

PACK UP YOUR TROUBLES!



Walk 500 miles starting this May, June or July and we guarantee a summer to remember for all the right reasons! Tailor your duration to suit your situation and ambition but however you do it you'll find it 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 ____ / ____ / ____



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

