



BROUGHT TO YOU IN PARTNERSHIP WITH



2.74 x 365 = [walk1000miles.co.uk](http://www.walk1000miles.co.uk)

"#walk1000miles is for everyone"

Debbie North loved climbing hills in the Lakes and Yorkshire Dales. But after a shock diagnosis in 2008 everything changed – except her love of climbing hills in the Lakes and Yorkshire Dales...

IN 2008, I was diagnosed with spinal degeneration. Quicker than I could have imagined, I became a wheelchair-user. I thought my love affair with the hills and mountains was over. It hit me hard. My husband Andy stopped walking as well, saying he couldn't go without his 'walking partner.' But then I heard about all-terrain wheelchairs. I was amazed to learn about the different types. And not long after, once more I was back out 'walking' and even climbing to the top of mountains again. It felt amazing.

I have three different types of wheelchair and I call them my shoes.

My manual wheelchair is my flat, comfortable everyday shoes that I use day in, day out. I also have a power wheelchair attachment which clips to the front of the frame and in essence converts my wheelchair into a three-wheeled electric bike. This I call my pair of trainers – perfect for when I fancy a run out and a bit of speed. Finally, I have my four season hiking boots – my all terrain 4x4 TerrainHopper, which I've named Harriet. With it Andy and I completed our version of Wainwright's Coast to Coast, I've climbed several Wainwrights in the Lake District, a couple of Scottish Munros and

I'm currently working my way through the Dales 30 in the Yorkshire Dales, to find which have a route to the summit that is stile-free.

For the past five years I've been working with Julia Bradbury.

I'm responsible for my own section on her website called Access The Outdoor Guide, where we have over 100 wheelchair friendly walks. I travel all over the UK filming stile-free walks now, writing and speaking. I love it. I have never looked back. Last year I was made a #GetOutside Ordnance Survey



Always the right time to join!

Doing #walk1000miles is an investment of 2.74 miles – about an hour – a day, and the payback is spectacular! You can start at any time. Sign up now, and order a Progress Chart, at www.walk1000miles.co.uk

Get your Progress Chart: www.walk1000miles.co.uk/shop



Champion too, and. I'm also a volunteer 'Miles without Stiles' tester for the Yorkshire Dales National Park. I am passionate about creating a countryside for all and slowly but surely we are making a difference.

During lockdown there are times when the motivation is lacking. Especially during the winter months when the weather has been terrible. It's challenging to stay positive. That's why I decided that from the 1st of January I was going to do #walk1000miles. I'm planning to do most of my 1000 miles in my manual wheelchair. That will really help with my fitness and well-being.

So far I have competed 140 miles. I'm up to averaging about three miles a day, which isn't especially easy where I live – on the side of a hill! When the weather is too bad, I use a rollator, which is like a treadmill for wheelchairs. Though I can get the miles under my belt, it's no substitute for being outdoors.

I will confess, for some of the challenge I'll be using my powered wheelchair. But I don't see it as cheating, I see it as means to getting outdoors and having an adventure. I'm so looking forward to the coming months and going further afield to exploring new walks that I can do in my manual wheelchair. Hopefully I will be much stronger too from my daily workout and will be able to push myself to completing 3-4 miles a day.

It's not too late to join #walk1000miles! I urge everyone, whatever your ability, to get outside and enjoy a walk. Get out into your garden, enjoy a walk around the town,

► See more of Debbie's work & adventures: theoutdoorguide.co.uk/partners/mobility-access-tog



Advice from the friendly farmer



Most of us have experienced uncertainty around footpaths on farmland – and we're doing it more thanks to travel restrictions. But relax! Heather Parrish from Bedfordshire is a farmer and 1000-miler, and she's here to help...

Obstructing a footpath is a criminal offence. A landowner, farmer, or occupier of land with a public right of way across it must avoid putting obstructions on or across the route, such as fences, electric fences or padlocked gates. They should make sure vegetation does not encroach on the footpath. But the upkeep of stiles and bridges is the Council's responsibility

A field-edge footpath mustn't be ploughed and should be 1.5m wide. The farmer is allowed to plough, cultivate and plant a crop over a footpath that goes across a field but must re-establish a one-metre-wide footpath within 14 days.

