

Stair Climb Challenge



A flight of stairs is 15 consecutive stairs.

Count how many stairs you have in your house.

Every 15 counts as one flight.

Record your scores on the following sheet.

Please make sure you are supervised whilst undertaking this challenge and do not try to do too much in one day!

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

Virtual mountains	No of steps	No of flights
Slieve Donard, Northern Ireland	5,390	360
Scafell Pike, England	6,180	412
Mount Snowdon, Wales	7,120	475
Ben Nevis, Scotland	8,810	587
Mount Blanc, France	30,420	2,028
Mount Kilimanjaro, Tanzania	38,680	2,578
Mount Everest, Nepal	58,070	3,871

Virtual buildings	No of steps	No of flights
Millennium Dome, England	320	21
Sydney Opera House, Australia	425	28
Clifton Suspension Bridge, England	490	33
Big Ben, England	632	42
Forth Rail Bridge, Scotland	680	45
BT Tower, Birmingham, England	997	66
Blackpool Tower, England	1,036	69
Seattle Space Needle, USA	1,164	78
Canary Wharf Tower, England	1,600	107
Petronas Twin Towers, Malaysia	2,860	190
CN Tower, Toronto, Canada	3,500	233

