



DURATION — ALL WEEK



MATERIALS REQUIRED — TAPE MEASURE/RULER, PENCIL, PAPER

**Aim:** Climb the equivalent height of some cycling's most famous climbs from both home and abroad, all without leaving your home. Learn about the facts and history of these climbs as you complete each challenge.

**Instructions:** If you live in a house with a staircase you can use these. If you live in a bungalow or flat you can use any steps at your front or back door or even just a set of exercise steps (anything an adult in your house has said is ok). Measure the height of one single stair in your stair case (or the height the exercise step) Then count how many stairs in your staircase. Multiply the height of one stair by the number of stairs to get the total height of your staircase.

The challenge is to then see how many stairs or step ups you and your family can make this week. Track this by using the climb tracker below. Print off a Climb Tracker for each family member. Use these trackers to track everyone's individual climbs and the combined family total. Challenge yourself to see how many of the famous climbs below you can check off over the next 7 days.

Share pictures of your badges, climb trackers and tell us all about your journey up some of cycling's most challenging climbs on Facebook and Twitter by tagging @SustransNI and use the hashtag #Stayhomestayactive

Check out my video on the challenge for more information - [YouTube video here](#)

#### **Famous Climb Heights:**

Box Hill — 129m

Mamore Gap — 250m

Spelga Dam— 380m

Madonna del Ghisallo—754m

Alpe Du Huez — 1860m

Passo Dello Stelvio — 2635m

**Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)**

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# CLIMB TRACKER



STAIR OR CHAIR HEIGHT = \_\_\_ METRES. TOTAL STAIRCASE HEIGHT \_\_\_ METRES.

EACH TIME YOU COMPLETE 5 CLIMBS MARK A BOX BELOW WITH AN "X", EACH LINE = 30 TIMES YOUR TOTAL STAIRCASE HEIGHT. LINE ONE IS AN EXAMPLE  $30 \times 420\text{CM} = 12,600\text{CM}$  OR 126M

5	10	15	20	25	30	NEW TOTAL
X	X	X	X	X	X	126 METRES

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## BOX HILL



SINCE FEATURING IN THE LONDON 2012 OLYMPICS BIKE RACE, BOX HILL HAS BECOME THE MOST CYCLED CLIMB IN THE WORLD. THE STATISTICS DON'T LOOK PARTICULARLY IMPRESSIVE – 1.5 MILES LONG, WITH AN AVERAGE GRADIENT OF 5%, AND JUST 129M ALTITUDE GAIN. IF BOX HILL WAS IN THE TOUR DE FRANCE, IT WOULD BARELY BE NOTICED BY THE CYCLISTS. BUT, GIVEN IT'S CLOSENESS TO LONDON, IT HAS BECOME A POPULAR TEST FOR EVERY TYPE OF CYCLIST FROM THE OLYMPIC ROAD RACE TO BEGINNER RIDERS. IT IS A CHALLENGING CLIMB, BUT AN ENJOYABLE CHALLENGE THAT JUST ABOUT EVERYONE COULD 'ENJOY' – EVEN IF YOU'RE ON ONE OF SUSTRANS BROMPTON FOLDUP BIKES.

CHECK OUT MORE ABOUT BOX HILL USING ALL THE TABS IN ON THIS [WEBPAGE](#)

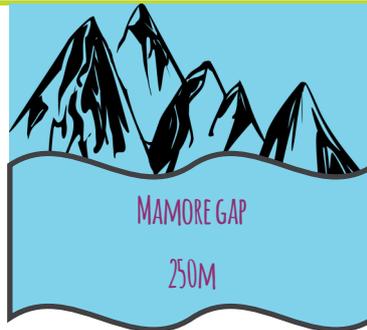
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## MAMORE GAP



REPORTEDLY IRELAND'S STEEPEST ROAD, MAMORE GAP WAS LAST USED IN THE AN POST RÁS — IRELAND'S ONLY PROFESSIONAL CYCLING RACE — IN 2017 AND THE FEEDBACK AFTERWARDS WAS ONE OF UTTER SHOCK AT HOW DIFFICULT IT WAS.

THE CLIMB ITSELF IS SHORT AND AT 1.1 KILOMETRES BUT WHAT IT LACKS IN LENGTH, IT MAKES UP FOR IN HOW STEEP IT IS. SO STEEP ACTUALLY THERE IS RUMOURED TO BE A SECTION OF "MAGIC ROAD" WHERE YOUR CAR WILL ROLL UPHILL!!!

CYCLISTS NOT ONLY WILL NEED TO BE IN EXCEPTIONALLY GOOD SHAPE TO GET OVER THE CLIMB, BUT THEY WILL ALSO NEEDS TO KEEP THEIR WITS ABOUT THEM AS THERE ARE MOST LIKELY GOING TO BE FLOCKS OF SHEEP ALL OVER THE ROAD. AN UNWELCOME ADDITIONAL OBSTACLE :)

CHECK OUT MAMORE GAP [HERE](#)

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## SPELGA DAM



THE CLIMB UP TO SPELGA DAM FROM HILLTOWN IS LONG AND STEEP AND EVEN INCLUDES SOME CRAZY STEEP HAIRPINS.

