

# MURRAY FLOGS HIS £2MILLION MANSION

DAVID Murray has put his house up for sale for £2million.

The ex-Rangers owner's detached villa is described as being in "one of Edinburgh's most desirable areas".

Next door to Murrayfield Golf Club, the villa comes with a leisure suite, including a swimming pool.

There is a master bedroom suite with its own study and dressing room and two further double bedrooms.

The wine cellar caters for

► **PAUL DRURY** reporters@dailyrecord.co.uk Sir David's love of fine wine.

The move comes just weeks after the 62-year-old was granted permission to demolish the mansion and build a 1930s-style villa.

Sir David first received planning consent in 2009 for the project but his architect told officials the original permission had not been used due to "the downturn in the property market".



LUXURY PAD David Murray

## Postcards from edge

LONG-LOST postcards sent to and from WWI soldiers have gone on display in Edinburgh.

The city's lord provost, Donald Wilson, found them among his late aunt's belongings.

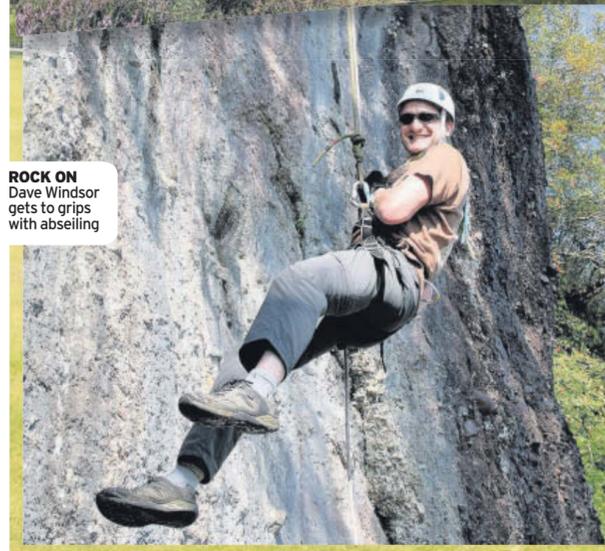
**Ship ahoy.. after 160yrs**

A BRITISH explorer's ship which disappeared in the Arctic 159 years ago has been found.

Sir John Franklin's vessel was last seen in 1845 during a bid to find the Northwest Passage.

# BROADBANNED

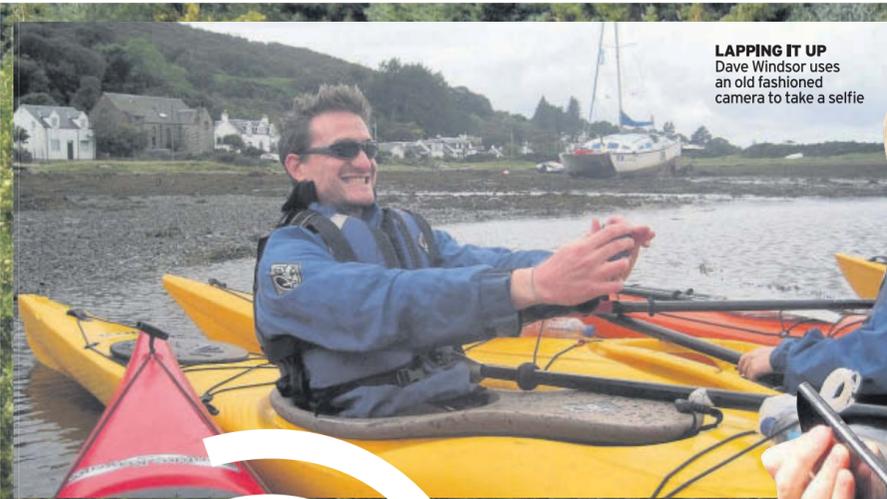
GREAT OUTDOORS The group enjoy freedom of life without internet



