

# 'Sounds *inconceivable* feels *incredible*'



*"Once you give yourself a goal and start putting one foot in front of the other, you start to realise what an incredibly joyful experience walking is. Moorland, mountains, woodland, coastline: we are really spoiled in this country for the sheer variety of options. Every day, every weekend, can take you to a new landscape. It will feel like an incredible achievement when you get to 1000 miles – and I can guarantee, you won't want to stop!"*

**KATE HUMBLE**

*Author of Thinking on my Feet*



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