

27 ROUTE CARDS

Berks, Cheshire, Devon, Hampshire, Herefordshire, Highland, Kent, Lake District, Lancs, Powys, N Yorks...



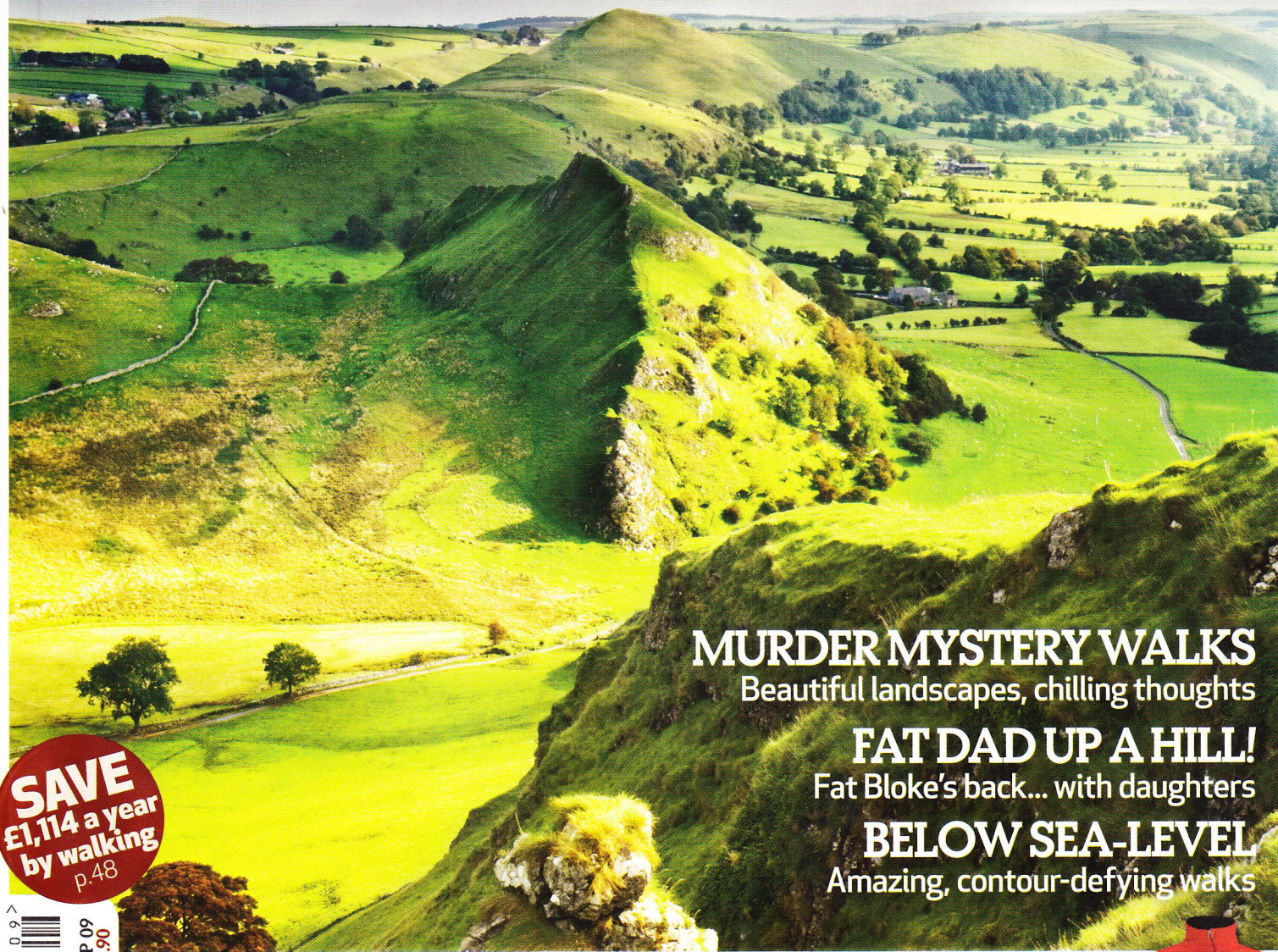
Country walking

www.livefortheoutdoors.com

Great walks, great times, great health

Peak District

15 fabulous walks to unlock its secrets



MURDER MYSTERY WALKS

Beautiful landscapes, chilling thoughts

FAT DAD UP A HILL!

Fat Bloke's back... with daughters

BELOW SEA-LEVEL

Amazing, contour-defying walks

SAVE
£1,114 a year
by walking
p.48



SKILLS

West Highland Way explored, PLUS make your own first-aid kit

FEEL GOOD

Sub-100 calorie snacks, twisted ankles, and walk to get Lara Croft's body!

