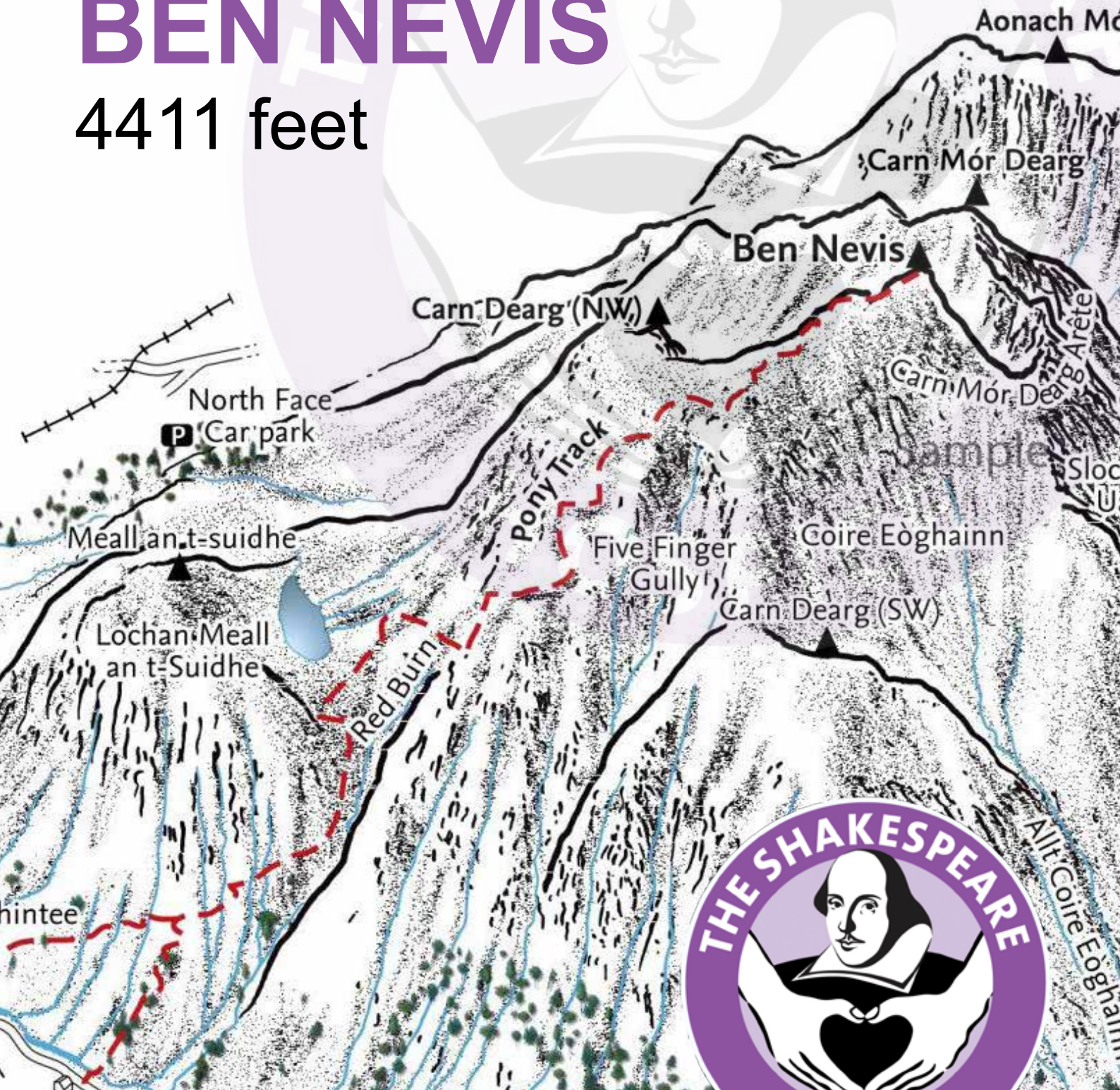


Rise Above Covid-19

BEN NEVIS

4411 feet



Beat the boredom, take to the stairs, stay healthy and step your way to the top of Ben Nevis.

@ShakespeareHospice @TheBardsHospice #TSHriseabovecovid

#TSHriseabovecovid

Simply print off your log sheet overleaf and record how many flights you achieve each day of the week. Don't worry if this varies and you don't do quite as many as you wanted from one day to the next, it's not a race and taking time out to rest is good!

Typically one flight of stairs equals 10-12 vertical feet. Therefore, we've taken each mountain height and divided it by an average of 11 to reach your target of 401 flights of stairs.

Take feel good or funny pictures on your climb, post them to your social media and tag us. We'll send a prize to the one that we believe will raise people's spirits the most at this difficult time!

@ShakespeareHospice
@TheBardsHospice
#TSHriseabovecovid

This is an activity for bringing the community together, to encourage our supporters to stay healthy and costs nothing to take part in.

The Shakespeare Hospice recognises the impact Covid-19 will have to many businesses and charities, we will now be operating in very challenging times to maintain the financial stability for the Hospice. We will continue to work hard to raise the funds we desperately need.

If you would like to make a donation to The Shakespeare Hospice, please follow this link to our Community Appeal page <https://shakespearehospice.charitycheckout.co.uk/cf/urgentcommunityappeal>

Send your photos and stories to:
fundraising@theshakespearehospice.org.uk

Beat the boredom and step your way to the top of Ben Nevis!



Climbing Log

	Day 1 Flights	Day 2 Flights	Day 3 Flights	Day 4 Flights	Day 5 Flights	Day 6 Flights	Day 7 Flights	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								
Week 13								
Week 14								

Ben Nevis - 4411 ft

401

flights of stairs