


# February 2016

I See Scotland, I see France!

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|--|---|--|--|---|---|--|
|  | 1<br>Glasgow<br>   | 2<br>Loch lomond<br>  | 3<br>Oban<br>   | 4<br>Ben Lamond<br><br><i>Bag a Munro!</i>  | 5<br>Rest:<br> Find 30 mins for yourself and enjoy a wee dram while soaking away your aches & pains in a hot bath. | 6<br>Glencoe<br>  |
| 7<br>Fort William<br>                           | 8<br>Rest:<br><br>Reach out to another BAM and tell them how awesome they are. | 9<br>Ben Nevis<br><br><i>Bag a Munro!</i>   | 10<br>Uig (Skye)<br>  | 11<br>Sternway<br>  | 12<br>Urquhart Castle<br>  | 13<br>Rest:<br><br>Re-watch your favourite episode of Outlander. (Or start with episode 1.) |
| 14<br>Culloden<br>                            | 15<br>Inverness<br>  | 16<br>Ben Hope<br><br><i>Bag a Munro!</i>   | 17<br>John O'Groats<br>   | 18<br>Rest:<br><br>Nap. Have one.   | 19<br>Fraserburgh<br>  | 20<br>Aberdeen<br>  |
| 21<br>Lochnagar<br><br><i>Bag a Munro!</i>    | 22<br>Perth<br>  | 23<br>Rest:<br><br>Spend some time online. Peruse Bear Strength and treat yourself to a new hoodie. | 24<br>St. Andrews<br>   | 25<br>Edinburgh<br>   | 26<br>Gretna Green<br>   | 27<br>Rest:<br><br>Get ready for your final push and do some stretches.                   |
| 28<br>At Sea<br><br><i>Get Your Sea Legs!</i> | 29<br>Paris<br>  |  | <br>Level 1: Walk 1 mile / 1.6 km<br>Level 2: Walk or Run 3 miles / 4.8 km<br>Level 3: Walk or Run 5 miles / 8 km | <br>Level 1: Walk 5 miles / 8 km<br>Level 2: Walk or Run 7 miles / 11.3 km<br>Level 3: Walk or Run 10 miles / 16 km |   |  |