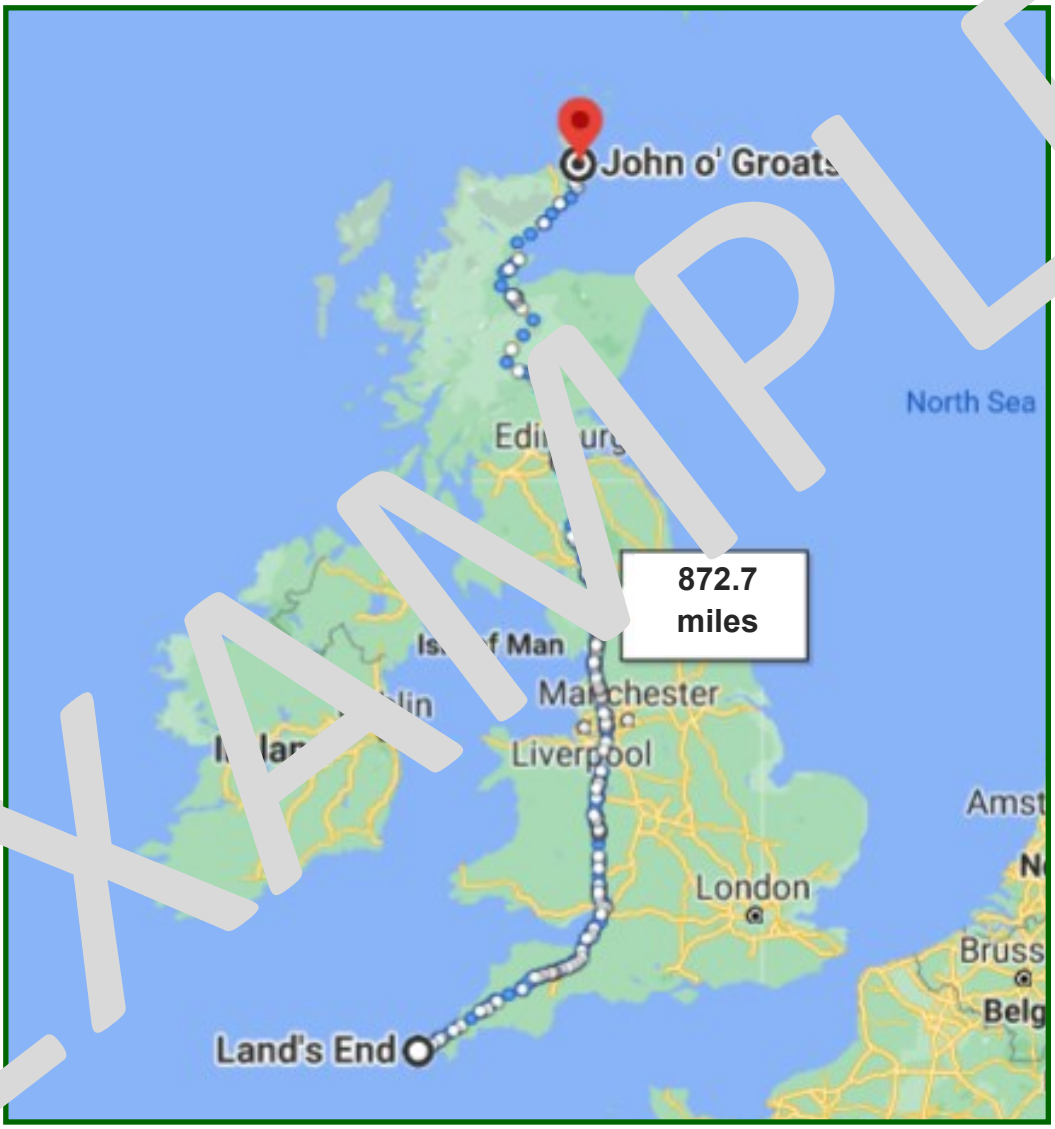


EXAMPLE

Land's End to John O'Groats Virtual Walk






John o' Groats
North Sea
872.7
miles
Manchester
Liverpool
London
Land's End





EXAMPLE



Land's End to John O'Groats



872.7 miles = 1,802,560 steps

Target time: 6 months

Are you ready to take up the 'On Track' challenge?

