

COUNTRY WALKING

Your countryside rights-**FREE** guide with this issue

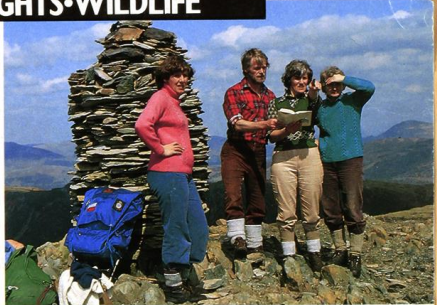
April/May
1987 £1.10

PATHS • MAPS • SIGHTS • WILDLIFE

NEW

STEPPING OUT IN SPRING

Dozens of walking ideas



STRIDE INTO GREAT SHAPE



guide

TAKE ME FOR A WALK







2.74

miles

x

365

days

=





GOING THE
DISTANCE

walking
Walk
1000
miles
2019

















**Joined this
new gym**

There's sheepst
on the floor.**



I love it.

Joined this new gym

There's sheepst on the floor.**



I love it.

The walking cure

Walk an hour a day and you'll walk 1000 miles in 12 months. The health benefits are mind-blowing...

HEAD

Boosts memory, creativity, self-esteem and sociability, and reduces your risk of stroke by a third.

**JUST 2.74 MILES
A DAY = 1000**

Free ✓ Fun ✓ Flexible ✓

LUNGS

Reverses decades of aerobic capacity decline.

HEART

Cuts your risk of heart attack in your fifties and sixties by half.

CANCER

Cuts the risk of dying from cancer by 40%-50%.

WEIGHT

Cuts your risk of obesity in half and Type 2 diabetes by 60%.

BONES

Boosts bone density - reducing the chance of hip fracture by 40%.

DIGESTION

Heightens gastric motility and the elimination of toxins, protecting your colon.

JOINTS

Supercharges your joints with synovial fluid and your body's own anti-inflammatory compounds.

MUSCLES

Prevents muscle wastage, triggers cells' anti-aging processes and repairs DNA.

Sign up **FREE** to the challenge that changes lives one step at a time

www.walk1000miles.co.uk



FUJIFILM

Joined this new gym

There's sheepst on the floor.**



I love it.

The walking cure

Walk an hour a day and you'll walk 1000 miles in 12 months. The health benefits are mind-blowing...

HEAD

Boosts memory, creativity, self-esteem and sociability, and reduces your risk of stroke by a third.

LUNGS

Reverses decades of aerobic capacity decline.

CANCER

Cuts the risk of dying from cancer by 40%-50%.

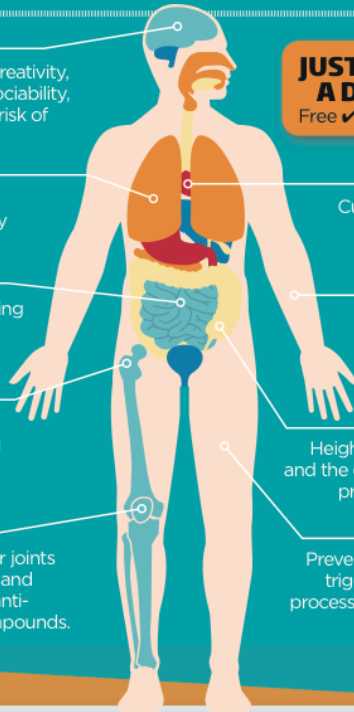
BONES

Boosts bone density - reducing the chance of hip fracture by 40%.

JOINTS

Supercharges your joints with synovial fluid and your body's own anti-inflammatory compounds.

**JUST 2.74 MILES
A DAY = 1000**
Free ✓ Fun ✓ Flexible ✓



HEART

Cuts your risk of heart attack in your fifties and sixties by half.

WEIGHT

Cuts your risk of obesity in half and Type 2 diabetes by 60%.

DIGESTION

Heightens gastric motility and the elimination of toxins, protecting your colon.

MUSCLES

Prevents muscle wastage, triggers cells' anti-aging processes and repairs DNA.

Sign up **FREE** to the challenge that changes lives one step at a time

www.walk1000miles.co.uk



Logos for sponsors: walk1000miles, Bridgedale, Ordnance Survey, Great Little Breaks, Etonian, FUJIFILM.

