



Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. It is excellent for wellbeing both physically and mentally and a great way to spend time with either your friends or family.

We have created a walking route for each area of our district, one in South Wigston (Blaby Road Park), Wigston (Willow/Aylestone Lane Park), and Oadby (Brocks Hill Country Park). Each of the walks are around 1 mile long and should take on average 20 minutes to complete.

One mile of walking is equivalent to 2,000 steps, one fifth of the recommended 10,000 per day.

It takes 1,665 steps to climb to Eiffel Tower, so around $\frac{3}{4}$ of a mile.

Ben Nevis, the tallest mountain in the UK, is equivalent to 8,810 steps. This would equate to around 4.5 laps of any these routes.

It takes 85,238 steps to climb Everest. If you did one of these routes every weekday for 2 months, you would have done the equivalent steps to Everest

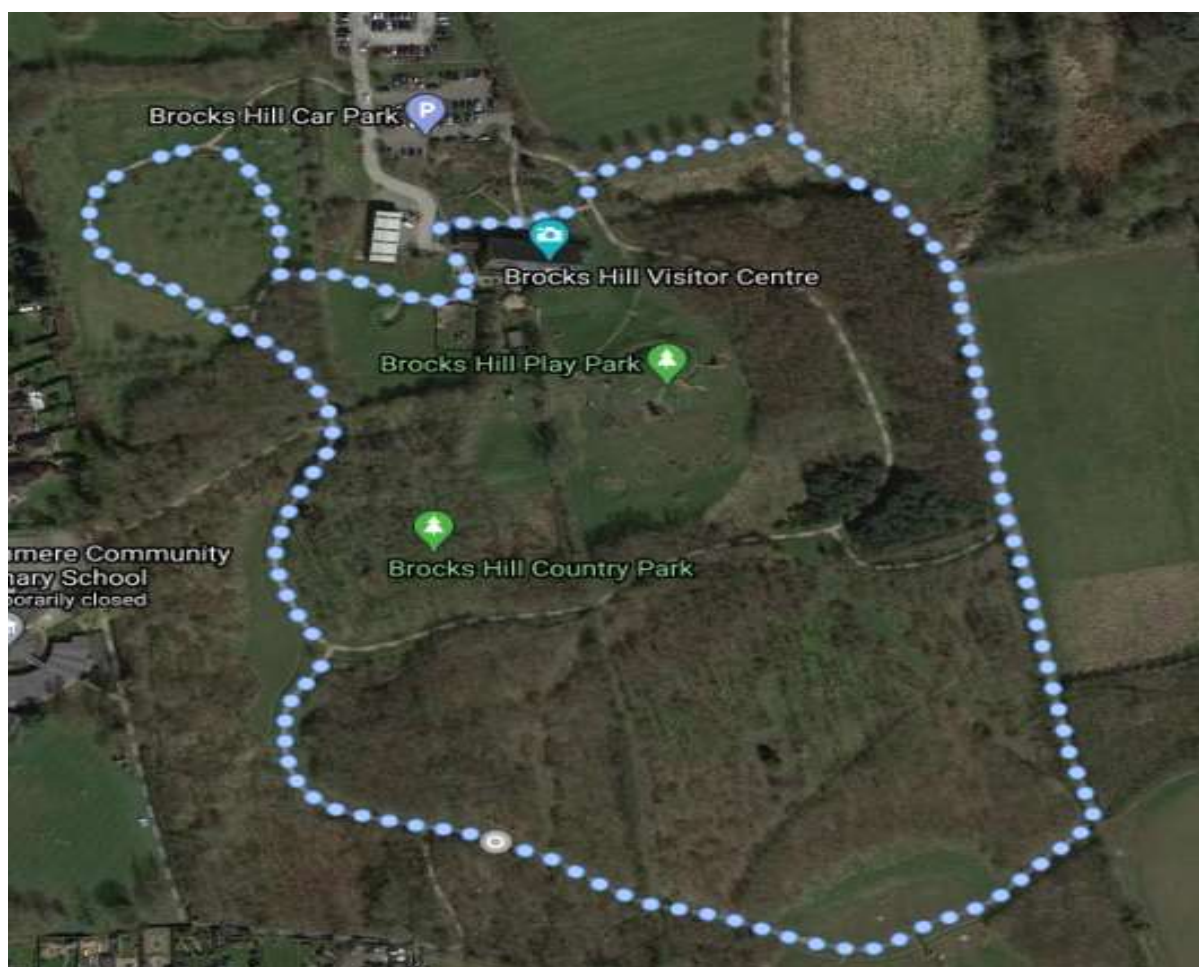
South Leicestershire School Sports Partnership
Supporting South Leicestershire Schools to provide opportunities
for all young people

