Personal Walking (in uncultivated, non-mountainous remote country)

Date	Region	Status E/M/S	Description – weather, route, group details, notable events and overnight stays

Status: E=equals, M=member, S=solo,

Leading or Assisting with Leading of Groups (in uncultivated, non-mountainous remote country)

Date	Region	Status L/A	Type of group & for whom	Route description	Comments

Status: L=leader, A=assistant