Walkers must stick to the route of the footpath. Even if the grass margins or field edges, which has often been established as a wild flower and conservation areas, looks more appealing, if you walk on them you are trespassing.

Waymarker posts are usually the responsibility of the local council.

If the route is not clear please contact the local council.

Dairy breed bulls are not allowed in fields with cross-field footpaths. But bulls of other breeds can be kept in a field with cows or heifers. Please keep dogs under tight control – even on arable fields where they disturb nesting birds. Always keep dogs on leads on footpaths through fields of sheep.

If in doubt, stick to the path that's on the map. And don't forget – mud is the weather's fault not the farmer's. We find our cross field paths get wider and wider, leading to considerable crop damage. Please do stick to the meter-wide path.

Do communicate with farmers if you have an issue. We're by no means all 'angry landowners' and are happy to listen to and address reasonable issues. After all, farmers love the countryside as much as you do – we just have to make a living from the land too.



'You're so lucky!'

"Speaking as an American who did some walking in the UK for the first time in 2019 we found the footpaths simply mind blowing – we simply could not believe that we were actually supposed to walk through someone's field or what seemed like their backyard! It's an incredible network – we were in awe and very careful to follow all the rules!" Jennifer Katze Campbell



THANKS FOR THE INSPIRATION!

Dan's the man!

Daniel Adcock, 40, from Audlem in Cheshire has fast become a firm favourite in the 2021 #walk1000miles community.



WHEN MY MUM heard there was going to be another lockdown she suggested I start going for a daily walk for some exercise. I thought it was a good idea. I've always liked to keep fit. Mum told me about the #walk1000miles challenge and that I could get a medal if I complete it. I like getting medals so I said "Yes, let's do it!"

I have Down Syndrome and I can't go out on my own so my mum comes with me on my walks. I try to do about 3-4 miles each day, but mum has an ankle injury so sometimes she has to have a day off and rest it. When that happens I go outside and walk up and down our driveway for a couple of miles which helps me to keep on track.

I thought it would be good if I could raise some money for charity while I am walking so I chose the MND Association because we lost our good friend Lesley to it last year. So far I have raised £1339.

Sometimes my sister Sarah will take me for a walk to give my mum a rest. I have two more sisters, two brothers

and some friends in the village who all want to join me for a walk but they can't at the moment because of the lockdown. I had my COVID-19 vaccine last week so I hope that soon I will have lots of people to walk with me.

I'm really glad that I am doing #walk1000miles because it is helping me to keep my fitness up for when I can go back to my activities. I like saying hello to all the people I pass when I'm out walking. Before the virus hit I went three days each week to a countryside volunteer group. With support we would look after public footpaths and hedgerows. We also help to keep public parks and open spaces clean and tidy for everyone to enjoy. I'm looking forward to the time when I can do that again because I love being outdoors and doing things that keep me fit.

I used to do gymnastics and have two gold and two bronze medals from the Special Olympics World Games. I can't wait to add my 1000-mile medal!

The challenge is very friendly. I like my mum to let people know how I'm getting on. I love all the messages of encouragement that I get. I want to say thank you to everyone for all the support. And to anyone who's wondering if they should join in - get up off the sofa, put some shoes on and go for a walk, you will feel much better!"

► www.justgiving.com/fundraising/daniel-adcock

TUTOR TANGO

Teachers mobilise in lockdown with #walk1000miles

Dan Smith from Essex (first pic) had spinal surgery last year and used the challenge to "launch me back into activity". Now the head of PE at Clacton Coastal Academy has inspired his colleagues to tackle the 1000 to bust the stay-at-home blues. "With the

current climate of lockdown and virtual lesson delivery, staff need an outlet. And after emailing all my colleagues I had dozens of responses - it looks like the paths of Essex are going to be well trod this year!" What a great example you've set Mr Smith and friends!