REVIEWS

16 soft shell jackets, 4 hydration systems, and an expert's kit



Best in show

"Taking your dog on a long walk not only creates a strong bond with your canine friend, but also provides both mental and physical stimulation." So says Sharon Bolt, dog training expert with www.good-dogs.co.uk. But what kind of pooch will be able to maintain the pace of your hiking habit? Here's Bolt's take...

BORDER COLLIES AND ENGLISH SHEEPDOGS

"These breeds have plenty of energy as well as an inbuilt instinct to herd, which can include people, animals and even cars and joggers," says Bolt. The important point to remember when choosing a high-energy breed is that they need to be consistently exercised or 'worked.' High-energy breeds need high-energy owners who are able to provide ample exercise daily rather than just long walks at the weekend.



LABRADORS AND GOLDEN RETRIEVERS

"Always a popular choice for walkers as they are energetic, sociable and are also able to relax when you do," says Bolt.



TERRIERS "My Parson terriers are always eager to come on a five-mile walk, but equally happy for a shorter walk without demonstrating unwanted behaviours."



TOP TIPS THAT ALL DOG WALKERS SHOULD KNOW...

- 🐾 Do not take dogs that are aged less than one, or elderly dogs, on long walks as it can cause them bone and joint problems.
- 🐾 Remember to take lots of water with you to keep your dog hydrated and avoid the midday sun and hot times of the day.
- 🐾 Dogs have sweat glands on their paw pads, and they pant to lower their body temperature. To hydrate or cool down a dog put water on his/her paws, legs and belly rather than from the top downwards.

Fat Bloke is back

... with daughters

FAT DAD UP A HILL



"Daddy! Daddy! Daddy!!!" Looking up at the ceiling from my semi-recumbent position, a good four hours sleep gained from a possible eight, I list my blessings. I have two beautiful daughters, a fantastic partner, a roof over my head and I'm still alive. But two years of parenting have left me more of a man than I was previously; two stone more.

"Wake up, Daddy." As the 6am roll-call emanates from my two-year-old daughter's room, my limbs creek and, as I roll on to my side, my ample girth gets there several minutes before the rest of me does. I realise things have got to change. Three years ago, when I left *Country Walking* for a new life as editor of another magazine, I was in as good a shape as I had been since university. Walking, which had previously been my passion, had for two and a half glorious years become my profession, and I was as fit as a butcher's dog.

Today, I am probably a lot less fit than the average butcher. Promotion brings with it big responsibilities and a big comfy chair. Where I used to scale Munros to see the dawn – I now spend the morning with Dawn Munro from HR. She's great, but it's not doing much for my Body Mass Index. I've had my boots by my desk for months now... and all they do is gather dust.

The other axis in this tale of enforced inactivity is parenthood. A year after leaving CW I became a father for the first time... 16 months later I became a father again (I haven't been completely inactive). Having one was okay. With Sophie on my back I could squeeze a Saturday walk in and get my 'fix'. With two – especially two so close together – the options reduced drastically. Result? I haven't been for a walk in nine months... not a proper one.

Suddenly the hours of free time I used to fill with Ordnance Survey-led exploits are crammed with nappies, sterilising, not talking to my partner, child-focussed swaying, Peppa Pig, Charlie and Lola, falling asleep at my desk, comfort-eating and trying to remember my name/my partner's name/the day of the week etc.

It was with some desperation that I sought to re-establish the proximity of foot with boot on the ground. If Jonathan would agree to me doing another series of walking tales 'from the fat side' then I could, with justification, tell my partner that I had to take the kids for a proper walk because it is my professional obligation (or something). The email to *Country Walking* went like this: 'Father of two toddlers, with too many chins and not enough sleep, seeks youthful vigour. Will settle for anything that gets him out of the house.'

The answer was "yes". See you next issue... if I can squeeze into my walking trousers.

In association with Jointace

The Jointace range of vitamin supplements provides the most comprehensive solution for joint health.

- Jointace omega-3 and glucosamine capsules provide omega-3 fish oil, glucosamine, zinc, selenium and vitamin C to help maintain supple and flexible joints.
- Jointace chondroitin and glucosamine tablets contain chondroitin sulphate, which helps to maintain the

lubricating properties of fluids inside the joints.

- Jointace collagen tablets with chondroitin and glucosamine tablets have been specially formulated to help maintain cartilage health.
- Jointace Deep Aroma Patch helps provide fast-targeted support for joints and muscles for up to 12 hours.
- Also available is Jointace Fizz and

Jointace Gel for topical application.

- Visit www.jointace.com for more information and your nearest stockist.

