Welcome to '100 miles for 100 years' Challenge

BFWI invite you to walk 100 miles in and around Buckinghamshire during the course of 2020. To help you we have located over 25 appealing walks all over the county. We have chosen walks with an average length of about 5 miles. You could choose to do the same walk 20 times, do a selection of those most accessible to you, or even try to 'collect the set' and tour the county over the course of the year – it's up to you! Please get in touch on 2018LandL@gmail.com for help finding a walk, or for pdf routes.

Alternatively, search "100 miles" on the BFWI website, www.bucksfwi.org.uk/

Organise a group with neighbouring WIs or just go in ones and twos – all we ask is that you log your walks on this sheet and take a photo or selfie at start, midpoint and finish to record your achievements!

Just as a guide, if you choose to walk between the beginning of March and the end of October, you would need to walk 5 miles roughly every other week to make the 100 miles for the year.

If you do the Nature Trail at the Waddesdon Garden Party on July 7th, this definitely would count, as would participation in the Centenary parade of banners.

Most walks are circular to avoid the issue of needing transport both ends of a linear walk. The exception to this is the inclusion of the Aylesbury ring which members may like to complete in linear sections over the year.

Let us know how you get on and of any updates/ suggestions you have for walk routes etc.

Name: _____

WI: _____

Date	Walk name/ number	Start time	Finish time	Miles	Cumulative Total

100 MILES FOR 100 YEARS

Date	Walk name/ number	Start time	Finish time	Miles	Cumulative Total
TOTAL DISTANCE WALKED					
I certify that I have completed all walks as logged above:					
Signed:				Date:	

A Note on Walk Routes

Buckinghamshire Federation of WIs (BFWI) has used reasonable endeavours to ensure the accuracy of the information about walking routes, distances, parking and refreshment facilities. Despite every effort to the contrary, errors, omissions or discrepancies may have occurred, and BFWI assumes no liability for loss or damages incurred due in part or in whole to such errors.

Links to other resources including web sites are provided in walk documentation. BFWI is not responsible for the availability of such external sites or resources, and does not endorse and is not responsible or liable for any content, advertising, products, or other materials on or available from such sites or resources. The BFWI shall not be responsible or liable, directly or indirectly, for any damage or loss caused or alleged to be caused by or in connection with use of or reliance on any such content, goods or services available on or through any such site or resource.

Please Note: Some routes are simply a map with the route marked on it; others are waymarked and described in detail. It is your responsibility, before setting out, to ensure you understand the route and are happy with the level of detail given, taking with you an OS map or other means of navigation to supplement the information here.

Inclusion of a walking route is in no way an indication of its quality in terms of scenery, attraction, usability or safety. Whilst care has been taken to include routes that are on rights of way, or paths or access areas where permission exists, inclusion of a route is no evidence of a current right of way or permissive access.

BFWI's information has been obtained from its own research and from enquiries and publications, and reliance has had to be placed on the information providers. Whilst every effort has been made to ensure correctness of detail, errors or omissions may have escaped notice.

Safety Disclaimer:

BFWI does not attempt to provide advice on safety aspects of walking. There are inherent risks in any outdoor activity, and walkers should note the specific safety advice. Before setting out on any of these walks you need to be reasonably fit and be prepared to be responsible for your own safety. Appropriate clothing and footwear should be worn. Sturdy footwear, ideally with ankle support, should be worn. A bottle of water, a hat, sunscreen, waterproof and windproof layers should be carried.

Please check if there is any activity you are unable to do (eg stiles) and if they are part of the walk. Sometimes there is a flat option but not always.

If walking alone always let someone know where you are going and when you are to be expected back. If walking in a group, share emergency contact numbers at the start of the walk in case you are taken ill. Stick together.

If you have any pre-medical conditions, injuries that may affect your walking, or fell unwell, please let your companions know before the start of the walk.

BFWI accepts no responsibility or liability for loss or injury. You agree that you are participating in these walks at your own risk and that we shall not be liable under any circumstances for any matter arising out of your participation (other than for matters for which we are not legally able to exclude or limit liability).