**"I think
#Walk1000miles
is brilliant!"**



Join the fun, **FREE**, flexible challenge that changes lives one step at a time

walk1000miles.co.uk



HEALTH HAPPINESS WEIGHTLOSS FAMILIES ADVENTURE NATURE GROUPS CHARITY FUN
 SHOP SEARCH

LIVE BIGGER

DO SOMETHING INCREDIBLE IN 2019.

Did you know it takes less than an hour a day's walking to hit 1000 miles in 12 months? Try the fun, free & easy way of participants recommend to a friend: it's just 2.74 miles a day. You **don't** need to be fit to stick at it; you **WILL** feel an amazing difference....



FOR HEALTH

Walk about hour an hour a day and you'll be staggered by the health benefits it can bring your body. Find out more and hear from previous participants.



FOR HAPPINESS

It doesn't care what you look like, it knows how to help - and it tells your worries to go to hell. Read more about why a walk a day makes a heck of a best friend.



FOR NATURE

Walking every day sets fire to your sense of wonder in the world around you - and removing even a few petrol-powered miles from your week is a big kindness to the climate. Let's go!



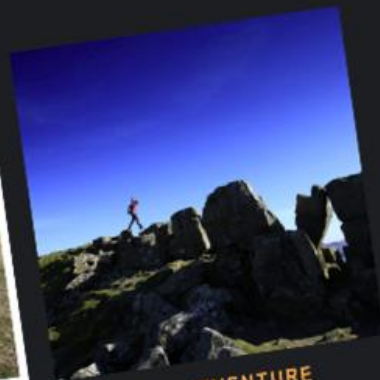
FOR GROUPS

Melt those barriers at work, energise your team, meet up with like minds or compete against colleagues - it's better together! Grab your group progress chart and read all about how.



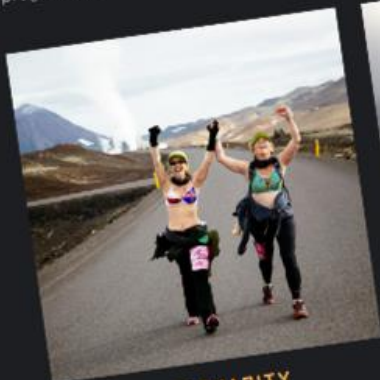
FOR WEIGHT-LOSS

Walking has a funny way of knowing the weight you want to be - and getting you there quickly. Read recipes and true life stories.

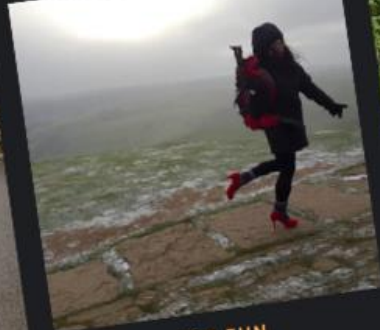


FOR ADVENTURE

You don't HAVE to do your miles in amazing places - but the challenge has a funny way of leading you to them...



FOR CHARITY



FOR FUN

It takes all sorts to make a world, and there are even more ways to cover your miles than you think. Join yourself along with others.



FOR FAMILIES

There's no greater investment in the health and happiness of your family than going on this quest together. Charts + more ideas are here!



Group by Country Walking Magazine

#walk1000miles >

CLOSED GROUP · 31.5K MEMBERS



+ Invite

Chats

Announcements

Photos



Write something



Interacting as yourself





Linda Barron, 66
From: Southampton
Current mileage: 700

Catriona Price, 56
From: Barton on Sea
Current mileage: 518

Jill Cutler, 60
From: Bournemouth
Current mileage: 435

Sally Oakley Oqjan, 54
From: Winchester
Current mileage: 699

Becky Wells, 60
From: Lynton
Current mileage: 601

Janet Coates, 59
From: Blandford Forum
Current mileage: 675

Kate Gross, 46
From: Stockholm, Sweden
Current mileage: 426



The gang that #walk1000miles built

How joining #walk1000miles and posting in the challenge's Facebook group made life fuller, brighter and walkier for these seven 'Hardy' ladies.

How did you get together?

Becky: We all live in Hampshire and Dorset and commented on each other's posts in the Facebook group.

Jill: After a few months we started to organise a few meet ups. My first meet up was with Sally and Kate at Cranborne in Dorset. We all felt we already knew each other already which was lovely.