SPELGA DAM IS JUST LIKE MAMORE GAP IN THAT IT HAS A SECTION OF MYSTICAL "MAGIC ROAD" WHERE YOUR CAR WILL APPARENTLY FREEWHEEL UP THE HILL! CHECK IT OUT ON YOUTUBE.

SPELGA DAM OFTEN FEATURES IN MAJOR BIKE RACES AND WAS PART OF THE ROUTE FOR THE LAST "GRAN FONDO NI" IN 2017 WHERE IT WAS GIVEN THE ITALIAN NAME "MONTE SPELGA DAM" IN HONOUR OF THE GIRO THAT VISITED OUR SHORES A FEW YEARS BEFORE. AT NEARLY 2MILES LONG, AVERAGING 6.5% GRADIENT AND RISING UP TO 380M ABOVE SEA LEVEL IT IS ALWAYS A CHALLENGE. CHECK OUT "MONTE SPELGA DAM" [HERE](#)

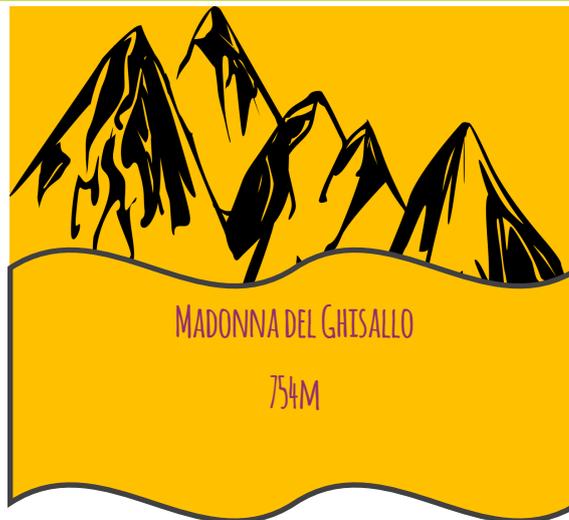
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# MADONNA DEL GHISALLO



MADONNA DEL GHISALLO IS A HILL IN MAGREGLIO, CLOSE TO LAKE COMO IN NORTHERN ITALY. THE "GHISALLO" (PRONOUNCED GEE-ZALO) WAS MADE FAMOUS BY THE GIRO DI LOMBAR- DIA BICYCLE RACE AND HAS OFTEN FEATURED IN THE GIRO D'ITALIA AS WELL. YOU MAY REMEM- BER THE GIRO D'ITALIA FROM WHEN IT VISITED IRELAND BACK IN 2014.

AT 6.6 MILES IT'S A LONG CLIMB AND IT SOARS ALL THE WAY UP TO 754M ABOVE SEA LEVEL. AT THE VERY TOP IS A CHURCH WHICH HAS BEEN TRANSFORMED INTO A CYCLING MUSEUM. THE MU- SEUM IS HOME TO BIKES AND JERSEY OF FAMOUS CYCLISTS AND IS A GREAT PLACE TO TAKE A REST AFTER YOU HAVE CLIMBED ALL THE WAY TO THE TOP.

CHECK IT OUT [HERE](#)

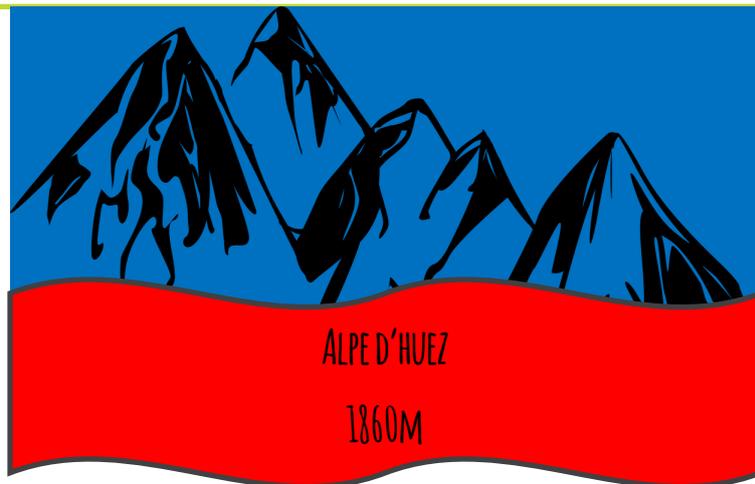
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## ALPE D'HUEZ



AT NEARLY 9MILES LONG, WITH 21 HAIRPIN BENDS TAKING CYCLISTS ALL THE WAY UP TO 1860M ABOVE SEA LEVEL, THE ALPE D'HUEZ IS ONE OF THE TOUR DE FRANCE'S MOST FEARED AND MOST FAMOUS CLIMBS. IN FACT IF YOU ASK ANY CYCLING FAN TO NAME A FAMOUS CLIMB THEY WILL MOST OFTEN SAY ALPE D'HUEZ.

