**Northumberland School Games**

**Stair Climb Challenge**

Are you UP for our stair climbing challenge?

*Can you reach the top of our 17 different landmarks over the summer holidays?*

*Count every flight of stairs that your family climb, or 15 step ups on a doorstep also counts as one flight.*

|  |  |  |  |
| --- | --- | --- | --- |
| Target | Landmark | FLIGHTS OF STAIRS | Tick when climbed! |
| 1 | Millennium Dome, London | 21 |  |
| 2 | Sydney Opera House, Australia | 28 |  |
| 3 | ‘Big Ben’, London | 42 |  |
| 4 | Forth Rail Bridge, Scotland | 45 |  |
| 5 | BT Tower, Birmingham | 66 |  |
| 6 | Blackpool Tower, England | 69 |  |
| 7 | Seattle Space Needle, USA | 78 |  |
| 8 | Canary Wharf Tower, London | 107 |  |
| 9 | Petronas Twin Towers, Malaysia | 190 |  |
| 10 | CN Tower, Toronto, Canada | 233 |  |
| 11 | Slieve Donard, Northern Ireland | 360 |  |
| 12 | Scafell Pike, England | 412 |  |
| 13 | Snowdon, Wales | 475 |  |
| 14 | Ben Nevis, Scotland | 587 |  |
| 15 | Mount Blanc, France | 2028 |  |
| 16 | Mount Kilimanjaro, Tanzania | 2578 |  |
| 17 | Mount Everest, Nepal | 3871 |  |

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Use this table to record how many flights of stairs your family climbs each day, and then enjoy ticking off the landmarks as you reach the top! *(remember that 15 step ups are also the same as one flight)*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | TOTAL |
| Week 1 |  |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |  |  |

