

## OUTDOORS

## TAKE A PEAK FOR CHARITY

Entries have opened for Challenge Arrochar 2016 on June 18 in aid of Beatson Cancer Charity.

Walkers have the choice of three distances.

They can try the 3 Peak Challenge – walk to the top of Ben Narnain, Ben Ime and The Cobbler (Ben Arthur), which is over 11 miles and including a total of 6250ft ascent.

Or participants can do the 2 Peak Challenge – walk to the summit of Ben Narnain and The Cobbler, over eight miles and a 4330ft total ascent.

The 1 Peak Challenge sees walkers tackle 3000ft peak The Cobbler.

Registration is £35 and each walker must commit to raise at least £150 for Beatson Cancer Charity.

Jane Blake, a participant last year, said: "It's a great event because you are challenging yourself and raising money for a worthwhile charity."

■ See [www.beatsoncancercharity.org/content/challenge-arrochar-0](http://www.beatsoncancercharity.org/content/challenge-arrochar-0)



**TEAM EFFORT** Pairs work together

## ORIGINAL TEST

The Original Mountain Marathon comes to south-west Scotland in October.

Pairs of competitors will test their endurance, team work and mountain skills in a remote area during the two-day event on October 29 and 30.

As is customary with the OMM, the exact location will be disclosed two months before the event but the terrain will be off-the-beaten track.

Teams are self-reliant and will carry everything they need to camp wild, eat, run and navigate. Skills required include endurance, survival, route selection and intelligence.

There are a choice of course options of different distances.

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

## KIT OF THE WEEK

**Patagonia's updated Houdini jacket, £85**

This is a super lightweight, weather-resistant and easily packable. The nylon ripstop fabric blocks wind, while a durable water repellent finish keeps rain out.

The slim-fit jacket, with designs for men and women, allows for a baselayer or light midlayers underneath. It is ideal for runners, cyclists and walkers.

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



Advice and ideas



Have you tried?

GUIDE Ali Wyllie of Run The Sights on Calton Hill

## CITY SIGHTS RUNNING TOURS



**FIONA RUSSELL**

Firms are offering a new perspective on touring round a city by getting visitors to put on their trainers and see the sights at a faster pace

**What is it?** A guided running tour that takes you around the highlight sights of a city.

**Tell me more** Running tours are an increasingly popular way to see the attractions in cities across the world. And now there are several running tour companies in Scotland.

The tours are ideal for people who want to keep fit and are also keen to do some sightseeing.

Most tours offer a range of different distances and can cater for groups or solo runners.

It doesn't matter how fast you run because the guide will adjust their pace to suit.

Ali Wyllie has launched one of the newest running tour companies in Edinburgh called Run The Sights.

Ali, a keen long-distance runner, said: "Our most popular runs are about five to six miles and take in dozens of sights."

"We can reach many highlights, from the most famous, such as Edinburgh Castle and Holyrood Palace, to lesser-known gems."

"A running tour is faster than a walk but more of an up-close experience than a bus tour."

"It's a good way to take in the history, landmarks, characters and scenery in a place you are visiting or to find out more about the place where you live."

"It's not a race and so I simply take my pace from whoever I am running with."

Run The Sights offer two



## WHERE CAN YOU DO IT?

- Run The Sights at [runthesights.co.uk](http://runthesights.co.uk)
- Edinburgh Run Tours at [edinburghrunruntours.com](http://edinburghrunruntours.com)
- Go! Running at [gorunningtours.com](http://gorunningtours.com)
- City Running Tours at [cityrunningtours.com](http://cityrunningtours.com)

**RUNNING COMMENTARY** Pound the streets with a city guide

five-mile tours, the Volcano and Crystal River, a six-mile Edinburgh Magic tour, as well as a nine-mile Wee Cheeky and the 11-mile Pentland Playtime.

**Where did it all start?** One of the world's first was City Running Tours.

About a decade ago, New York chiropractor Michael Gazaleh was working in a gym when a customer from outside the city asked for someone to run with him. Michael decided to take him on a tour of his favourite sights.

That led to City Running Tours, which now operates in 16 American cities.

In 2013, companies in Barcelona and Copenhagen merged to form Go! Running Tours and now offer running tours in 70 cities worldwide.

In the UK, the only city offered is Edinburgh, which is a tie-up with Edinburgh Run Tours.

The tours include a 6km Auld Reekie Highlights and 10km

Panoramic Edinburgh and are usually led by Lucja Leonard.

Ali plans to roll out Run The Sights tours to Glasgow and Dundee. She said: "I have runners in these cities who are keen to guide tours."

**Anything else to know?**

Make sure you are fit enough to run the distance. The pace of a group can be adjusted to suit the slowest runner but you should have enough running experience and endurance for the distance.

Some cities, such as Edinburgh, are hilly so you should choose your tour distance with this in mind.

**Who is it for?** Anyone over the age of 16 who likes running and wants to see the sights of a city.

**Cost:** Varies according to tour and if you have booked with a group or bespoke.

**Anything else to try** Running the Highlands offers tours in rural areas of Scotland. See [runningthehighlands.com/running-tours](http://runningthehighlands.com/running-tours)

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.