

# Can you walk 100 miles in May?

May is National Walking Month and we've got a challenge for you: walk 100 miles! It's an average of 3.23 miles per day - or about an hour in total. It's easy to track your miles using your smartphone - just search 'Walk tracker' in the app store, or use our favourite app OS Maps, then colour in your progress on our UK map a county at a time. It doesn't matter where you do it, just aim to average 3.23 miles each day in May and feel the incredible difference it makes.

You'll be happier, healthier, sleeping better, looking great, and feeling amazing. You'll have built your resilience, sent the risk of serious diseases running and tuned up every aspect of your body and mind. All that just by putting one foot in front of the other? Give it a week to prove it - that's 22.6 miles' worth. Happy walking!

**Country walking**  
Britain's best-selling walking magazine

**Need inspiration?**  
Try Country Walking - the UK's best-selling walking magazine - just 99p for your first month's membership. Search Country Walking Magazine in your app store.

**COLOUR IN YOUR PROGRESS**  
**1 COUNTY = 1 MILE**

- 1 Jersey
- 2 Sark
- 3 Guernsey
- 4 Alderney
- 5 Cornwall
- 6 Devon
- 7 Somerset
- 8 Dorset
- 9 Wiltshire
- 10 Hampshire
- 11 Isle of Wight
- 12 West Sussex
- 13 Surrey
- 14 East Sussex
- 15 Kent
- 16 Greater London
- 17 City of London
- 18 Berkshire
- 19 Bristol
- 20 Gloucestershire
- 21 Oxfordshire
- 22 Buckinghamshire
- 23 Hertfordshire
- 24 Essex
- 25 Herefordshire
- 26 Worcestershire
- 27 Warwickshire
- 28 Northamptonshire
- 29 Bedfordshire
- 30 Cambridgeshire
- 31 Suffolk
- 32 Shropshire

- 33 West Midlands
- 34 Leicestershire
- 35 Rutland
- 36 Norfolk
- 37 Cheshire
- 38 Staffordshire
- 39 Derbyshire
- 40 Nottinghamshire
- 41 Lincolnshire
- 42 Merseyside
- 43 Greater Manchester
- 44 South Yorkshire
- 45 Lancashire
- 46 West Yorkshire
- 47 East Riding
- 48 North Yorkshire
- 49 Isle of Man
- 50 Cumbria
- 51 Durham
- 52 Tyne & Wear
- 53 Northumberland
- 54 South Glamorgan
- 55 West Glamorgan
- 56 Mid Glamorgan
- 57 Gwent
- 58 Dyfed
- 59 Powys
- 60 Gwynedd
- 61 Clwyd
- 62 Fermanagh
- 63 Tyrone
- 64 Armagh
- 65 Down
- 66 Derry/Londonderry
- 67 Antrim
- 68 Wigtown
- 69 Stewarty of Kirkcudbright

- 70 Dumfries
- 71 Roxburgh, Ettrick & Lauderdale
- 72 Berwickshire
- 73 Ayrshire & Arran
- 74 Lanarkshire
- 75 Tweeddale
- 76 Midlothian
- 77 East Lothian
- 78 Renfrewshire
- 79 Glasgow
- 80 West Lothian
- 81 Edinburgh
- 82 Argyll & Bute
- 83 Dunbartonshire
- 84 Stirling & Falkirk
- 85 Clackmannanshire
- 86 Perth & Kinross
- 87 Fife
- 88 Dundee
- 89 Angus
- 90 Kincardineshire
- 91 Aberdeen
- 92 Aberdeenshire
- 93 Banffshire
- 94 Moray
- 95 Nairn
- 96 Inverness
- 97 Ross & Cromarty
- 98 Sutherland
- 99 Caithness
- 100 Western Isles

