PACKU	Walk 500 miles starting this May, June or July and we guarantee a summer to
walking Walk	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
1000 miles	Name / / End date / / /
500-mile	498 497 497 490 491 492 493 494 495 496 496 497 497 498 498 499
	465 466 467 480 480 485 486 487 488 489 480 487 448 489 485 486 487 478 478 478 478 478 478 478 478 478
22 20 33 34	410 429 448 449 450 458 459 460 461 462 <b>1000</b> 458 459 450 458 450 458 459 450 458 459 450 458 459 450 458 459 450 458 459 450 458 459 450 458 459 450 458 459 450 450 458 450 450 450 450 450 450 450 450 450 450
	381 382 383 384 385 398 417 418 419 420 421 422 423 424 425 401 767 408
	400 401 402 403 404 405 377 378 379 406 401 402 403 404 405 405 405 405 405 405 405 405 405
314	325 326 327 328 329 330 331 332 334 335 336 337

PROGRESS TRACKER hf Forestry England

Ø SCARPA°

Bridgedale ?





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