Get your Facebook profile frame: www.walk1000miles.co.uk/frames

You really ARE worth it!

Motivate and reward yourself with something from our 2021 shop. All packed with love from Sara.

BOBBLE HATS £12.99



NEW

Medals

Our 2021 medals come in three varieties - 500, 1000 and 2000 miles. Each has its own colour scheme and message, but all share a powerful magnetism drawing you toward victory. Made from chunky solid metal and frankly unsuitable for mere mortals, each comes with its own Completer's Certificate - and the envy of friends! P.S. you can also get your 1000-mile medal, and track your progress from Land's End to John o'Groat's, with Walk1000miles+. See page 98. **£9.99**



£9.99 each



£9.99 each

NEW

Neck warmers

Choose from stripes which tell a tale of the UK climate from 1850 to the present day (a trend walking more and driving less helps move in the right direction), or the declaration of intent that is our new logo ruff. Warming in the cold, cooling in the warm, your neck will love you. **£9.99**

NEW

Dog medal

Your hound is a paragon of live-in-the-moment, seize-the-day exemplariness - and now their superhero status can be confirmed with their own golden, collar-friendly medal. Comes with a dedicated certificate and is so cute. Also makes a great keyring. **£5.99**



£5.99



£2 each

NEW

Vinyl stickers

Two new outings for our badger mascot, in super-tough vinyl sticker form that will stick firm to your laptop, phone, car, window or any other place you could do with inspiration and the world knowing that a superhero walks among them. **£2 each**

Shipping now via: walk1000miles.co.uk/shop

#MINICHALLENGES

We struck gold!

Each month our #minichallenges are a chance to add a little something to your miles. Here are the latest winners – next time it could be you walking off with a money-can't-buy **Golden Badge!**



SEEN YOU'VE WON?
Email sara.mattick@bauvermedia.co.uk your address and a pic of you holding this edition to claim your precious!

#minichallenge1

Use a postbox you never have



▲ **Jane Campbell** used this golden box at her deserted uni campus. 'The card is for my mother-in-law, the box is in honour of Sophie Christiansen, medal-winning Paralympian who studied here.'



▲ **Janine Ramsey** found this one quite literally out of the blue. 'I'm sending your inspiring cards to my good walking buddies in all four corners of Ireland.'

▲ **John Loughlin** posted a card to each of his four children. One son in France, one in Spain. 'I haven't been able to see them for over a year.'



▲ **Sophia King** was working in Barbados when she took ill and had to return to the UK. 'It has been hard to be away from friends and family in Barbados. I'm sending this postcard to one of my supporters, inviting her to join me in something that will be good for us both.'



#minichallenge2

Do a Night walk

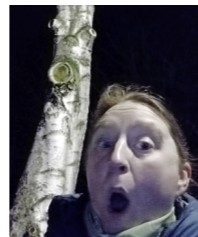
▲ **Angela Harvey:** 'Flooded path lit by the cyclists front light as the last of the sunset dims in the distance, creating light in the darkness on a winter evening walk.'



▲ **Norman Leach** walked around Blackheath to the top of Point Hill. 'Surprisingly dark – but has splendid views across London.'



▲ **Camilla Winlow** went out on a lovely clear night to test a new phone camera out in the village.



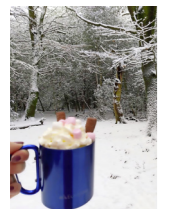
▲ **Roz Southall** had a surprising encounter on her night walk!

#minichallenge3

Have a brew with a view



▲ **Barry Plant** kept it local with possibly 'one of the best views on my doorstep.'



▲ **Helen Louise Miller** indulged in a deluxe hot chocolate with all the trimmings in a winter wonderland.



▲ **Linda Donnelly** accompanied her husband to check out a new job minutes away from this beautiful beach. Lovely!



