## John Muir Winter Carnival

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The final countdown has begun to the John Muir Winter Carnival on 29<sup>th</sup> November, 10am-4pm at Foxlake, Scotland's first cable wakeboarding park in Dunbar, which will host everything from a FoxTrail 13k Run and Chrismas Market to a Kidz Forest Zone and demonstrations by the recently crowned, Junior straight line UK Wakeboarding Champion, Edinburgh-born Blair Fraser, (16).

The family-themed event is aimed at encouraging people of all ages and fitness levels to get outdoors, regardless of the weather and enjoy taking part in all-year-round sports.

Aditional events and competitions on the day include, coastal rowing, Cyclecross , Zorbing, Disc Golf, a 'come and try' archaelogical excavation "Dig on the Hill" on the site where the old Hedderwick Hill Mansion House once stood and charity wakeboarding for Macmillan Cancer by Edinburgh University Ski and Wakeboard Club.

Foxlake Director James Barbour, said: "Following the overwhelming success of our first John Muir Winter Carnival we decided to expand it and include additional sporting activities, some which people might never have tried, and invite even more local businesses along to take part.

"Already we have been inundated with enquiries, ticket bookings and race entries and are confident it is going to be another huge success."

The Carnival is part of this year's Saltire Festival 2014, run by East Lothian Concil. Tickets prizes are £4 per adult, £2 per child available on the day. Food and drink will be avaible to purchase at the Boardside Café, recently awarded Best Eatery within a Visitor Attraction Award, alongside Knops Beer Company, based at Archerfield and The Big Blu.