

COLOUR & AWARD YOUR PROGRESS!

By the time you've finished 1000 miles you'll have walked the equivalent of the entire journey from Land's End to John o'Groats marked on this map. Extraordinary achievement! But focus on each day's walk, then building up a streak, then the milestones that will one by one come into view. Colour in a county every 10 miles and every 100 miles award your milestone sticker!



You've done it! Whoop!



Walk hard, play hard!

Walking works wonders



Walk more, worry less



Life's better on foot



GET YOUR STICKERS

Stickers for your chart are available to order at:
www.walk1000miles.co.uk/shop

It starts with a single step...

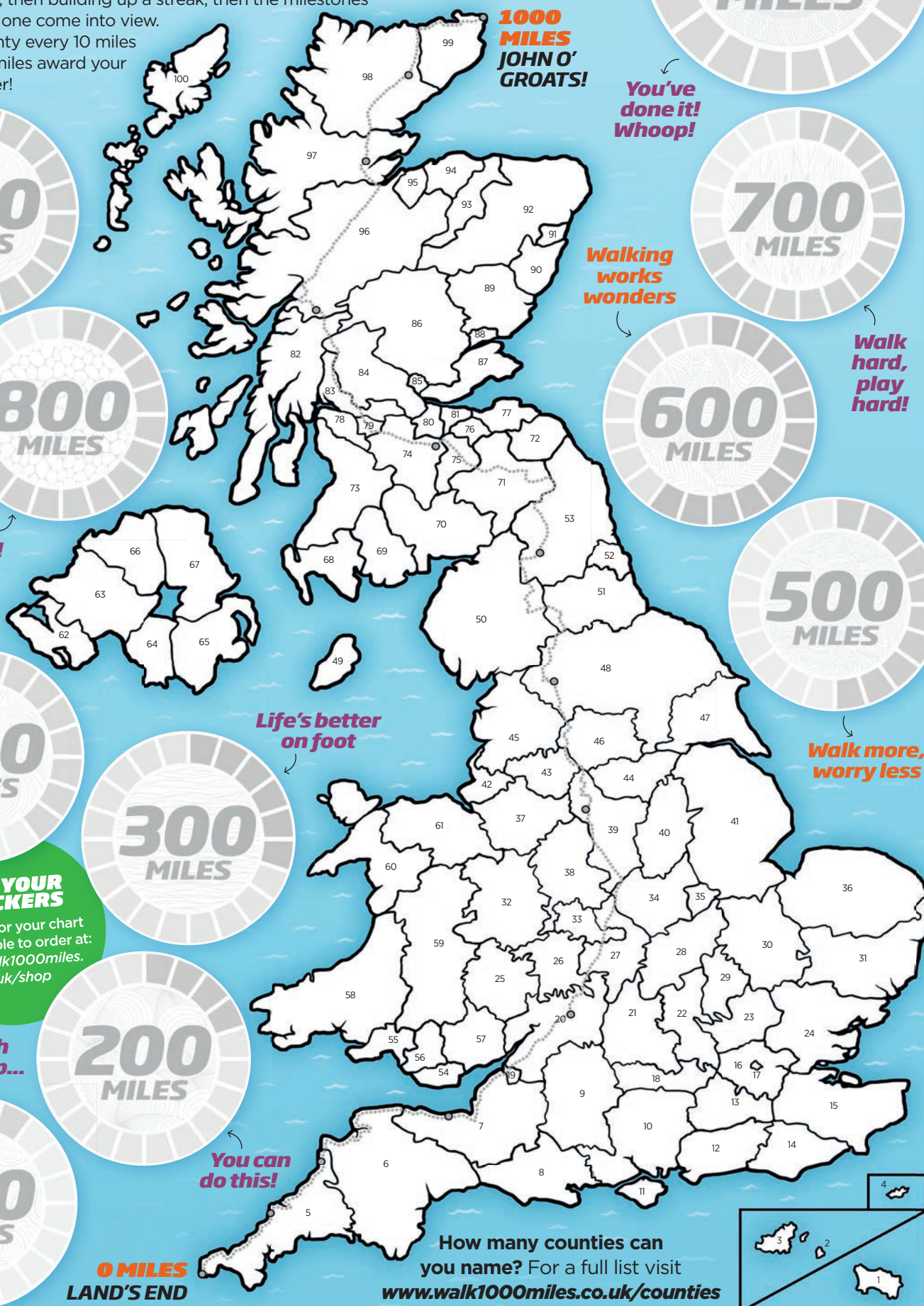


You can do this!



0 MILES LAND'S END

1000 MILES JOHN O' GROATS!



How many counties can you name? For a full list visit
www.walk1000miles.co.uk/counties

