

27 NEW WALKS WITH MAPS
Berks, Beds, Cambs, Derbyshire, Devon, Herts, Essex, Gower, Highland, Linx, Northants, Somerset, Suffolk, Worcs, Yorks...

Country walking

www.livefortheoutdoors.com

COMPLETE GUIDES
Routes, maps & vital info

PLAN YOUR BIG ADVENTURE

Fantastic walks to stretch your horizons



LAKE DISTRICT
"This might just be the best walk ever..."

NORFOLK COAST
Trekking for softies

THE GREAT WILDERNESS
Walk Scotland's thrilling landscape

DARTMOOR WILD-CAMP
For a mind-blowing sunrise

JAMES BOND'S ALPS
Discover 007's dramatic Swiss summit

NEW GEAR

Save your knees!
10 top walking poles tested

ALL NEW YOU

21 ways to lose weight
boost your sex life and beat depression

NEW LUNCH

Famous tastes! Julia Bradbury and other celebs' top sarnies



The month

STAR SARNIES

Which celeb-endorsed sandwich filling gets your taste buds salivating?



24

25

Cheese & Marmite

James Cracknell, double Olympic gold medalist, cross-Antarctic rower and South Pole racer.

"CHEESE AND MARMITE TASTY BUT A FLAVOUR THAT MEANS NO ONE ELSE WILL TRY AND PINCH THEM!"

Pate, ham, salami & egg

Steve Cran, former 1500m World Champion and world record holder.

"BLAME MY FAMILY'S GERMANIC ROOTS! ALL IN A CAROLINEAL BUN, AND THE COARSER THE PATE THE BETTER IT IS."

Lettuce, peanut butter & banana

Kate Humble, BBC Springwatch and Autumnwatch presenter.

"A TREAT, AND ONLY ONE YOU CAN HAVE WHEN WAITING IF YOU'RE WATCHING THE GARDEN - YOU WON'T WANT A HARD BAR AFTER ONE OF THESE!"

Cheddar, tomatoes, pepper &...

Misty Halls, former Royal Marine and writer, explorer and television presenter.

"AM I ALLOWED TO SAY FLAVOUR NO CRY, MATURE CHEDDAR, VINE TOMATOES, BLACK PEPPER AND ALL TOPPED OFF WITH MAYONNAISE!"

Avocado...

Chris Packham, photographer, cameraman and Autumnwatch and Springwatch presenter.

"A FILLING FOR THE SAKE OF NOSTALGIA. ALL ON WHITE BREAD THAT TURNS INTO A RED MUNCH!"

Pilchards & tobacco

Julia Bradbury, television presenter of Weighright Walks and president of the Ramblers.

"A SLICE OF SERPANO HAM, SOME STRONG CHEESE AND A GOOD DOLLOP OF MAYONNAISE ON FRENCH BREAD POSSIBLY WITH AVOCADO MAMM!"

Meat pie

Leo Holding, world class climber and star of The Wildest Dream, retracing the steps of Irvine and Mullary on Everest.

"WORKING LONG HOURS ON LOCATION YOU END UP EATING LOADS OF SANDWICHES, SO WHATEVER POSSIBLE I'LL nip INTO A PUB FOR A TASTY STEAK AND ALE PIE."

Ham & cheese

Brian Blessed, actor and mountaineer.

"FAVOURITE SANDWICH FILLING? TUNA FISH. (WELL, IF THAT'S WHAT THE BIG MAN WANTS IN HIS SANDWICH THAT'S WHAT HE GETS IN HIS SANDWICH - ED)"

Crisps & beans

Tim McNell, polar explorer.

"GOLD BAKED BEANS WITH CRUNCHY UP CHEESE AND ONION CRISPS, ALTHOUGH THESE MUST BE ADDED AT THE LAST MOMENT SO THEY DON'T GO SOGGY!"

Cheddar & chutney

Tim Botham, legendary cricketer and naturalist walker.

"MATURE CHEDDAR WITH BRANSTON, OR HAVE A LOCAL CHUTNEY AS FOR THE DRINK OF CHOICE IT'S BOVEL WITH A nip OF BEE SHERRY IN IT"

Tuna fish

Brian Blessed, actor and mountaineer.

"FAVOURITE SANDWICH FILLING? TUNA FISH. (WELL, IF THAT'S WHAT THE BIG MAN WANTS IN HIS SANDWICH THAT'S WHAT HE GETS IN HIS SANDWICH - ED)"