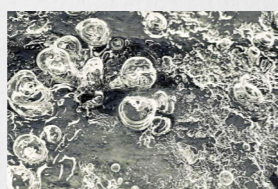
▲ **Janet Hickman** 'Returned from a misty couple of miles around the village to be greeted by my new CW so this is my brew with a view.'

#minichallenge4

Find ice!



▲ **Cathy Collings** had a quick dip in the tub before the snow disappeared. Brrr! (NB: Please be sensible and don't go into icy water unless you have been acclimatising properly like Cathy!)



▲ **Jan Graham** spotted this picturesque ice block on a work-break stroll.



▲ **Michelle Saunders** found very rare hair ice.



▲ **Zuzana Hoppner** pulled a frozen forest out of the water butt!

#minichallenge5

Spread the word



▲ **Thom Clarke**, shared a piece about the challenge in Bradley Stoke Matters, even inspiring the editor to take up the challenge. Go Thom!



Seven-year-old accepts 1,000-mile trek challenge to win ANOTHER medal

Published 3/12/2020 by Henry Butler



Charles McFarling from Whitby is attempting to walk 1,000 miles in a bid to win another gold medal. Credit: Karen McFarling

▲ **Charles McFarling's** mum emailed the Cambs Times and bagged him a spot on their website. Great stuff Charles!



▲ **Cwtchy Gran** put three posters up around town. 'Not so easy this year, as nearly everything is shut, but hopefully others will catch the walking bug too!'



▲ **Katrina Scott** decided to put a twist on spreading the word by painting pebbles and leaving them on her walk.

MILES THAT COUNT DOUBLE

Ian's a litter legend!

The wider world will benefit from Ian Roberts' 1000 miles – because he's challenged himself to litter-pick every step of the way around his home town of St Helens, Merseyside. In fact he's aiming to fill 1000 bags of litter! And after filling 64 in his first 25-mile week – and five from the top of Billinge Hill alone – who can doubt him? Ian's efforts will also raise funds for a local charity and says #walk1000miles has lent him all the motivation he needs. Is anyone doing more to earn their completer medal? You can support him at www.facebook.com/StHelensLitterHeroes.

► **Medals are on sale now by the way, see page 21 for more.**



Do more on your miles & win treasure!



Every month in these pages we pose a set of five mini-challenges, designed to add a stretching, seasonal or bit of spice to your mile-munching. Entry details below (tag it with #walk1000miles and the hashtag listed with each challenge). Our 20 favourite entries win a Golden Badge!

11 PHOTOGRAPH SOMETHING CURIOUS

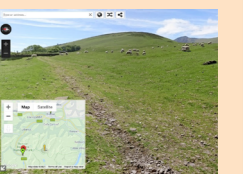
Photograph something you see on a walk that strikes you as odd, hard to explain, or which you've always been curious about. We'd love to have a puzzle over your mystery.



#minichallenge11

12 SHARE A STREET VIEW

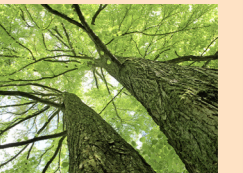
Street View is a great way to travel in your mind in lockdown. Find a view, share the link from the Google Street View app, or the URL from www.instantstreetview.com on your PC & tell us its story for you.



#minichallenge12

13 WALK A NEW WOOD

Find a wood or forest or even a copse that's new to you and tell us what you find. Two good places to start: forestryengland.uk / search-forests and woodlandtrust.org.uk/visiting-woods



#minichallenge13

14 FIND A SIGN OF SPRING

Photograph or describe a sign of spring you come across on a walk and tell us what hopefulness it inspires in you. It can be as commonplace as you like or as obscure as you wish.



#minichallenge14

15 TELL US YOUR PERFECT PACK-UP

What's the magic combination of ingredients that goes into what you consider the perfect packed lunch? A photo of the assembled scrum/snap/baggin is a must.



