

Wildoutdoors Ltd
Hill/trail Running Holidays 2012-2013

Date	Holiday	Cost (per person)	Description
14-15 April 2012	Half and Marathon training weekend	£160	Run off road and along the trails to get in the extra strength and endurance for your upcoming season. Birnam Guest House
23-25 March 2012	Race weekend, 3 races 3 days	£15 entry for 3 races	Tay Dash, Birnam Hill Race, Deuchary hill canter. A series of hill races over 3 days. Accommodation also available Birnam Guest House
11 April 2012	Newtyle Hill Race	£7	race
13-20 May 2012	Trail and hill running week – medium and long distance runs	£650 Weekend option £150.	Explore the Scottish hills. Birnam Guest House. Basic hill and navigation
2-9 Sept 2012	Trail and hill running week	£650	Explore the Scottish hills and trails with runs along the beautiful Perthshire countryside.
10-11 Nov 2012	Trail and hill running with basic navigation weekend	£160	Lake District
8 Dec 2012	Trail race Dunkeld Reindeer Christmas warmer	£7	Trail race around Dunkeld 10km
9-10 March 2013	Hill running and navigation weekend	£160	Lake District

Running holidays, training/advice with Scottish Hill Internationalist and coach Adrian Davis, and his team. Price includes accommodation with half board (except meal/drinks on Friday evening), individual assessments, training regimes, race planning, and massage (on running courses only).

All running holidays are based at Birnam Guest House unless stated, and include accommodation (except race weekend when this is optional, from £30 per person per night). If you organise a group you may be able to get a free place (ask for details).

Website: www.wildoutdoors.info or adrianrdavis@hotmail.com

**Contact Adrian at Wildoutdoors 01350 727201 for brochure or Wildoutdoors,
Birnam Guest House,
4 Murthly Terrace, Perthshire, PH80BG Tel 01350 727201 or 07761673231**