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OADBY – Brocks Hill Walking Challenge



When walking anti-clockwise around Brocks Hill Country Park can you find the following places?

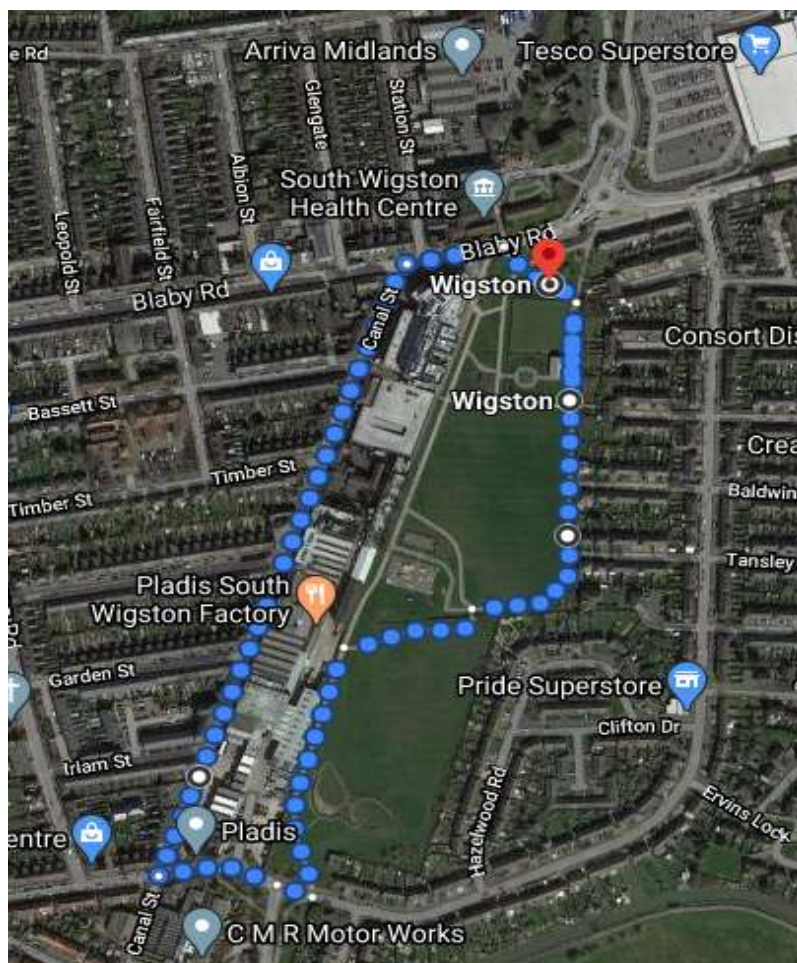


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South Wigston – Blaby Road Park Walking challenge



When walking anti-clockwise around Blaby Road Park, can you find the following places?