We all know that COVID-19 has had a huge impact on our lives. Day after day of doing not very much, throw in a little boredom and anxiety and it's the start of an uphill struggle back to physical and mental health.

So why not join us on our epic journey from Land's End to John O'Groats and take in some of the glorious virtual scenery along the way?

We've provided a stepometer to help you measure your steps.

- ⇒ Log your steps on a daily basis using the table on page 6;
- ⇒ Visit each stage virtually and learn a little about each town and city.

Do you know how many steps you normally take in a day? Using your stepometer make a note of it and then try and increase your average each day.

Depending on the length of your stride, 10,000 steps is around 5 miles.

If you achieve 5 miles a day then this walk will take you around 6 months. If the distance seems insurmountable, why not work together with others to reach your destination?

With current restrictions, getting about isn't so easy, so here are a few examples of when you can march on the spot to help you increase your number of steps:

- cleaning your teeth;
- watching TV;
- instead of standing still (for example when in a queue).

We've calculated the steps for each stage of your journey so you have a target to aim for.

Reward yourself - have a cup of tea! This will both motivate and energise you.

With a little ingenuity and a few tricks up your sleeve, it becomes easier and even fun to incorporate more walking into your daily routine. By taking just one of these ideas you will be sure to turn your daily step goal into reality in no time.

EXAMPLE

What's in it for me?

What's not to like about walking? It's free. It's easy to do and it's easy on the joints. And there's no question that walking is good for you

Here are 10 reasons why:

1. Helps maintain or lose weight
2. Strengthens your heart
3. Lowers blood sugar levels to avoid or improve diabetes
4. Eases joint pain
5. Boosts immune function and reduces your risk of developing a cold or the flu
6. Improves your mood
7. Reduces stress
8. Boosts your energy
9. Helps pass time constructively
10. Improves sleep

Before you start …..

- Wear shoes or trainers that are comfortable, provide adequate support and do not cause blisters.
- Drink water on the way. Even if you're marching on the spot, fluid intake is important.
- A brisk walk is faster than a stroll. You can tell you're walking briskly if you can still talk but cannot sing the words to a song. If you can't sing, or even talk, then you're going too fast and should slow it down a bit.
- If you're not very active but are able to walk, increase your walking distance gradually.
- If you're not active because of a medical condition, get advice from a medical professional before you embark on this journey.
- The easiest way to walk more is to make walking a habit.

EXAMPLE


John O'Groats
Wick
Helmsdale
Tain
Inverness
Aviemore
Blair Atholl
Perth
Edinburgh
Peebles
Gretna Green
Penrith
Windermere
Morecambe Bay
Preston
Northwich
Shrewsbury
Shropshire Hills
Hereford
Chepstow
Bristol
Weston-super-Mare
Taunton
Tiverton
Okehampton
Bodmin
Penzance
Land's End

Daily Step Log

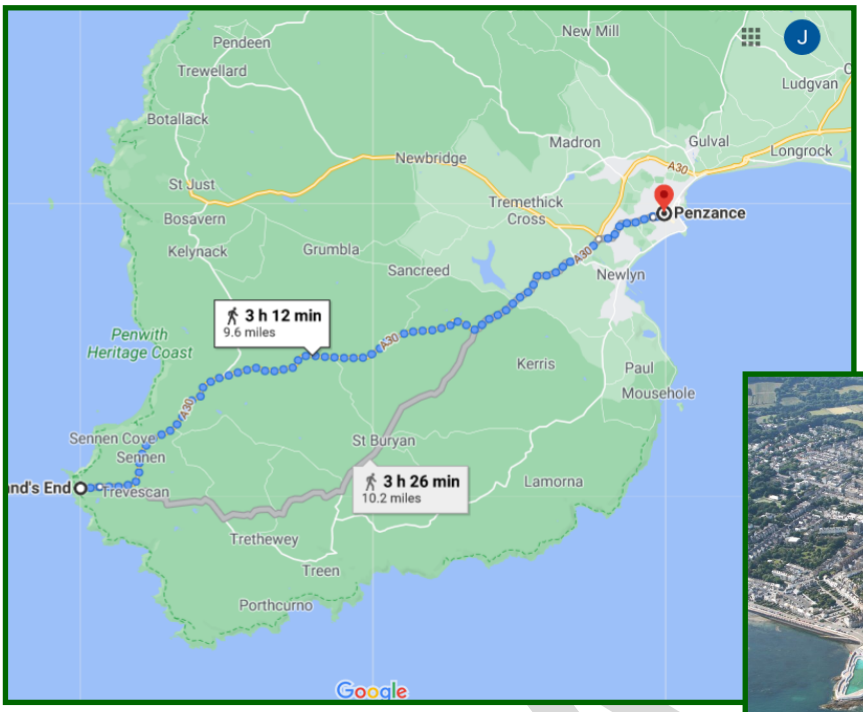
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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EXAMPLE

