I WOULD WALK 500 MILES



Name

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 and don't forget to order your beautiful 500 mile Completer Medal from: www.walk1000miles.co.uk/shop

| | ESO2 | Sta | rt date | / | /_ | En | d date _ | / | _/ | WH | AT ARE YO | UP TO? |
|---------|-------------|---------|---------------------|-------------------------------|--------------------|---------|----------|-----------------|-----------------|---|----------------------------------|-----------------------|
| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN | WEEKLY TOTAL | 4 WEEK TOTAL | 500 Two thousand | 495 490 | MY 500 MILE REWARD |
| 1 | | | | | | | | TOTAL | IOIAL | Empire State Buildings 477 | 485 480 475 | |
| 2 | | | | | | | | | | Length of Camino de Santiago | 470 465 | |
| 3 | | | | | | | | | _ | 430 | 460 455 | MY 450 MILE |
| 4 | | | | | | | | | - | Distance between Moscow and | 445 440 435 | REWARD |
| 5 | | | | | | | | | | Chernobyl 410 | 430 425 420 | |
| 6 | | | | | | | | | | Length of the A1 | 415 410 405 | |
| | | | | | | | | | RUNNING TOTAL | 405 World's longest cave | | MY 400 MILE REWARD |
| 7 | | | | | | | | | _ | (Mammoth, Kentucky) | 380 | |
| 8 | | | | | | | | | | 377 Distance above Earth | 375 370 365 | |
| 9 | | | | | | | | | - | of Hubble Space Telescope | 360 355 | MY 350 MILE |
| 10 | | | | | | A | | | RUNNING TOTAL | 350 5900 football | 345 340 335 | REWARD |
| - 11 | | | | | | | | | RONNING TOTAL | pitches 326 | 330 325 | |
| 12 | | | | | | | | | | 5000 foot- ball pitches | 320 315 310 | |
| 13 | | | | | | | | | | 300 Bree to Rivendell | 305 | MY 300 MILE REWARD |
| 14 | | | | | | | | | | 277 Length of the | 290 | REWARD |
| 15 | | | | | | | | | RUNNING TOTAL | Grand Canyon | 280 275 270 | |
| 16 | | | | | | | | | | The length of Scotland | 265 260 255 | |
| 17 | | | | | | | | | | 253.5 Total length | 245 240 | MY 250 MILE REWARD |
| 18 | | | 7 | | | | | | | of the London Underground | 235 230 | |
| 19 | | | | | | | | | RUNNING TOTAL | 220 Length of the River | 225 220 215 | |
| 20 | | | | | | | | | - | Severn, UK's longest | 210 205 | MY 200 MILE |
| 21 | | | | | | | | | | 192 The Coast to Coast path | 195 190 | REWARD |
| 22 | | | | | | | | | - | 177 Offa's Dyke | 185 180 175 | |
| 23 | | | | | | | | | RUNNING TOTAL | National Trail | 170 165 160 | |
| | | | | | | | | | - | One 25th the length of the | 155 145 | MY 150 MILE REWARD |
| 24 | | | | | | | | | | Amazon 117 | 140 135 130 | |
| 25 | | | | | | | | | | A lap of the M25 | 125 120 115 | |
| 26 | | | | | | | | | RUNNING TOTAL | 96 Length of the West | 110 | |
| 27 | | | | | | | | | TOTAL | Highland Way (and the Berlin Wall) | 95 90 | MY 100 MILE REWARD |
| 28 | | | | | | | | | | 73 | 85 80 75 | |
| 29 | | | | | | | | | | Furthest you can see from the summit of | 70 65 | |
| 30 | | | | | | | | | | Snowdon 54 | 60 55 | MY 50 MILE |
| 31 | | | | | | | | | RUNNING TOTAL | The longest cave system in the UK | 45 40 35 | REWARD |
| 32 | | | | | | | | | | | 30 25 20 | |
| | | | | A - | | | | | | 2.9 Distance you can see at | 15 10 | |
| uh | CAN | ו עו | ΓΟΤ | AL | | | | MI | LES! | sea level | walking 5 | 0 |
| Bridgeo | lale deuter | FUJ¦FIL | _M <mark>ॐ</mark> ‱ | c f <mark>skin</mark> spor | T S SHOES.C | OM MACS | TREK | MATES® | Ordnance O SC | | Malk 000 miles 500 mile | Fill me in! |