Janet: My first introduction to these lovely people was with Becky and Jill in the week following the unexpected and very sudden death of my husband. The support the Facebook group gave me, and our little gang in particular was unbelievably fantastic. Together we walked the Stour Valley Way

in stages and it felt as though I had known them much longer. They've plugged the gap left by my no.1 walking companion.

Sally: Becky and I started, meeting up for our regular 'Thursday Walks'. I'd read Kate was doing the Moonwalk and that she had beaten cancer a few times and I was so inspired by her cheerful attitude.

Kate: I'd read about #walk1000miles by chance in the first ever copy of CW.

I picked up in the supermarket, and I think I was one of the first people to join the group. When we met it felt like we had known each other forever. We had a great day and a very interesting walk with stinging nettles up to our necks, and took millions of photographs.

Sally: Ha ha, yes some of us couldn't be seen at all, being a tad shorter than everyone else lol! Always will remember that walk, it was a fantastic day.

Janet: At the end of the Stour Valley Way, Becky produced the Hardy Way guide - 220 miles! - and our new project was launched.

What made you think this was something you wanted to do again?

Becky: Our first walk together was a special one. We all enjoyed the company, the walk and the challenge!

Jill: We really can't wait for the next stage of our Hardy Way walks, love the planning-organising the transport. Really

great fun, lots of laughs and cakes!

Janet: The Hardy Way is a challenge we're all eager to complete. Finish one section, we're all hungry to do the next!

Sally: It's become something we all really, really look forward to. We chat about the last meet up afterwards and then start to chat about the next one before... so we chat a lot!

When I went for a new job I even asked if I could work Mon/Tues/Weds so I'd have the same days off as Becky. They said yes!

Kate: Keeping in touch on Facebook meant it was never in any doubt we would continue to walk together.

Sally: I don't think any of us really realised how significant

"Bigger than the Famous 5 (well there are 7 of us!), greater than the Secret 7 and adventures even Enid Blyton couldn't have thought possible!"

"The Hardy Walkers' group would become! Bigger than the Famous 5 (well there are 7 of us!), greater than the Secret 7 and adventures even Enid Blyton couldn't have thought possible!"

Linda: It's been downhill ever since, and I mean it in the nicest possible way!

What is each bring to the group best-known for?

Becky: We all have a sense of humour - it's a must on some of our walks! We have some good cooks, a singer and nature lovers.

Sally: Becky's known for her 'ish' miles.

Kate: ...and falling over and making us laugh at her!

Jill: And always having that large flask for hot drinks at the end of the walks!

Sally: Jill is very caring.

Janet: ...and good at organising those tricky transport arrangements.

Jill: Ah! Hopefully not too bossy.

Sally: Catriona is the quiet one... dare I say sensible even!

Jill: And makes great flapjacks!

Kate: It's always the quiet ones!

Sally: Janet's the singer...

Jill: And maker of scrummy Lemon Drizzle cake!

Sally: Linda 'oh no, not more hills'!

Jill: And lovely sio gin.

Kate: It's amazing! Chief booze maker!

Linda: Happy with that!

Sally: Kate for flexibility, bendability, photo-ability! And of course youth!

Jill: Don't forget those sausage rolls!

Kate: Sally's rucksack is enormous! If you've forgotten anything she's your lady! Oh and I have learned they can all keep secrets and are very devious!

Sally: Lol! How we managed to hide all the afternoon tea party stuff! I don't know!

Tell us what #walk1000miles has meant for you.

Becky: It has changed my life! I've made some very special friends, I can walk a lot further than I could when I started and I actually enjoy climbing hills now!

Jill: Me too - it's great having our monthly Hardy's Way walk to look forward to.

Sally: Changed my life, completely. In my 30s my best friend died of cancer and I've not really let anyone close again. Now I've made some very good friends again and feel I actually have my life back.

Kate: It changed my life, meeting some great people who love walking and don't moan about how far we have to go!

Linda: Amazing walks in good company makes for a much brighter life.

Catriona: Being a single mum, having two children who still need my attention (and taxi) and work commitments, I signed up for 500 miles last year but actually achieved 616 boots-on miles. Thanks to lovely long walks with these ladies, and a general confidence boost! I challenged myself to at least 100 miles a month this year, and I'm doing it!

You recently lost a member: oh no! Tell us about that.

