

# Stair Climb Challenge

**Your task is to increase the amount of activity you do each day by taking part in the stair-climb challenge!**

**Decide on which mountain you are aiming to climb and keep a record of the number of flights you climb each day.**

**If you miss your goal, don't stop. Think of ways to increase the number of steps you climb. If you reach your goal, challenge yourself to climb a higher mountain!**

Challenge Level:	Steps/Flights of stairs:	Mountain:
Bronze	5390 steps or 360 flights	Slieve Donard (Northern Ireland)
Silver	6180 steps or 412 flights	Scafell Pike (England)
Gold	7120 steps or 475 flights	Mount Snowdon (Wales)
Platinum	8810 steps or 587 flights	Ben Nevis (Scotland)