Stage 1 Land's End → Penzance

Distance: 9.6 miles = 20,275 steps

Date departed	
Date arrived	







Penzance is a town, civil parish and port in the Penwith district of Cornwall. It is the most westerly major town in Cornwall. Situated in the shelter of Mount's Bay, the town faces south-east onto the English Channel, is bordered to the west by the fishing port of Newlyn, to the north by the civil parish of Madron and to the east by the civil parish of Ludgvan. It has a population of 21,200 (2011 census).

Penzance's former main street Chapel Street has a number of interesting features, including the Egyptian House, the Union Hotel (including a Georgian theatre which is no longer in use) and Branwell House, where the mother and aunt of the famous Brontë sisters once lived. Regency and Georgian terraces and houses are common in some parts of the town. The nearby sub-tropical Morrab Gardens has a large collection of tender trees and shrubs, many of which cannot be grown out-doors anywhere else in the UK. Also of interest is the seafront with its promenade and the open-air seawater Jubilee Bathing Pool (one of the oldest surviving Art Deco swimming baths in the country).

Penzance is the base of the pirates in Gilbert and Sullivan's comic opera, *The Pirates of Penzance*. At the time it was written in 1879, Penzance had become popular as a peaceful resort town, so the idea of it being overrun by pirates was amusing to contemporaries.

EXAM

Stage 2 Penzance → Bodmin

Distance: 56.6 miles = 119,539 steps

Date departed	
Date arrived	





Bodmin Moor



Bodmin Beacon

Situated on a hilltop overlooking **Bodmin** is the 144 feet tall Beacon memorial. Erected in 1856 in memory of Sir Walter Raleigh Gilbert, a local dignitary, it commemorates his service in India.

The largest section of the Cornwall AONB (Area of Outstanding Natural Beauty) at nearly 200 square kilometres, Bodmin Moor is an expanse of grassland and heather punctuated by granite outcrops and strewn with boulders. Evidence of many prehistoric settlements abound. In marshy hollows rivers such as the Fowey rise and in hidden valleys ancient oak trees remain.

Though cut almost in two by the A30, nonetheless the moor retains a surprising remoteness and sense of wildness. Ancient stones such as The Cheesewring and The Hurlers add to the mystery.

Most of the land lies at the comparatively low height of 200 metres, rising to 400 at Rough Tor and 420 metres at Brown Willy, the highest point. It is one of the warmest and wettest uplands in Britain, though you might not think so in the snowy depths of winter.

The moor is home to a plethora of plants and some rare and protected wildlife such as otters, Marsh Fritillary butterflies, bats and songbirds such as the Stonechat and Wheatear. Bodmin Moor is also the only place in the world where a rare moss, the Cornish Path Moss (see photo), grows.



EXAMPLE

HUGE CONGRATULATIONS - YOU MADE IT.

What an incredible achievement!

If you'd like to carry on walking, here are some more challenges:

½ Marathon	**28,965 steps** or 13.1 miles
Marathon	**57,931 steps** or 26.2 miles
West Highland Way	**212,266 steps** or 96 miles
London to Paris	**470,964 steps** or 213 miles
Pennine Way	**592,575 steps** or 268 miles
Coast to Coast West - East UK	**424,531 steps** or 192 miles
Coast to Coast West - East USA	**5,343,360 steps** or 2,530 miles
Coast to Coast West - East Australia	**5,594,083 steps** or 2,485 miles

EXAMPLE



EXAMPLE

recoop