

# Adrenaline fun promised at Foxlake Outdoor Festival



One of the attractions promised during an action-packed weekend

The Foxlake Outdoor Festival at Dunbar on May 20 and 21 offers adrenaline activities including a huge Free Fall Stunt Bag with a total drop height of eight metres, a seven metre high climbing wall, displays of free running with Access Parkour and The Clan Scotland Cycle Stunt Team performing stunt shows.

If you've ever wondered what it feels like to jump out of a plane or fall from a building, the Free Fall Stunt Bag is the activity for you.

A selection of Highland Games from Winton Castle includes Tossing the Caber, Wheat Sheaf Pitching (still strong in East Lothian agricultural shows, the Wheat Sheaf must be thrown over the bar which increases in height), The Winton Ski (strap your team onto a set of skis and start the stopwatch), Hay Bale Rolling Relay and The Winton Dash (an old school obstacle course, against the clock).

There will also be archery and falconry and a selection of Britain's finest comedians including Des Clarke, Tom Stade and Darren Connell.

Additional acts include Charlie McIntosh from Scotsquad, Janey Godley, Gary Little, Joe Heenan, Jamie Dalgleish, a former Scottish comedian of the year, Rossco Mclelland, the current Scottish comedian of the year and Jojo Sutherland, an award winning Scottish stand-up.

East Lothian's finest local musicians booked including tribute

acts by Abba A Rival, Take This, Durananduran, Jersey Notes (4 Seasons), Little Fix, Status No, Eltan John, George Michaels, Glasgow Blues Brothers, Simply Rod (Stewart) and Beatles Revisited. All supported by local talent through ELJam (East Lothian Youth Music Forum).

The Foxlake Outdoor Festival weekend is all about getting the family active outdoors so you can try the Foxfall Course, the UK's only rope course constructed over water, or get on your wet suit and give wakeboarding a try, or if you prefer to stay dry, hop on and master a segway.