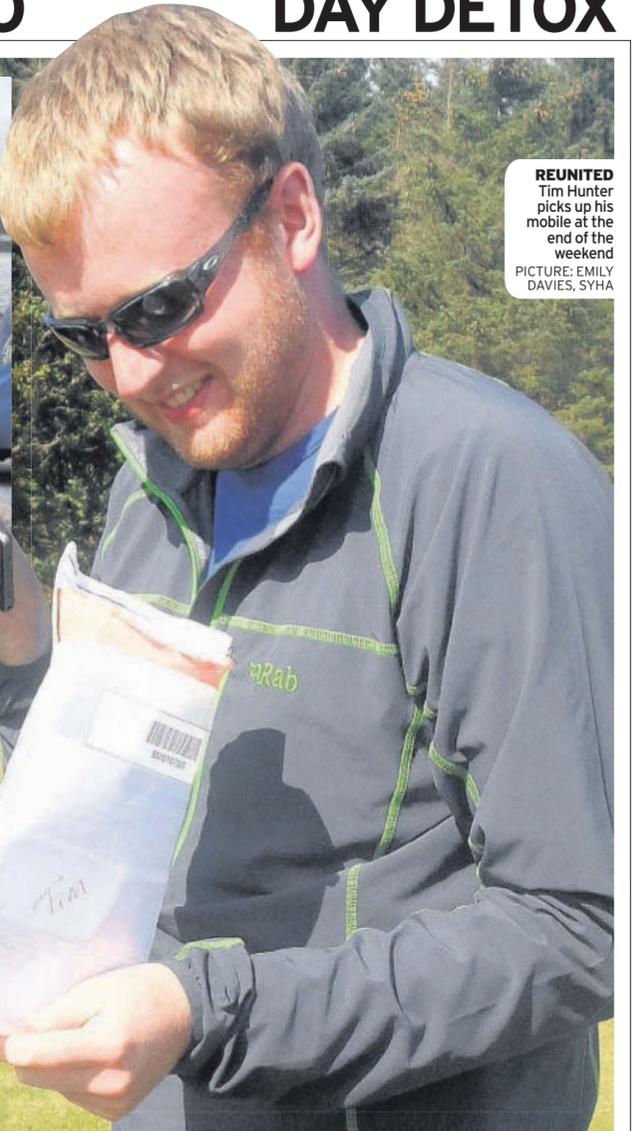
ROCK ON Dave Windsor gets to grips with abseiling

# FIVE TECH ADDICTS DO TWO

# DAY DETOX



LAPPING IT UP Dave Windsor uses an old fashioned camera to take a selfie



REUNITED Tim Hunter picks up his mobile at the end of the weekend PICTURE: EMILY DAVIES, SYHA

# Wi-free weekend

Group are challenged to hand in phones and tablets to embrace real-world beauty of Arran



ON TARGET Elaine Robertson tries out archery

## FREE booze is rarely something you have to think twice about.

But there is a slight pause before someone on our table grins and gratefully accepts a box of wine on our behalf.

The man generously donating his unfinished shiraz hands it over before saying incredulously: "For a moment, I thought you'd say no!"

As he packs up to leave, none of us confesses that we have just checked in for two days of intensive rehab.

But thankfully alcohol is not banned as we are a world away from The Priory and struggling celebrities trying to kick drink or drug habits.

We are at the Lochranza Youth Hostel on Arran for the Scottish Youth Hostelling Association's first ever "tech detox" weekend.

All five of us have agreed to give up our smartphones, iPads and any other devices linked to the internet - to show us what we're missing in the real world.

The idea for a digital detox was, ironically, partly inspired by a recent YouTube video called Look Up, mocking people walking around with eyes glued to their mobiles.

Before dinner we hand over our gadgets, kept out of reach in sealed bags during our stay. "I miss the weight of my mobile, I'm used to

► **JULIA HORTON** reporters@dailyrecord.co.uk feeling that," Dave Windsor says, smiling while tapping his trouser pocket distractedly.

The IT support analyst, 35, hopes the break, where we will try a range of outdoor activities to introduce or remind us of alternative ways to spend time, will help him look more at "blue skies than blue screens".

He is in luck as the Scottish weather is on our side, delivering sunshine for almost the entire time.

Our first task after dinner is a quiz devised by the SYHA based on growing research suggesting that none of us is alone in our addiction.

