

FOOD ROCKS
Beaches are hot spots**DIGGING IN**
Where there's muck – there's food**FOOD FORAGER**
I get in on the act**More about Galloway Wild Foods**

■ Mark personally offers regular guided walks and gourmet foraging with tasting menus in rural and urban locations. You will find more information, a plant identification guide, seasonal tips and recipe ideas at www.gallowaywildfoods.com

BANQUET

**LOOK HIGH AND LOW**
Mark Williams offers tips

their own ingredients and how to do this sustainably.

"It's such a fun activity for adults and children to discover the plentiful larder on our doorsteps."

Rounding off our foraging adventure at Carrick beach, near Gatehouse of Fleet, we gather all our ingredients together for lunch.

Mark supplements the feast with jars of pickled marsh samphire and magnolia leaves, elderberry vinegar, hogweed seed parkin cake, "quick, quick" sloe gin and elderflower champagne.

On a camping stove, set up on the sand dunes, he cooks a kedgeree of locally-sourced smoked haddock, eggs, barley rice, reed mace, wild leeks, sea beet, crow garlic and laver seaweed.

He hand-rolls sushi, made with wild garlic, more reed mace, scurvy-grass, elderberry vinegar and nori seaweed.

I have never tasted a fresher and more delicious picnic, nor have the 'restaurant' views ever been so impressive.

LET'S TROTT ON



An exciting navigational challenge takes place this summer on the Trotternish Ridge, Isle of Skye.

The Trott gives walkers or runners a test of endurance and map-reading skills across four distances – 33km, 26km, 13km or 6km.

The event on July 19 is in its second year and raises funds for a number of charities.

A post-race ceilidh dance is held in Flodigarry.

To find out more and enter, see www.thetrott.org.uk

TAKE THREE..

As the weather warms up, stay active on land or in water with sports sandals.

SAVE

Teva Original Universal Sandals

A big brand in sports sandals, Teva have brought back a 30-year-old original favourite with all the right credentials for comfortable and grippy wear. Men's and women's fit. £35, www.teva.co.uk



SPEND

The North Face Hedgehog Sandals

Equally at home in the wet and the dry, The North Face Women's Hedgehog Sandal boasts a water-channelling outsole and a removable back strap to convert to a slip-on shoe. £50, www.thenorthface.co.uk



SPLURGE

Keen Gallatin CNX Sandals

Can't decide between the trail or loch? Choose these lightweight Keen sandals with extra coverage, comfort bed and grip for a seamless transition from land to water. £84.99, www.keenfootwear.com



GOOD VIBES

A new concept in sports headphones allows you to run, cycle or ski in safety. The AfterShokz Sportz 2 headphones do not sit in-ear but outside the front of your ears. Using bone conduction technology, wearers can still listen to their favourite tunes but have open ears for other sounds.

This means you'll hear other people and traffic on roads, trail and slopes.

Buy AfterShokz Sportz 2 headphones from Greaves Sports, priced from £59.95. Visit www.greavesports.com



BODY AND MIND



MAKE A RACKET Hit the courts for a great workout

You don't need a gym to get fit

Spring is here at long last.

In typical Scottish style, we emerge from hibernation, throw away our furry fleeces and flash some flesh.

We feel better, smile more and, judging by the many folk I saw outdoors being active, we feel more motivated.

With the summer holidays not far away, now is the perfect time to get outdoors and enjoy exercising, while getting a good dose of vitamin D.

It means that come T-shirt season, we will be sporting lean limbs, wee waists and toned tums.

Walking, jogging and running – Whatever pace suits you, step outside your door and just go. You can either put on your iPod and zone out on your own or get a group of pals together and make it a regular thing. Either way, you can get a sweat going and melt away the stress.

**APRIL LOGAN**

Boot camps – No matter what your fitness level is, these are fun and have a super mixture of muscle and cardio training. Think circuits but outside with bags of fresh air.

Tennis – Dig out your racquet and hit the courts for an all-over body workout, or why not try cardio-tennis for a more fun approach. You can always hit the club bar for a soda and lime after, too.



FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER AT FITNESS@SUNDAYMAIL.CO.UK

GAVIN OATTES I WAS JUST THINKING



Why is it that some people achieve their dreams and others don't? Is it hard work? Sure. Belief? Certainly. Mindset and attitude? Definitely. There are many of us that need to make things happen for ourselves. As the old saying goes: "Want to change something, change it. Can't change it, change your attitude."
● @gavinoattes

THE DIET Christine Mitchell

My husband and I really need to lose weight. I've joined a class but he just refuses to come along.

Research shows weight loss can provide health benefits for the whole family. He may lose weight without trying, as he will be eating the healthy meals you are making. Ask him to go on a walk with you without relating it to weight loss. Once he sees the difference in you and starts to feel it himself, I am sure he will change his mind.

EMAIL YOUR QUESTIONS TO DIET@SUNDAYMAIL.CO.UK FOR MORE INFO ON THE WEIGHT WATCHERS PROPOINTS PLAN OR TO FIND YOUR NEAREST MEETING, CALL 08457 123 000 OR VISIT WWW.WEIGHTWATCHERS.CO.UK