

*It's not all **walk, walk, walk**
when you walk 1000 miles...*

There's feeling **brill**. And **sleeping** well.
And **laughing** lots. And **secret** spots.
And beautiful **lakes**. And guilt-free **cakes**.
And great **times**. And lots of **wine...**



Eat more. Live more.
Do something amazing in 2019
walk 1000 miles

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

www.walk1000miles.co.uk

