

## Welcome to '100 miles more' Challenge

Following the success of our centenary walks, BFWI invite you to walk *100 miles more*, in and around Buckinghamshire during the course of 2021.

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!

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.

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/<br>number | Start time | Finish time | Miles | Cumulative<br>Total |
|------|----------------------|------------|-------------|-------|---------------------|
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |
|      |                      |            |             |       |                     |

Name: \_\_\_\_\_

WI: \_\_\_\_\_

| Date  | Walk name/<br>number | Start time | Finish time | Miles | Cumulative<br>Total |
|-------|----------------------|------------|-------------|-------|---------------------|
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
|       |                      |            |             |       |                     |
| Total |                      |            |             |       |                     |