Answers include that on average, adults in the UK now spend more than eight hours each day on media devices and 80 per cent plan to stay connected on holiday.

People check their mobile a whopping 150 times every 24 hours on average, while one in five 18 to 24-year-olds even admits to checking their mobile during sex.

It might be easy to dismiss the idea of a tech habit in the way others view sex addiction as nonsense but some experts take it seriously. The first tech rehab centre in the UK opened in London in 2010 and last year researchers estimated that up

to 38 per cent of people were hooked on the internet.

Our quiz also covers the new shorthand language used in texts and on social media sites like Facebook and Twitter.

We all know most of them, though the team from Stramash, the Oban-based outward bound firm leading the weekend's activities, earn a bonus point for the inspired but wrong guess of What You Wearing Honey? for WYWH (Wish You Were Here).

The trouble with quitting a habit is the risk of gaining another instead and, after finishing the free wine, we are soon devouring the chocolates and biscuits that Stramash have brought to help us through.

Like most people, we all use our mobiles to check the time and wake us up in the morning and as we head to bed I'm wondering if the new alarm clock I bought will work.

It doesn't and I have an odd dream about a friend posting a plea for help on Facebook to get rid of fleas. But I wake up naturally for once and the others are already down at breakfast.

I'm just thinking that I'd like to send and receive a few texts when I spot a majestic stag grazing on the youth hostel lawn outside.

Going out, I meet fellow addict

Danny Huff, a sales manager who, like me, is awestruck to be just metres from a deer.

He is also making some pretty odd noises. Without his mobile to take pictures, he is perfecting an until-now hidden talent for talking to the animals with an impressive imitation of deer-speak.

"I love it!" the 46-year-old says. "I don't miss my phone at all."

A few hours later, he's shaking like a leaf. It's not a sudden attack of tech DTs though, just a natural reaction to abseiling for the first time.

There's nothing like a new activity, and a bit of fear, to focus the mind.

By the end, the whole group love the experience, especially Danny who rapidly overcomes his nerves when instructor Rob Brown tells him that he has helped grannies to abseil.

But we don't leave the cliffs at Sannox Bay without at least one person talking about taking a selfie using their cameras (which are allowed as long as they don't have access to the internet).

No one tries, as swinging down a 20m rockface on a rope is a good deterrent against snapping yourself for a Facebook post later.

Dundee geography student Tim Hunter, 22, misses his mobile most during downtime after dinner. "I

don't like not knowing what's happening on Facebook and in the world generally," he admits.

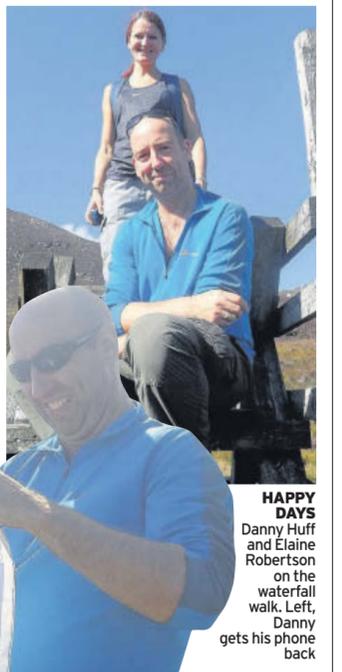
On Sunday, we pack in archery and a waterfall walk before midday when everyone gets their gadgets back as we picnic and sunbathe.

Only Danny turns on his mobile before we reach the mainland to text someone and take a picture.

Reflecting on the weekend, Aberdeen business development manager Elaine Robertson, 40, says: "I applied when I found myself texting on my work and personal mobiles simultaneously one evening walking along and I realised it wasn't very productive or very safe. I don't want to live my life that connected."

SYHA marketing executive and weekend organiser Emily Davies says: "It was a massive success and interesting to see how they coped and that they didn't want to switch on their phones as soon as they got them back."

The SYHA are considering offering paid-for tech detox packages and also helping people to plan their own tech detox weekends at youth hostels around Scotland.



HAPPY DAYS Danny Huff and Elaine Robertson on the waterfall walk. Left, Danny gets his phone back

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