

Well how is it all going? Are you clocking up the miles? Whether it's just laps of the garden, walking to the shops, dog walks or longer routes it all adds up to your virtual pilgrimage to your chosen destination.

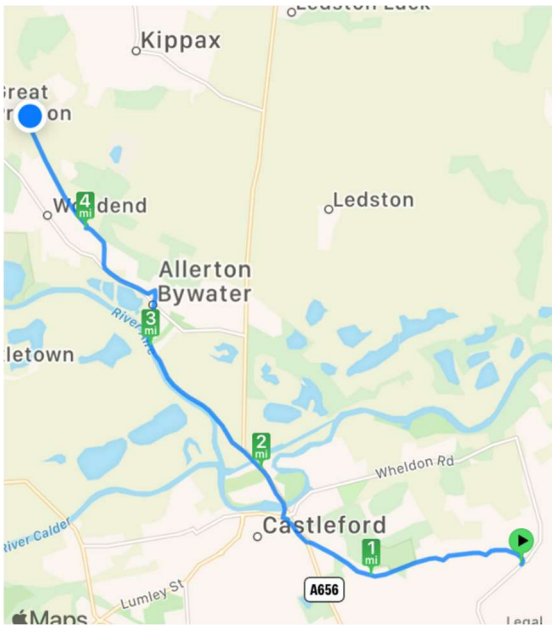
Let us know where and how you are going and we can plot your progress on the maps on the website. Why not send in a photo to add to the pilgrim's gallery? Updates and photos can be sent to hcweb@talktalk.net, or share on our Twitter or Facebook accounts.

In these strange times its good to get out of our man-made homes into the more natural stress free autumnal outside world.

With local Covid restrictions in place I've decided to walk to York Minister, over numerous stages (iffy knees permitting), whilst we can. The "We" is me and Bobby, a black slightly mad cockerpoo. Keeping in with the "rule of six" (four paws and two legs) we set off this week from church and headed towards Great Preston via riverside walks and the Linesway, a cycling route from Allerton Bywater which finally ends at Aberford. Very quiet ideal for a steady walk. Lots of off lead walking for Bobby too.



The rain held off for nearly the whole walk and only started as we waited in Great Preston for our support team, Mandy that is, to pick us up.



So, stage 1 done, 4.84 miles in just under two hours and used 488 calories according to my mobile app, which is two less snickers I don't have to feel guilty about!