

BLAZE A TRAIL

Go the distance in trail running gear that's tough enough to handle any weather or terrain

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Peak performance
 Be ready for anything wearing this BAM 73 Zero Half Zip Running Jacket, £95, made from 100 per cent recycled materials, and heat-regulating Bamboo Enduro Leggings, £55; bambooclothing.co.uk

Time to explore



The new Suunto 5 Peak multisport watch, £259, has easy-to-use outdoor features, including GPS navigation and a 3D Heatmaps function via the app to reveal popular routes for your sport and help you understand the terrain you'll encounter; suunto.com

Fast and focused

Made from a premium stretch fabric to support your muscles, these moisture-wicking Salomon Cross Run 21" Tights, £60, stay in place, while deep, easy access pockets hold your phone and keys; salomon.com



Great and small

Lightweight with a traditional yet super-flattering loose fit, these Tribe Sports Endure Swift Shorts, £39, also have an anti-odour coating and 360-degree reflective detailing; tribesports.com



Fancy footwork

With their new Vibram MegaGrip outsoles, these New Balance Fresh Foam X Hierro v7 shoes, £130, provide maximum traction and cushioning in a lightweight package; newbalance.co.uk



Sock it to 'em

Anatomically designed to prevent blisters, these CEP The Run Low Cut Socks, £14.95, also have activating compression abilities to increase ankle stability; cepsports.co.uk





Flexible friends

Stay covered from all angles with these Rab Talus Trail Shorts, £70, which have a deep, comfy waistband featuring multiple pockets and stretchy liner shorts; rab.equipment/uk



Head for the hills

These graphene-infused Inov-8 Parkclaw G 280 road-to-trail running shoes, £160, are designed to help runners seek adventure from their front door; inov-8.com



Bosom buddy

Available in a C to G cup, this award-winning Maaree Solidarity High-Impact Sports Bra, £64, has an adjustable panel running over the breast to reduce upward movement; maaree.com



Thirsty work

Stay hydrated on the go with this breathable, quick-drying The North Face Race Day Vest 8L, £135, including two water bottles and layered pockets to organise your phone, gels and more; thenorthface.co.uk



Keep a cool head

Ultralight, packable and sweat-wicking, this Buff Pack Speed Cap, £28.96, offers UPF 50 sun protection and has a small, adjustable drawstring for optimal fit; buff.com



Rain or shine

Windproof, breathable and lightweight, this rustle-free Montane Featherlite Trail Running Jacket, £75, will help regulate your temperature on cooler days in the mountains; montane.com



Down to a tee

Move fast, run light and stay cool with this slim-fitting Rab Sonic Ultra Tee, £40, optimised for mountain running at maximum effort; rab.equipment/uk



Get a grip

Lightweight, supportive and comfy on extended runs over challenging terrain, these Arc'Teryx Norvan LD 3 shoes, £150, also have moisture managing properties; arcteryx.com



Easy breezy

Soft, light and designed for freedom of movement, this Smartwool Merino Sport Ultralite Racerback Tank, £44.99, will help regulate your temperature and resist odours; smartwool.co.uk