

Dumyat Challenge!



The challenge was to virtually climb Dumyat!

This was achieved by:

- Walking 10,000 steps

- Climbing 1,000 stairs (if you had access to stairs i.e in your house or garden)

- Or if you were confident, both!

Climbing Dumyat – Virtual Challenge

Charlotte Lucht

- 1. **Walking 10,000 steps**
- 2. **Climbing 1,000 stairs**

Part 1 - Walking 10,000 steps

On Sunday, 14th June 2020, we decided to attempt Part 1 and walk 10,000 steps in one walk. We chose to walk from our home in Colquhoun Street (Braehead) to the top of Gillies Hill because we wanted to look out for the Sequioa trees on the viewpoint.

We kept a photo itinerary and step count of key routes.

Start from home (initial step count before setting off: 1184 steps)



Crossing over into St. Ninian's / Torbrex (step count: 3484)



Crossing the motorway, we reached Polmaise Road and the start of the track to the viewpoint on Gillies Hill. Coincidentally, we met other cubs, enjoying the outdoors, too!



We reached the summit around 2pm, and a step count of 10,180 - 1184 steps = 8,996 steps!
So, not far from the virtual summit of Dumyat...



We went back via the Quarry site and had also a little detour to visit friends. In the end, our stepcount showed: $21,920 - 1,184 \text{ steps} = 20,736 \text{ steps}$

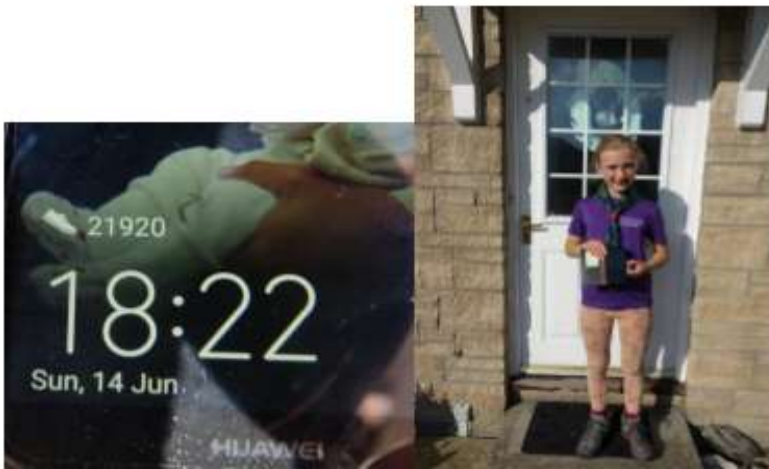
Part 2 - Climbing 1,000 stairs

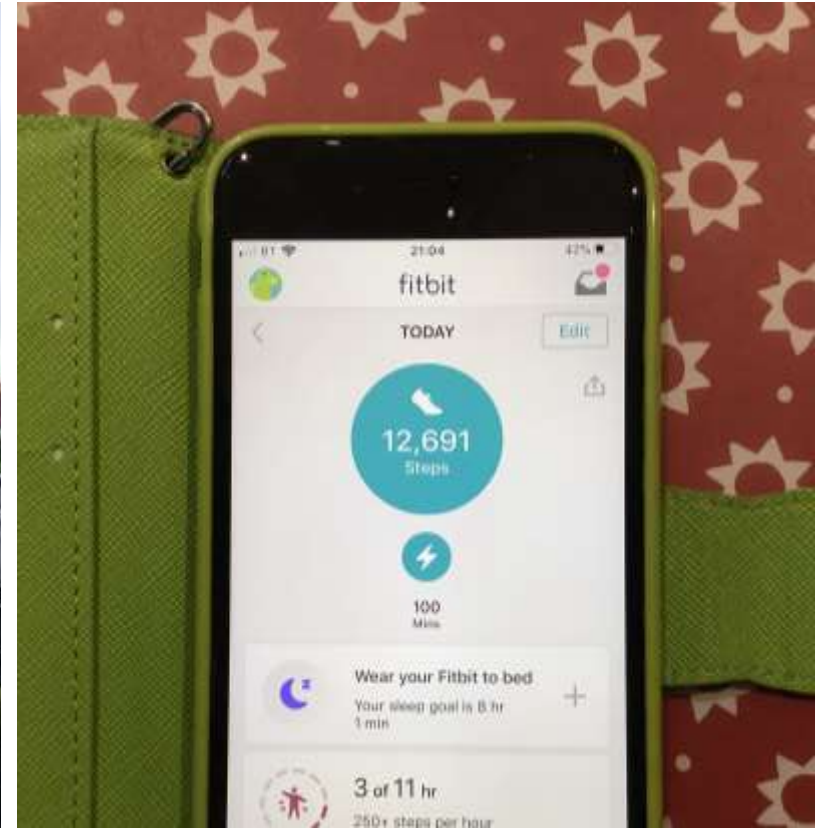
Charlotte decided she would climb the 1,000 stairs on Monday, 15 June.

