



# Physical Activity Challenge 2

## Complete the Distance of Kilimanjaro (62km)

This is what I look like!



What is the challenge?

Mount Kilimanjaro, the “Mountain of Greatness”, is the tallest freestanding mountain in the world!

Replicate the trekking distance on this virtual challenge taking you on the Macheme Route which is one of the most popular trekking route of choice for many people because it provides impressive views and a variety of habitats. Test yourself on this 62KM challenge.

What is the time limit?

This challenge will be attempted over 14 days.



## Virtual Medals

How can we complete this?



How and when you complete the 62 km distance of the challenge is entirely up to you! Walk, Jog, Run, Cycle, Swim, Row or use gym equipment to complete the distance in any other method.

