

In Great Britain, you are able to purchase  
Two types of Record Books -

- Prepaid Award Books:  
Certificate, Pin Badge and Cloth  
Badge AT NO EXTRA COST.
- Optional Award Books:  
You purchase for a minimum  
cost. When you reach your  
target, you may opt to buy the  
Certificate, Pin Badge and Cloth  
Badge or a combination of all  
three.

In addition, the BWF produces free  
Insert Cards that can be used to collect  
initial stamps or Permanent Trail Stamps  
when the trail is administered by post.  
Insert Cards are recognised by all IVV  
member countries. Insert cards can only  
be redeemed when accompanied by a book  
that you have purchased.

### ABOUT US

Occasionally BWF offer challenges which  
encourage us to walk in different areas of  
the country collecting stamps but more  
importantly seeing different aspects of our  
countryside.

BWF has 22 member clubs operating  
around the country.

All our walks offer a route description with  
the option to walk as a part of a group of  
friends, with your own families or on your  
own.

Individual Membership of the BWF is £8.00  
per year but it is possible to take part in the  
scheme via individual club membership which  
differs club by club. The BWF welcomes all  
walkers to walk with us at their leisure with  
or without membership.

Join fellow walkers:

BWF Membership,  
262 Wolsey Way,  
Lincoln,  
LN2 4ST.

FURTHER INFORMATION  
FROM:

WEBSITE [www.bwf-ivv.org.uk](http://www.bwf-ivv.org.uk)

Like our FACEBOOK page or

Follow on Twitter @BWF\_IVV



**BRITISH  
WALKING  
FEDERATION  
'ABOUT US'**



## THE BRITISH WALKING FEDERATION (BWF)

Walking has proven health benefits and the BWF and their member clubs offer variety and a variety of walks - from local series walks held evenings and weekends, Permanent Trails, registered National and Long Distance Trails available year round. BWF also have links to International Walks in 41 member countries with International Federation of Popular Sports (IVV).

You can make new friends & catch up with old ones at organised walks, choose your distance and walk with people or alone, whatever your preference. Enjoy the pleasures of the countryside but what better than a town walk in winter?

A town walk is a great way to see the sights following a walk route written by a fellow walker.

## THE IVV ORGANISATION

The BWF (British Walking Federation) is a member of IVV—International Federation of Popular Sports, which gives us access to organised walks around the world.



BWF is a non competitive organisation but believe in the value of walking to aid fitness, stay healthy, meet new friends, and enjoy the Sights, Scenery, Countryside and Wildlife.

The IVV operates an award scheme, which all member organisations can participate. The aim to provide participants with proof of their own personal achievements.

Each event registered with any member organisation of the IVV is issued with a unique stamp for insertion into IVV Record Book. Stamps can be gained by participating in IVV events, series, Permanent Trails, National Trails and Recognised Long Distance Trails.

## THE IVV AWARD STAMP



The IVV award stamp is awarded for all registered events.

Multi daily events that offer different routes for each day will have a different stamp for each day. Stamps can be earned for both event and distance completed.

Stamps are accumulated to gain awards. Awards are gained at various Events and Distance Multiples. For instance Events start at 10 events and Distance starts at 500km.

## RECORD BOOKS

To participate in the IVV award scheme, it is necessary to purchase an IVV Record Book, either Event or Distance (or Both). The purchase of record books entitles the holder to a Certificate, Pin Badge and Embroidered Cloth Badge upon completing the set number of Events or Distances. Record books from any member country worldwide are recognised by all other member countries to obtain Award Stamps. This means if you go abroad, you do not need to purchase books for the country you are visiting.