Becky: Kate has recently moved to Sweden, very exciting for her, but we will all miss her. We hope to do another leg of the Hardy Way when she visits the UK! We presented Kate with a photo book with pictures from our special walks on her last day with us - and a tea party for the end of our walk with some amazing cakes decorated with boots, rucksack, walking poles, camera, maps etc. We will all remember that walk!

Sally: We may all surprise her one day with a knock at the door in Sweden, armed with walking boots and rucksacks and a freshly-baked cake!

Janet: It was always a treat to see the great photos Kate posted on Facebook at the end of a walk. We have many



WHERE SHALL WE GO NEXT?

Above: Walking along the coast not far from Lulworth Cove.

Left: Near Hardy's Cottage in Higher Bockhampton.

Below left: Boots on Beacon Hill above Highclere Castle.



CAKES AND MATES

Above right: Kate's surprise farewell cakes before taking the group international.

Right: At the ghost village of Tynham - population 7!



memories of Kate from the stages of the Hardy Way she walked with us. Her taunting of coves that she thought were safely on the other side of the fence is legendary. And who can forget her sausage rolls served as snow was falling or Kate appearing to slip away over the cliff edge to get that group shot.

Kate: I will miss the girls and our walks dreadfully!

Jill: Couldn't agree more. It's been very special.

Catriona: Here, here Becky!

Janet: That sums it all up.

Kate: Ditto to Becky.

Linda: Totally agree.

Want to meet up with other challengers? Join the Facebook group at [facebook.com/groups/walk1000miles](https://www.facebook.com/groups/walk1000miles) or [facebook.com/groups/walk500miles](https://www.facebook.com/groups/walk500miles) challenge/ and make a post, browse the Events tab or create your own event. It's free, easy and there's no pressure!

Why should more #walk1000miles get together like you have? We've encouraged each other, celebrated together and done things we wouldn't have on our own. There's always someone willing to meet up for a walk, we're great friends and we share a passion!

The View





www.walk1000miles.co.uk

#WALK1000MILES UPDATE

THANKS FOR THE INSPIRATION!
"I've replaced smoking"

TIDINGS OF JOY!

#WALK1000MILES UPDATE

Bin someone ELSE'S dog poo
Because sometimes you have to be the change you want to see. Sainthoods went our winners!

This month's #mini-challenge: you could win a Golden badge!

THE SPIRIT OF #WALK1000MILES!
The unpredictable ways #walk1000miles touches lives continues to thrill and amaze us.

#WALK1000MILES PEOPLE
'I couldn't be happier!'

Country walking 1000 miles 2019

BROUGHT TO YOU IN PARTNERSHIP WITH

Rohan Bridgedale SCARPA FUJIFILM deuter

One year... 1000 miles... and a new you!

Mini-challenge MADNESS!

We asked you to perform a silly, seasonal or stretching task, and you've loved the motivation. Here's our first crop of Golden Badge winners!

SPRING UPDATE:
Mini-challenge winners revealed!
This year of new angels!
2019 Medal!
Thanks for the inspiration!
Tips for success!
We've fresh clothing, gear, books and rucksack partner Deuter

Clare finished photographed an amazing sunset - see e-collate page!

www.walk1000miles.co.uk

#minichallenge2
Invite a friend walking with a CW postcard
Because walking's great for conversation!

"I love my mum dearly but she has an unhealthy habit of never thinking about herself. So I gave these postcards to my mum and she's agreed to go the #walk1000miles with me. Bring that positive streak back!" - **Bea Bockett-Pugh**

"I used them to challenge the ladies in my net to walk 1000 miles this year. I'm so proud to say that six members took up the quest! These ladies have helped me so much since I suffered a detached retina last summer. I want to thank them with the gift of improved mental and physical health!" - **Lisa Chell**

"I don't have a big circle of friends but those I have are so supportive. Clare walks with me on her days off. I'm a lucky woman!" - **Deborah Waters**

"I love my mum dearly but she has an unhealthy habit of never thinking about herself. So I gave these postcards to my mum and she's agreed to go the #walk1000miles with me. Bring that positive streak back!" - **Bea Bockett-Pugh**

"I could post a card to anyone, it would be my mum. She was the kindest person I know, always telling tales and making life, want her to be with me every step of the way." - **Scott Charman**

#minichallenge3
See sunrise on a walk
Because one of walking's great pleasures is never more accessible than at this time of year!