Our indoor stairs have 12 stairs, so to go up and down would be worth 24 stairs.

That means she needed to climb the stairs up and down 42 times, to reach 1000 stairs in total.

She climbed it 22 times in 7 minutes, then had a break, and eventually climbed the rest up to 43 in a further 6 minutes.





Aaron went a hike up Gowan Hill, past the beheading stone, then along by the old council buildings!



...and Aaron has also been cycling!

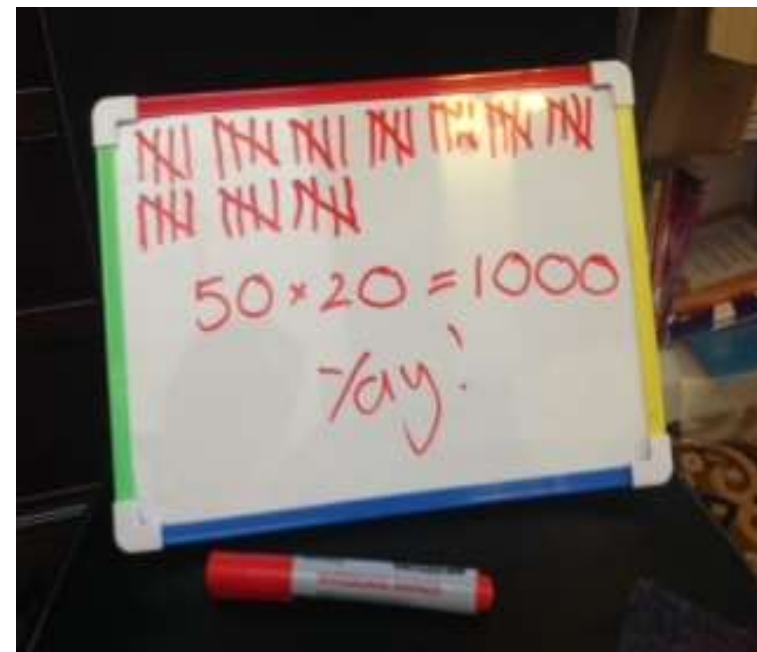
Amy actually
hiked up
Dumyat!



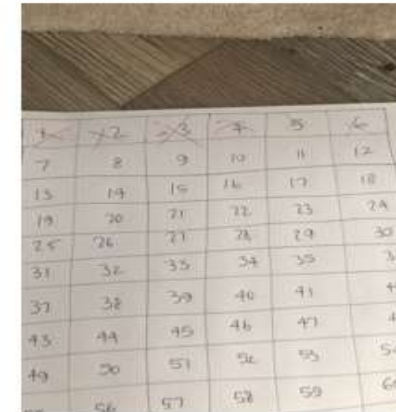
Martha climbed the real
Dumyat too!



Lukas
climbed the
stairs in his
house 50
times!



Archie also hiked his stairs with the help of his mum!



VIRTUAL DUMYAT HIKE

Thursday 18 June 2020

1001 steps up the stairs

77 flights of stairs to hike!

13 steps in one flight of stairs

Archie and mum completed the task!





Glisc
Cowan Dumyat Virtual Hike 14/6/20

For the Dumyat Virtual Hike I did the Darm Walk. I got to 17465 steps, I thought the Hike was really fun. The first part of the hike was on a road and we ~~met~~ met lots of cyclists. Then we went onto a forest trail and we ran some of that part. We came to a river and my sister ~~was~~ and me were doing stepping stones. There was a cave called ~~the~~ Ben Gunn's cave because the author Robert Louis Stevenson walked along here. We saw ~~two~~ here two horses in a field at the end of the walk.



Elise did a virtual hike...

...and then
decided to
climb up the
real Dumyat!

