenge to raise funds for the Archie Foundation Tayside Children's Hospital appeal.

They completed a relay by



**HIGHLIGHT** Paul and pal on Ben Nevis. Inset, his new book

running, cycling and kayaking between the Archies over just 16 days.

The challenge comprised more than 1700km in distance and at total ascent of almost 10 times the height of Everest.

The challenge mascot was a toy rabbit called Rabbie, which was passed between relay members.

Paul said: "We averaged nine mountains a day."

The group raised £33,000 for the Archie Foundation.

Paul said: "After the fundraiser, I decided I wanted to spread the word about a new list of Scottish mountains. I thought the Archies might become a great goal for people who like to bag hills.

"The list includes many great mountains, including the most northerly Archie of Bidein a'Ghlas Thuill (An Teallach) at 1062m, near Ullapool and the most southerly Archie of Beinn Ime at 1011m, near Arrochar.

"That's when the idea of a book came about."

The Archies book tells the story

of the challenge with details of the individual journeys of each of the runners in their own words.

It features beautiful images of Scotland's scenery, as well as maps of the route and social media posts from the challenge.

There is a foreword by Archie Foundation patron Mark Beaumont.

Paul added: "The book also provides a new way to classify Scotland's highest mountains in a way that is consistent with the metric maps that have been in use for several decades.

"If Sir Hugh Munro were alive today, I don't think he would come up with the Munros. I think he would come up with the Archies."

The book comes with a free A3 map of the Archies.

The book, which costs £19.99, is available from [www.archie.org](http://www.archie.org) and from good bookshops.

All profits go to The Archie Foundation's appeal to raise £2million for the twin surgical suite project at Tayside Children's Hospital.

**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.**

**Advice and ideas**