"I can't believe I got to see the sunrise over the River Goring, Lancashire!" - **Lacy Purslove-Jones**

"At 11... "Hooray" yep, that was a good one. I tried to think what the wind-chill temperature was early yesterday morning (20!) on the Gorton Moors near Haworth above the Gorton Waterfall. A proper nose-runnin' hand freezer, but worth it!" - **Paul Booth**

"This has to be the greatest pleasure that can be had from walking - first footing the new snow on the hill at sunrise. Well, first human footfall anyway - plenty of deer, pheasant and rabbit tracks were there before me!" - **Kath Walker**

"I love the colours!" - **Clare Pickford**

"I can still request posters, or print your own, at www.walk1000miles.co.uk/posters"

#minichallenge4
Spread the word with one of our posters
Because walking can change lives - pass it on!

"I printed and put up 40 posters and pinned nearly 100 mini-posters and got them in 3 hospital waiting areas and toilet!" - **Dani Bailey**

"I posted this in my local library today!" - **Nicolaus Killyard**

"My posters have led to three members of my team joining the challenge - AND the school head teacher!" - **Sarah Louise Ewin**

"A my daughter and I went wedding dress shopping on Saturday and the lovely ladies in the shop were both fitness advocates and kindly put a poster up in their window!" - **Debbie Barker**

COMPETITION

WIN 1 of 3 new Deuter trail backpacks

WIN either the Trail 38SL (suitable for women or men with a smaller back) or Trail 30 from our rucksack partner.

Steek, compact and close-fitting yet with a fully ventilated back system, the Trail is a do-anything rucksack that won't hold you back.

With removable rain cover, internal compression straps, continuously-adjustable chest strap and natural pull-forward hip-belt no compromise has been omitted yet without compromise to the uncluttered look.

is closing date for entries: 27th March

does he need to go before the big game? I've always been a bit of a fan of the game. I think I like him.

HOW TO ENTER:
Upload a photo of your #walk1000miles tracker chart to enter (so we know the prize goes to real challengers!)
www.walk1000miles.co.uk/deutercompetition

SPRING 2019 COUNTRY WALKING 21





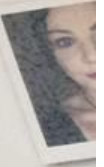
Whoop

whoop

whoop!

You're now the proud owner of a badge with mystical powers, a source of spontaneous admiration that injects jolts of energy into otherwise idle days; a shield behind which you can march into battle against boredom or bad weather; a reminder of the epic quest you are on; and an excellent skimmer when packed with Blu-tak. Perfectly circular and deliciously convex, it will fade like a pair of favourite jeans as the miles build. But (so they say) the more bleached the badge, the better the badger and the more radioactive with happy memories - of sunshine and breeze and surprises and laughter and cold noses and contentment - your battered button comes. Finally, and not least, know that your badge has been packaged by Sara, possessor of undoubted magical powers. Enjoy your badge and your challenge, do share your adventures and thanks for being awesome!

NB: Your badge ALSO gives you 15% off at any Cotswold or Snow+Rock store, or online using the code AF-WALK1000-P5



Guy

Guy Procter, editor, Country Walking
FB group: facebook.com/groups/walk1000miles
Homepage: walk1000miles.co.uk





Whoop whoop whoop!

You're now the proud owner of a badge with mystical powers, a source of spontaneous admiration that injects jolts of energy into otherwise idle days; a shield behind which you can march into battle against boredom or bad weather; a reminder of the epic quest you are on; and an excellent skimmer when packed with favourite jeans as perfectly circular and deliciously convex, it will fade like a pair of favourite jeans as the miles build. But (so they say) the more bleached the badge, the better the badger and the more radioactive with happy memories - of sunshine and breeze and surprises and laughter and cold noses and contentment - your battered button comes. Finally, and not least, know that your badge has been packaged by Sara, possessor of undoubted magical powers. Enjoy your badge and your challenge, do share your adventures and thanks for being awesome!

