

Lochaber rescuers issue icy warning

THE mountain rescue team that covers Ben Nevis has warned walkers they can still expect to find "full winter conditions".

The warning follows the rescue of a group of walkers who got lost in "demanding conditions" after summiting Britain's highest mountain.

Lochaber Mountain Rescue Team said despite it being Easter the 4,411-foot mountain was still cloaked in winter.

"The team were called out this week for a group of walkers who made a mistake navigating from the summit. Due to poor weather the rescue helicopter was not able to fully assist," said a team spokesman.

"This made for a very protracted rescue in very demanding conditions. Ben Nevis is gripped by full winter conditions at the moment. Please make sure you are fully prepared for winter when venturing in the Lochaber mountains."

Last month a 71-year-old man miraculously survived overnight on the mountain in blizzard conditions. Rescuers said Arthur Bowden was "one tough cookie", but suffered severe hypothermia and frostbite to his hands.

He was found by members of Lochaber MRT about 400 feet below the summit of Ben Nevis and airlifted off.

John Stevenson, leader of Lochaber MRT, said: "He was poorly equipped. He had some sort of waterproofs but not suitable footwear - certainly not for the conditions."

Also last month rescuers blasted a couple in their 20s who got lost on 2,333ft Meall an t Suidhe, which forms a saddle with Ben Nevis. "They were poorly equipped - they didn't have a clue," said Mr Stevenson. "The chap was wearing trainers."



ENERGY EFFICIENT: Walkers pass wind turbines and a solar panels on their way from the Coreen Hills to Huntly. The slow marathon was devised by artist Andrea Geile.

Slow marathon walkers highlight need to cut carbon footprint

ABERDEENSHIRE was the setting for a 26-mile "slow marathon" aimed at raising awareness of the need for people to reduce their carbon footprint.

The annual endurance event saw participants walk from the Coreen Hills to the rural market town of Huntly, before taking part in a discussion about sustainable energy in Scotland.

The slow marathon is organised by Deveron Projects, a collective based in Huntly which connects artists, communities and

places through creative work.

This year's walk was part of artist Andrea Geile's project entitled Energised Landscape, which sees her examine places of energy - innate or man-made, real or perceived - in the area south-east of Huntly.

Art and community worker Rachael Disbury said: "About 80 walkers took part, walking the 26 miles that Andrea and Deveron Projects devised.

"We passed places of energy from ancient stone



PIED PIPER: Steve Brown encourages walkers along a pathway.

circles to modern windfarms and electricity pylons.

"Along the route, several interventions took place with

members of the community getting involved, popping up with soup, hot chocolate, homemade treats and other

surprises for the walkers. The walk was followed by a day of discussion surveying sustainable energy in Scotland, looking at where we are now and what the future might hold."

The slow marathon was initiated by Ethiopian artist Mihret Kebede, who attempted to walk 5,850 miles from her home in Addis to Huntly.

Ms Disbury said: "She wanted to highlight the apparent discrepancy between the mandate to reduce our carbon footprint

and the expensive alternatives to long-distance air travel.

"For many people across the world, choosing to travel via greener modes of transport over low-cost air fares is simply unfeasible and undesirable."

The walk was abandoned as visa restrictions, border controls and unnavigable deserts got in the way.

Ms Disbury added: "Instead, Mihret invited the people of Huntly and Addis to help her clock up the miles metaphorically."

people stuck in the cycle of homelessness, substance misuse and, often, mental health difficulties.

It is a collaboration between Simon Community Scotland, Glasgow City Mission, The Marie Trust and the Glasgow City Health and Social Care Partnership.

The groups will use the funding to support some of the estimated 1,000 rough sleepers who find themselves on the streets every year and whose life expectancy can be as low as 47.

They are to hire extra staff and researchers to focus on helping rough sleepers who need a "consistent and intensive approach".

Lorraine McGrath, chief executive at Simon Community Scotland, said: "By working together across the city, staff from our different agencies are able to support people into safe and secure accommodation.

"Service users being supported by CAN tell us they have a really strong sense of being cared for in ways not experienced for a long time. For many this has helped them break their [habit of] in and out of rough sleeping."

Tiny beach huts selling for £25,000

BEACH huts smaller than a prison cell are selling for £25,000 on a remote beach.

People are queuing up for an exclusive development of just 30 huts at Findhorn, on the Moray Firth.

There are no windows, running water or electricity in the new-build timber huts, which measure 2 metres by 2.5 metres, but there are few better places to watch seals playing.

The minimum size for a Scottish prison cell is seven square metres, excluding toilet cubicle. The huts are less than five square metres.

Retired teacher Dr Jane Miller, 60, was one of the first to buy one of the huts. She visits regularly from Forres with her 82-year-old mother, Marina.

"Anyone who is stressed should get a beach hut, it's lovely," she said. "It makes