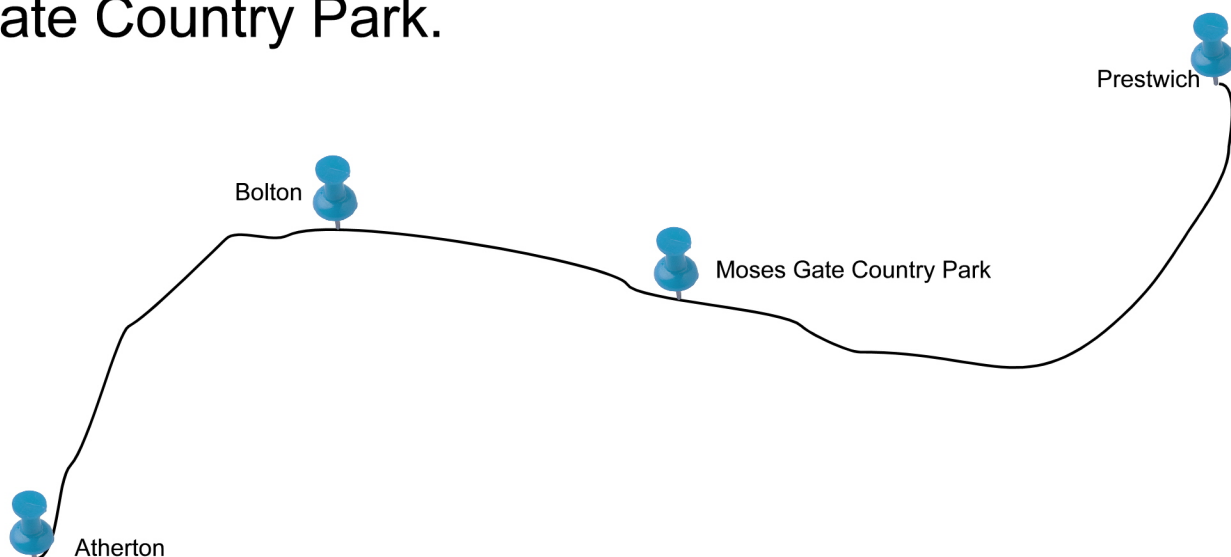


Atherton to Prestwich and back via Bolton and Moses Gate Country Park.



Sadly, for this one I do not have any pictures, but it is an important one because it was the first time I went on a walk on my day off. I didn't quite reach Prestwich. I was 1 mile away before I had to turn back due to the time. Walking along the edge of the River Irwell, I then reached the canal in Moses Gate Country Park, where one section leads to Bury while the other leads past Prestolee, but then the canal suddenly stops after about a mile. You walk under the motorway and then under a viaduct before reaching the edge of Prestwich. I did this walk on 16/10/15 and it took 7 hours. My Pedometer recorded 27.85 miles and 51857 steps.

Since I completed one thousand miles I have done almost another 500 miles. Below is a list of the walks that I have done since completing one thousand miles. Once I have completed the 500 miles I will have reached one thousand miles for this year alone.

Walks

- 30/05/16 Atherton to Southport and back via Hindley, Ince, Wigan, Shevington, Gathurst, Appley Bridge, Parbold, Newburgh, Burscough Bridge, Bescar and Scarisbrick. (c. 60 miles)
- 04/07/16 Whitstable to Ramsgate via Herne Bay, Westgate on Sea, Margate, North Foreland and Broadstairs. (c. 30 miles)
- 08/07/16 Hull to Barton-upon-Humber and back via Hessle. (c. 20 miles)
- 12/07/16 Llandudno Junction to Prestatyn via Conwy, Deganwy, Llandudno, Penhryn Bay, Rhos on Sea, Colwyn Bay, Pensarn and Rhyl. (c. 30 miles)
- 14/07/16 St. Bees to Workington via Whitehaven and Wigan to Atherton. (c. 25 miles)
- 05/08/16 Atherton to Ashton-under-Lyne and back via Little Hulton, Walkden, Swinton, Salford, Manchester, Droylsden and Audenshaw. (c. 40 miles)
- 13/08/16 Atherton to Stalybridge and back via Little Hulton, Walkden, Swinton, Salford, Manchester, Droylsden, Audenshaw and Ashton-under-Lyne. (c. 45 miles)
- 23/08/16 Atherton to Blackburn via Bolton, Hall i'th wood, Egerton, Belmont, Withnell and the Leeds/Liverpool canal and Bolton to Atherton. (c. 30 miles)
- 29/08/16 Atherton to Glossop and back via Little Hulton, Walkden, Swinton, Salford, Manchester, the Ashton canal, Ashton-under-Lyne and Stalybridge. (c. 60 miles)
- 16/09/16 Warrington to Hunts Cross and back via Widnes, the Trans Pennine Trail, Hale village, Speke (Liverpool Airport) and Halewood. (c. 30 miles)
- 24/09/16 Atherton to Liverpool (Albert Dock) via Leigh, Lowton, Newton-le-Willows, Warrington, Prescot (A57) and Anfield and then back to Atherton via Brunswick, Otterspool, Aigburth, Garston, Speke (Liverpool Airport), Hale Village, Widnes, Warrington, Newton-le-Willows, Lowton and Leigh. (c. 75 miles, 22 hours) - NEW RECORD!!!
- 04/10/16 Preston to Ribchester and back via the Ribble Way, the Guild Wheel cycle path, Grimsargh and Longridge. (c. 30 miles)