#minichallenge15

How to enter

Upload photo evidence including the relevant hashtag in the #walk1000miles Facebook group or on Instagram by 1 April! New challenges next issue and every issue. Got an idea for a challenge? Email walk1000miles@countrywalking.co.uk

BROUGHT TO YOU IN PARTNERSHIP WITH



Little things mean a lot

Best-selling sock maker – and longstanding #walk1000miles partner – **Bridgedale** knows better than most what a big difference little things can make.

THE PAST YEAR has taught us better than ever that it's the little things in life that can make the biggest difference. A small act of generosity or consideration, a kind word, encouragement, the support of a friend or comfort of a stranger. Life's reduced horizons have made us focus again on what was always true: little things mean a whole lot.

The repetitiveness of days in lockdown magnify the significance of small pleasures and the scale of small annoyances. And in that they resemble the life of our feet – shut inside our shoes and boots, dutifully doing their unvarying job, while left to an obsessive focus on micro luxuries and minor discomforts.

Bridgedale has used a focus on the little things to be its guiding principle in shaping the development of its sock range. But 'Little things matter' is a vision which extends beyond socks, and after long observing the countless kindnesses of walkers in the wonderfully supportive 1000-mile community, they wanted to support an initiative to help us all say thanks. *Say It With Socks* was born.

SAY IT WITH SOCKS

They could have got you into walking, lent a hand when you needed it, demonstrated the spirit of #walk1000miles or just be a brilliant buddy – a small kindness can make a disproportionate impact in its

recipient's life. A small gift of thanks can do the same. Tell us who deserves your thanks and why, and each month until June, Bridgedale will send a pair of **Bridgedale Hike Mid Weight Boot** socks worth £19.50 each to four nominee/nominator pairs.

WHAT YOU'LL BOTH GET

Originally named the Trekker, the Hike Mid Weight Boot is the sock that changed expectations forever, and thanks to years of incremental improvements remains out in front. Designed for year-round, use their unique Bridgedale construction ensures dry, warm and comfortable feet whatever your walking throws at them.

How to enter

Submit your entry at www.walk1000miles.co.uk/sayitwithsocks



There's no better way to say thanks than with Hike socks!

ThermoFit

Thermo setting ensures wash after wash the sock returns to its designed size ensuring a perfect fit every time.

Forward Flex

Prevents the sock from 'bunching' under the shoe tongue which helps to ensure comfort.

Overfoot ventilation

Advanced padding that provides support and comfort to areas on your leg and foot.

Moisture Management System

Allows the transfer of moisture away from the surface of the skin to keep feet warm, dry and comfortable.

Y Heel

Creates a 3D shaped heel cup that prevents excess bulk and slippage which helps to ensure comfort.

Elasticated Arch

Keeps the sock locked in position. During wear this reduces the possibility of bunching and rucking which could cause irritation or blisters.

Flat Toe Seam

An almost invisible toe seam closes the toe box creating a comfortable, flat seam that doesn't create excess bulk or cause irritation.

They said it with socks!

'SHE'S A BLESSING'

Emma Nankerviss nominated Ali Aitchison 'She listens to me when I need to talk, helps me put the world to rights and is just there with me step by step. She's my best friend & my walking buddy & I'm truly blessed to have her in my life'



'WE SHARE EVERYTHING'

Karen Feeney nominated Karen Graham 'We met through the challenge and now chat several times daily, encouraging each other, sharing the ups and the downs and support each other when we're feeling sad or lonely as well as celebrating the milestones. Karen has become a best friend and although we don't live close by I know she will always be there for me and I can't wait to go on many more walks with her as well as indulging in cakes and cocktails and a little bit of mischief.'



'WORKS TIRELESSLY'

Tim Flint nominated his brother Tom 'Tom has worked tirelessly as a Physiotherapist on the Covid 19 wards of St Mary's Hospital, London. With shifts lasting 12 hours, if someone deserves to have comfy feet right now its him! A great gift for a deserving person!'



'KIND & COMPASSIONATE'

Sarah Harris nominated Samantha Davey 'I have only known her since joining this group but she is one of the kindest most compassionate people I know.'