LOCATED DEEP IN THE FRENCH ALPS THIS CLIMB IS SO HIGH THAT IT IS A SKI RESORT IN THE WINTER. HOWEVER, COME THE SUMMER IT IS A CYCLISTS PARADISE. THOUSANDS OF CYCLISTS TRAVEL TO FRANCE TO TACKLE ITS SLOPES EVERY YEAR ESPECIALLY SO IF IT IS A YEAR THE TOUR IS VISITING.

ITALIAN FAUSTO COPPI WAS THE FIRST PERSON TO WIN A STAGE OF THE TOUR ON "THE ALPE".

CHECK OUT ALPE D'HUEZ [HERE](#)

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# PASSO DELO STELVIO



THE 'STELVIO IS NOT ONLY ONE OF THE MOST FAMOUS CLIMBS IN THE GIROD'ITALIA IT IS ALSO ONE OF THE MOST FAMOUS AND MOST DIFFICULT CLIMBS IN THE WORLD. THE STELVIO IS AN INCREDIBLE 30MILES LONG! HAS 70 HAIRPIN BENDS AND RISES UP TO AN EYE WATERING 2635M ABOVE SEA LEVEL. THE STELVIO WAS ORIGINALLY BUILT TO LINK AUSTRIA TO ITALY NEARLY 200 YEARS AGO!

INCREDIBLY FAUSTO COPPI WAS ALSO THE FIRST PERSON TO WIN A BIKE RACE ON TOP OF THE STELVIO THIS WAS WAY BACK IN 1953, 1 YEAR AFTER HE HAD WON ON ALPE D'HUEZ IN THE TOUR DE FRANCE.

CHECK OUT THE STELVIO [HERE](#)

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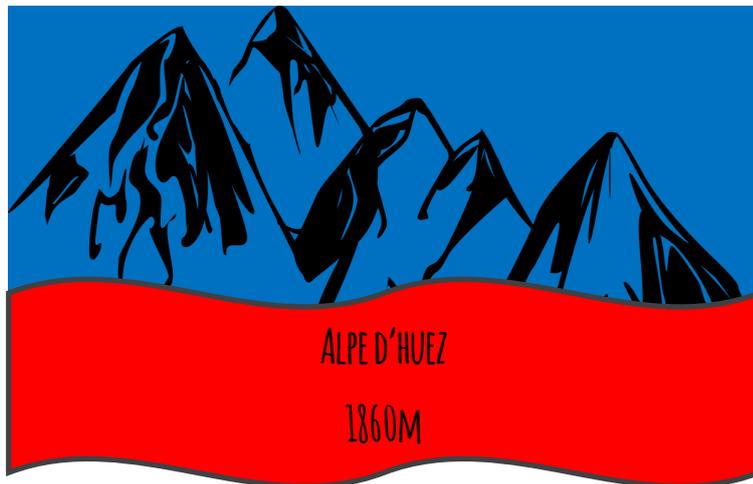
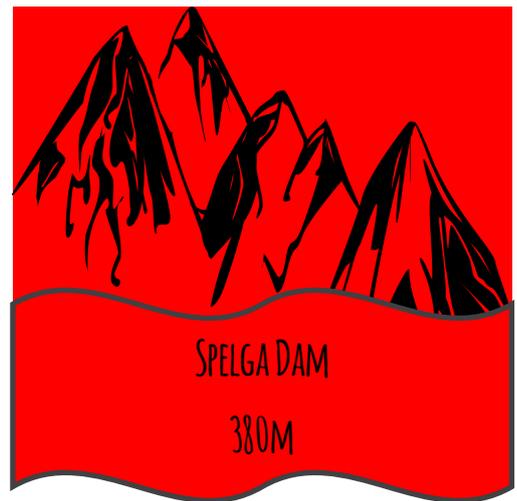
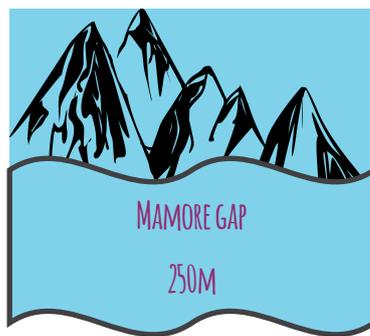
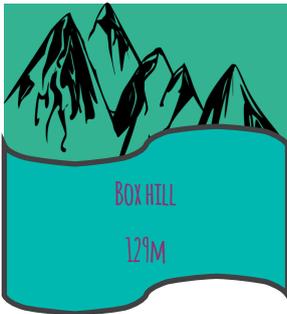
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ACTIVE  
SCHOOL  
TRAVEL

# CLIMB BADGES



AS YOU COMPLETE EACH CLIMB CHALLENGE CUT THE BADGES AND SHARE YOUR ACHIEVEMENT BY TAGGING @SUSTRANSNI AND #STAYHOMESTAYACTIVE ON FACEBOOK AND TWITTER.



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