

# Climb for Cats



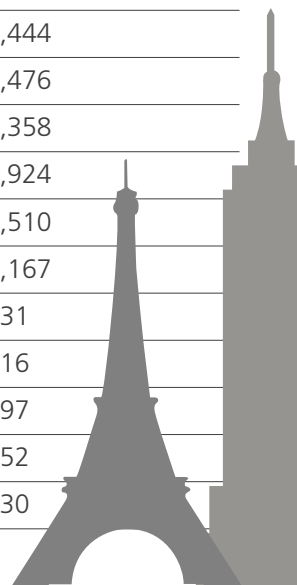
## 1 Choose your elevation landmark

Here are some famous landmarks or pick your own that isn't on the list.

*\*steps are calculated as the average height of a UK household step = 7.5 inches*

*\*\*this is calculated on the average number of steps in a UK household staircase of 13, going down doesn't count!*

Landmark	Height in feet	Height in metres	Total steps up*	Total no. of ascents on staircase**
Mount Everest	29,030	8,848	46,010	3,539
K2	28,251	8,611	44,777	3,444
Denali	20,308	6,190	32,188	2,476
Mount Kilimanjaro	19,340	5,895	30,654	2,358
Mont Blanc	15,777	4,809	25,007	1,924
Mount Fuji	12,388	3,776	19,635	1,510
Mount Olympus	9,573	2,918	15,174	1,167
Burj Khalifa	2,716	828	4,306	331
One World Trade Center	1,776	541	2,813	216
Shanghai World Finance Centre	1,614	492	2,558	197
Empire State Building	1,250	381	1,981	152
Eiffel Tower	1,063	324	1,685	130



## 2 Track your elevation

Will you be counting steps or tracking your elevation in feet or metres?

For steps, track them easily from your phone:

Android: Google fit app

Apple: Health app

To track in feet or metres we recommend using Strava.

Or use our paper tracker [here](#).

## 3 Plan your route

Are you going to hit your target on several hilly walks. Or will you plan one epic climb? Or maybe take up this challenge on your stairs at home or close to your home?

## 4 Set the date

Decide if you are taking on this challenge across January or on our dedicated 'Climb Weekend' on Friday 29 - Sunday 31 January 2021.

## 5 Register

Make sure you officially sign up so we can support you every step of the way!

[www.cats.org.uk/climbforcats](http://www.cats.org.uk/climbforcats)

## 6 Set up your fundraising page

Set up your fundraising page using **JustGiving**.

Fundraisers who raise £150 or more will receive a branded Cats Protection towel!

Every penny you raise will go towards helping cats in our care

Thank you xx



# #ClimbForCats

Reg Charity 203644 (England and Wales) and SC037711 (Scotland)

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