



Take Steps to help fundraise for SWAY AND IOW Food Bank

- Take on The at Home Hike
- Face Your Staircase and rise to the challenge

Join the Climb and get sponsored for the steps you take.

For the past 5 years SWAY have taken young people away to mountains in either Wales or the Lake District. Due to the current situation we are unable to go this year so, we are challenging our young people and friends to take on the Home Hiking Challenge. The present situation also means a number of our summer fundraising events have been cancelled and we now face a shortfall in our income this year but we would like 50% of donations for this challenge to go to Food Bank who are supporting others through these times.

How to get started.

- As a Charity we have decided to climb Scafell pike (England's tallest Mountain)
- Use the online Hike at home website to calculate how many steps you need to take.

<https://www.homehikingcalculator.com/>

Based on a staircase of 10 steps

Mountain	Total Steps	Per day for 10 Days	Total Ascents
Scafell Pike	5227	53 Ascents per day	530

- Each Young Person must keep a daily record of their progress – using the table provided
- Take photos and videos of you in challenge action and post them up on SWAY's Facebook and Instagram page! www.instagram.com/southwightyouth/
<https://www.facebook.com/groups/204396396578242/>

Good luck, have fun and thank you.

South Wight Area Youth Partnership
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Hike at Home Challenge

Name:

Age:

Mountain: Scafell Pike

Total Number of ascents of staircase:

Don't forget to calculate your steps

<https://www.homehikingcalculator.com/>

	Day's Target	Day Count	Remaining Ascents
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			