



20:2020; 'Climb Every Mountain' elevation challenge

Whilst we are all respecting the current social isolation guidance, it is important we try to maintain our physical and mental well-being. We are being encouraged to walk, run or cycle (as per normal) once a day if choosing to exercise outside of the home (as permitted). This can contribute to the recommended 60 minutes of physical activity that we are advised to take each day (Public Health England)

As we look for innovative ways to keep everyone motivated, The North Somerset Schools Physical Education Association and 'TEAM North Somerset' invite you to take part in the 'Climb Every Mountain' elevation challenge.

The challenge is to record the elevation on your daily exercise (walk, run, cycle) and see if you can climb our virtual mountain. We have identified 20 well known landmarks, heritage sites, hills or mountains that sit at different levels above sea level.

Imagine you are starting on the beach at Weston-super-Mare seafront and heading off on a virtual hill climb. As you achieve different heights above sea level you will earn certificates for reaching the 20 selected sites, starting with Loch Ness (16m) and finishing with Ben Nevis (1345 m).

This can be a personal or family ('teamwork') challenge and will require a lot of 'passion', 'determination' and 'self belief' as you climb the virtual mountain. It is important that you 'respect' the principles of the elevation challenge and that you show 'honesty' in recording your individual/collective achievements.

Teamwork, Passion, Determination, Self-belief, Respect and Honesty are the six School Games Values

How do I record the elevation achieved?

If exercising outside the home:

There are lots of activity apps that can be used to track your exercise and will record the elevation achieved in a walk. Once you have completed your exercise make a record of the elevation gain and keep a running record of your achievements.

If exercising within the home:

Activity apps can record the number of stairs/floors achieved in a day. As an example, this is based on approximately 3 to 4 metre elevation. At the end of a day check your app to see how many stairs/elevation has been achieved and keep a running record of your achievements.

If you do not have access to activity apps, you can tally the number of stair-climbs you do each day. Most ordinary staircases will have a 3 to 4 metre elevation. **Challenge:** how can you work the elevation gain out?

Let's Get started: are you up for the Challenge?

Across a day you may be surprised by how many floors you have achieved by just climbing the stairs as part of your normal routine. On local walks try to include a few hills, but most streets have some gradient. Across a week this will add up and you will soon be reaching milestones. Remember, the first milestone is only 16 metres above sea level (Loch Ness), which is approximately 5/6 flights of average stairs.

Remember: Once you have achieved your first milestone you do not have to reset to zero! This is a cumulative elevation challenge, so once you have reached Loch Ness you continue to build from this point. Before you know it you will have climbed some of the most famous hills and landmarks within our region (Brent Knoll, Glastonbury Tor and Crooks Peak) and in time you may reach the summit of Britain's tallest mountain, Ben Nevis in Scotland.

Disclaimer: This is designed to be a fun and progressive challenge to add a little bit of interest to your normal daily walks (within the immediate locality of your home). Elevation gain as part of your normal daily routine is what this challenge is built around (**not** repetitive stair climbs). Participants take part in this challenge at their own risk and all appropriate precautions should be taken.



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Milestone	Description	Elevation above sea level
Loch Ness	Loch Ness is a large, deep, freshwater loch in the Scottish Highlands	16 metres
Tintagel	Tintagel Castle , steeped in legend and mystery; said to be the birthplace of King Arthur (Cornwall)	76 metres
Stonehenge	Stonehenge is perhaps the world's most famous prehistoric monument (Wiltshire)	100 metres
White Cliffs of Dover	White Cliffs of Dover : This stunning landmark is an iconic spot in England (Kent)	110 metres
Brent Knoll	Brent Knoll is a 137-metre-high (449 ft) hill on the Somerset Levels, in Somerset, England	139 metres
Glastonbury Tor	Glastonbury Tor is one of the most famous landmarks in Somerset, if not the whole of the West Country. (Somerset)	158 metres
Crooks Peak	Crook Peak is the westernmost of the six main summits of the Mendip Hills and while not the highest, presents the most mountainous appearance. (Somerset)	191 metres
Gold Hill	Gold Hill, Shaftesbury a glorious setting made famous in the much loved "Hovis" advert. (Dorset)	215 metres
Cheddar Gorge	Cheddar Gorge is a limestone gorge in the Mendip Hills, near the village of Cheddar, Somerset, England.	275 metres
Cleeve Hill	Cleeve Hill is the highest point in Gloucestershire and is also the highest peak of the Cotswold Hills.	330 metres
Malham Tarn	Malham Tarn is a glacial lake near the village of Malham in the Yorkshire Dales, England.	377 metres
Worcestershire Beacon	<i>The Beacon</i> , is a hill whose summit at 425 metres (1,394 ft) ¹¹ is the highest point of the range of Malvern Hills	425 metres

Dunkery Beacon	Dunkery Beacon at the summit of Dunkery Hill is the highest point on Exmoor and in Somerset, England.	520 metres
Milestone	Description	Elevation above sea level
Kinder Scout	The moorland plateau of Kinder Scout stands as the highest point of the Peak District, at 636m above sea level. (Derbyshire)	636 metres
Ben Loyal	Ben Loyal is an isolated mountain of 764 m in Sutherland, the northwestern tip of the Scottish Highlands.	764 metres
The Cheviot	The Cheviot is the highest summit in the Cheviot Hills in the far north of England, only 1¼ miles (2 km) from the Scottish border.	815 metres
Pen Y Fan	Pen y Fan is the highest peak in South Wales, situated in the Brecon Beacons National Park.	886 metres
Scarfell Pike	Scarfell Pike is the highest mountain in England, at an elevation of 978 metres above sea level. It is located in the Lake District National Park, in Cumbria, and is part of the Southern Fells.	978 metres
Mount Snowdon	Snowdon is the highest mountain in Wales, at an elevation of 1,085 metres above sea level, and the highest point in the British Isles outside the Scottish Highlands. It is located in Snowdonia National Park in Gwynedd.	1085 metres
Ben Nevis	Ben Nevis is the highest mountain in the British Isles, the summit is 1,345 metres above sea level. Ben Nevis stands at the western end of the Grampian Mountains in the Lochaber area of the Scottish Highlands, close to the town of Fort William. The summit is the highest land in any direction for 459 miles.	1345 metres





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This is to certify that

Has achieved the 'elevation' milestone of;

(insert)

Congratulations on this fantastic achievement!



Teamwork

Energy

Ambition

Memories

