

I WOULD WALK 500 MILES



Walk 500 miles starting this May, June or July and you won't just become a Proclaimer, you'll have an unforgettable summer! Tailor your duration to suit your situation and ambition but however you do it's fun and to mark your progress on your colour-in rucksack. Don't forget your medal! www.walk1000miles.co.uk/shop

Name _____

Start date _____ / _____ / _____ End date _____ / _____ / _____



Bridgedale LITTLE THINGS MATTER **FUJIFILM**

Ordnance Survey **TREKMATES**

SCARPA **MACS ADVENTURE**

Jack Wolfskin **SPORTSHOES.COM**

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Download and print the rucksack and mileage diary from www.walk1000miles.co.uk/charts