NB: Your badge ALSO gives you **15% off** at any Cotswold or Snow+Rock store, or online using the code AF-WALK1000-P5

Guy

Guy Procter, editor, Country Walking
FB group: facebook.com/groups/walk1000miles
Homepage: walk1000miles.co.uk













SOLVITUR
Walking
Walk
1000
miles
2019
AMBULANDO







FOR EVERY JOURNEY





FOR EVERY JOURNEY





MAGAZINE MEDIA
AWARDS

Nick Hallissey
JOURNALIST OF THE YEAR

MAGAZINE MEDIA
AWARDS

Country Walking
YEAR 2014

MAGAZINE MEDIA
AWARDS

Country Walking
CAMPAIGN OF THE YEAR

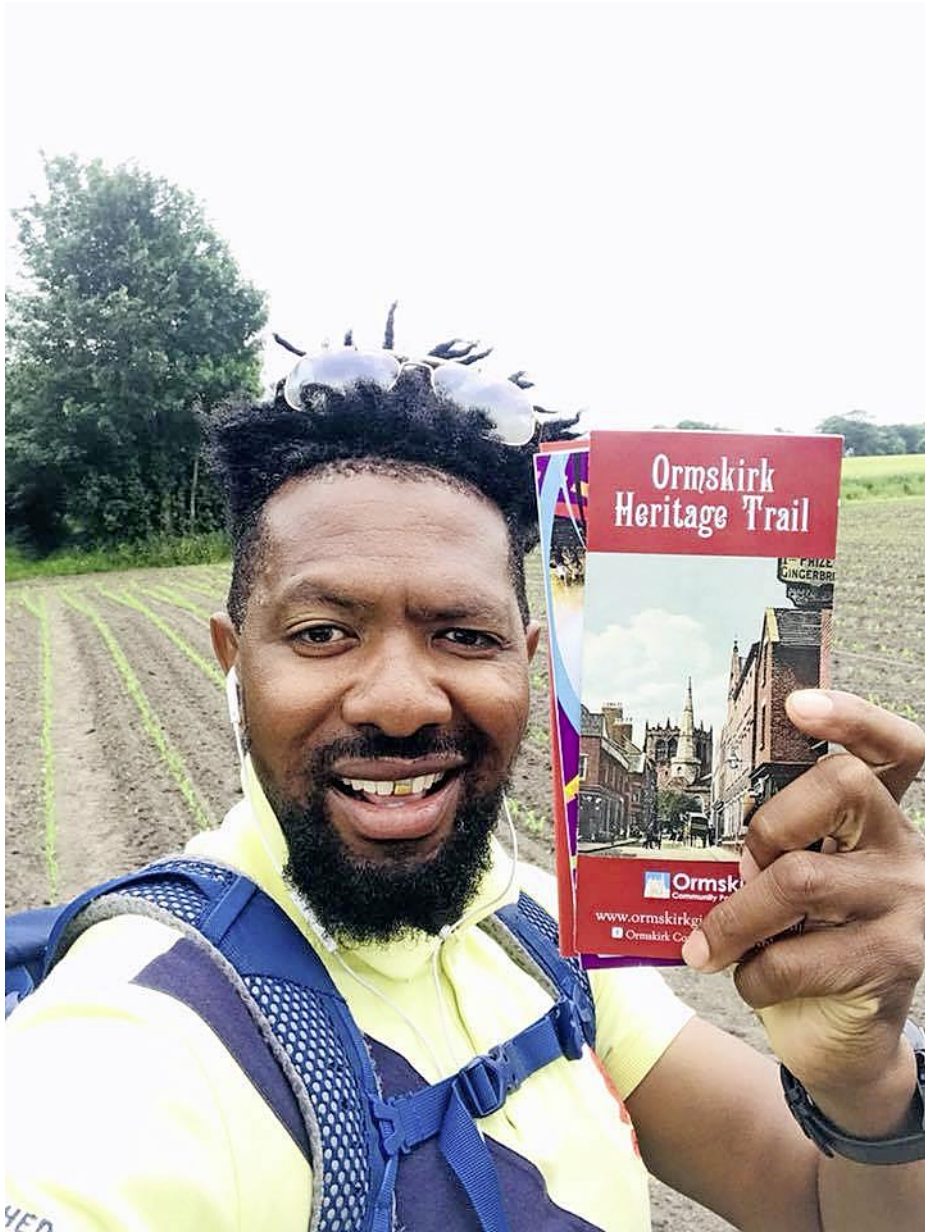
MAGAZINE MEDIA
AWARDS

Tim Unwin
PRODUCTION SUPERSTAR

LOPPA

Country
walking
COAST

BOUVET























Wildflower walks: See Brit...
Country Walks
Britain's
rit

Walk
1000
miles
2019

