

Inspired by Muir - 1000 mile walks

In September 1867, age 29, John Muir undertook a walk of 1,000 miles from Indiana to Florida to experience and study the natural world, which he recounted in his book *A Thousand Mile Walk to the Gulf*. He had no specific route chosen, except to go by the "wildest, leafiest, and least trodden way I could find."

Groups of all ages, sizes and backgrounds – as well as intrepid individuals – are invited to follow in Muir's footsteps and **create your own 1000 mile journeys throughout 2013-14**. It's a great way to get involved in Year of Natural Scotland, and be a part of various John Muir anniversary celebrations.

1000 mile walks don't have to be continuous or solo, nor do they have to be part of a John Muir Award – although there's an obvious fit. It can be something other than a walk, too. Bike, boat, ski – these all offer opportunities to embrace Muir's enquiring and opportunistic approach.

Here are **some examples**:

- **John Muir Trust staff** are collating individual journeys over 6 months from April to September – including walking 30+ miles of the London Green Belt Way, a 3 day Cairngorms walk dressed as John Muir, bird surveys, sketching in the style of Muir, replicating a Lake District walk of Coleridge - and linking them to John Muir Award Challenges. Many (but by no means all) of the contributing excursions are captured on a blog as part of meeting the Share element of the Award.
<http://johnmuir1000milejourney.wordpress.com>
- **John Muir Award administrator Cristie** is walking around 3 miles every day for a year, cracking into some of Scottish Natural Heritage Simple Pleasures, maintaining paths and picking up litter as she goes.
- The **GoLakes Travel team** plan to get their hands (and feet) dirty to prove how easy it can be to drive less and see more. The team will rack up 1000 sustainable miles by the end of March 2014. 'We will blog, tweet and facebook about our adventures to give some ideas and inspiration on sustainable adventures'.
<http://golakestravel.wordpress.com/2013/06/01/the-golakes-travel-1000-mile-challenge>

And **suggestions**:

- school year group of 100: all walk 10 miles each, connecting local green spaces, parks and woodlands
- National Park staff teams: link together special qualities and prominent features of your park - boundaries, high points, rivers – whilst celebrating a founding figure of the National Parks movement.

We'd love to see lots of 1000 mile journeys happening all round the country. You don't need to register, just head out and as a group (or individually if you are up to it) cover a total of 1000 miles. Why not set up your own?

'I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in.' John Muir