

FRAN'S STAIR CLIMB

1.5+ hrs



During a visit to one of our outdoor centres, we often walk up a nearby hill or mountain. It's a physical challenge that needs determination, effort, and the support of your group or family. When you make it to the top of the hill - the end of this challenge - you'll be rewarded with a brilliant sense of achievement. And if you tackle a hill in the great outdoors, a fantastic view too!

THE CHALLENGE

1. Choose your hill or mountain.
2010 steps high: The Wrekin, near Edgmond Hall
2700 steps high: Brown Clee Hill, near Frank Chapman Centre
1210 steps high: Castle Ring, near Ingestre Hall
5425 steps high: Snowdon, near Plas Gwynant. This could be a joint challenge for your group...!
2. Calculate how many times you'll need to climb your stairs by dividing the height of your hill in steps by the number of stairs.
eg, in Sue's house she climbed The Wrekin and there are 13 stairs in her staircase. So it's 2010 steps divided by 13 stairs = 154 times up her stairs.
3. Keep a tally of each time you climb the stairs.
4. Try this challenge over a couple of days if you need. And if you want to extend the challenge in the future to some of the world's most famous mountains, you can find the heights in steps at:
<https://www.muchbetteradventures.com/magazine/how-many-stairs-do-you-need-to-climb-to-reach-the-top-of-famous-mountains/>

No stairs, no problem! Try walking and count your steps - check page 2.

SAFETY FIRST!

- Clear the stairs
- Go slow & steady
- Hold the rail
- Keep pets out of the way!
- Have breaks & drink water
- Stretch your legs before, during and after exercise!

YOU'LL NEED:

A pencil & paper



Watch the video!
youtu.be/bRASwNmx0MU

More activities
bit.ly/3dnjewS

Review and Reflection

After the challenge, think about your achievement and draw the characters that best show how you felt!

Share a pic at #SRESatHome

NO STAIRS? NO PROBLEM!

If you don't have access to stairs or can't climb stairs, you could try walking and counting your steps. Here's the challenge, in steps:

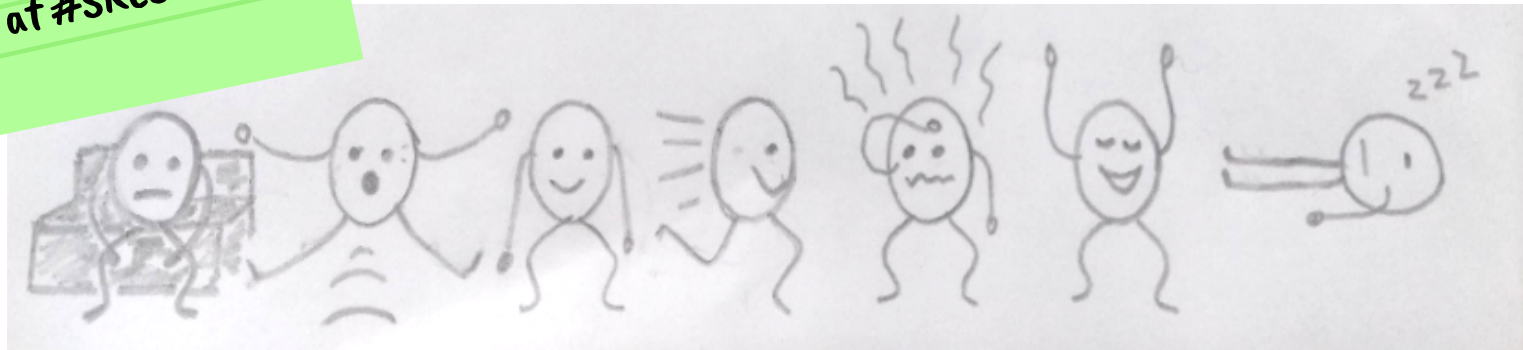
Choose your hill or mountain.

5248 steps - 4km walk: The Wrekin, near Edgmond Hall

6562 steps - 5km walk: Brown Clee Hill, near Frank Chapman Centre

3936 steps - 3km walk: Castle Ring, near Ingestre Hall

9219 steps - 7km walk: Snowdon, near Plas Gwynant. This could be a joint challenge for your group...!



Before the challenge

In the middle

At the end of the challenge