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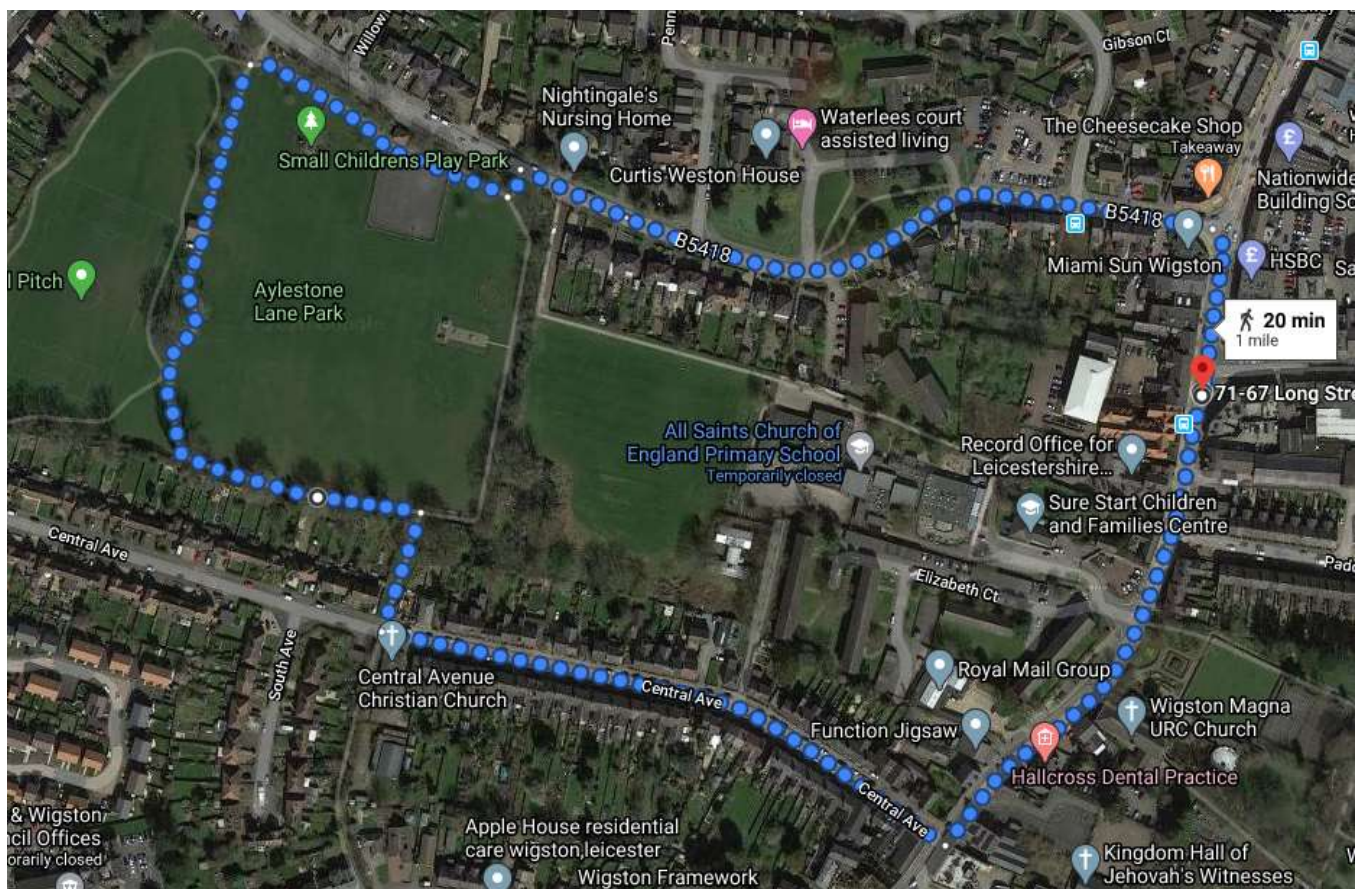
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Wigston – Willow/Aylestone Lane Park



When walking anti-clockwise around Willow Park, can you find the following places?



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