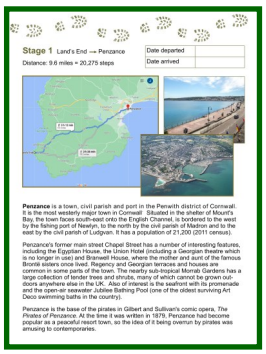
On Track Virtual Walks


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 Bramwell 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 outdoors 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.

'On Track' is a virtual walking challenge and social prescribing resource encouraging physical activity, improving wellbeing and supporting positive engagement.

Suitable for people of all ages, abilities and fitness levels, **'On Track'** provides an engaging and accessible way to encourage movement, build healthy habits and promote positive behaviour change. It can be delivered as a standalone activity or incorporated into wider health promotion, well-being and social prescribing initiatives.

How it works

Participants receive:

- An **'On Track'** route booklet
- A simple stepometer
- A choice of virtual walking challenges

Routes include:

- Land's End to John O'Groats
- Wales Coast Path
- West Highland Way
- London Marathon

As participants record their daily steps, they progress along their chosen route, reaching milestones and tracking their achievements along the way.

Each booklet divides the journey into manageable stages and includes route maps, photographs and interesting facts about the towns, cities and landmarks encountered along the route.

Walkers can learn more about the places they are virtually travelling through, adding an educational and engaging element to the challenge, while helping maintain motivation throughout the journey.

'On Track' is a flexible resource which can be used as part of:

- Health & wellbeing programmes
- Social prescribing initiatives
- Physical activity interventions
- Healthy ageing strategies
- Rehabilitation & engagement activities

It is adaptable to a wide range of prison settings and can be completed individually, in pairs, or as part of a relay team.

Designed to require minimal equipment and staff resource, **'On Track'** offers a practical way to encourage participation in physical activity, particularly among individuals who may be less likely to engage in traditional sport or gym-based activities.

Every step counts

By combining physical activity, learning, goal setting and personal achievement **'On Track'** provides an engaging way to support healthier, more active prison communities.



…. this walking has really helped with concentrating my mind on what my future is going to be.

Walker

I'm in a good place mentally - exercising really does do wonders for the spirit.

Walker

To read one prisoner's honest and amusing blog of his extraordinary virtual **'On Track'** journey visit: www.recoop.org.uk/recoop-blog/

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