

Step up to the Challenge



Marie Curie

Care and support through terminal illness

Your (virtual) trek or cycle tracker

You've pledged to raise £ for Marie Curie

by trekking/cycling Amazing!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Beat the blues
– take a stroll
or ride.

Sunny
day? Head
out to a
nearby park.

Try an
online exercise
class.

You're
halfway
there!

Cloudy out
there? Do your
trekking at
home.

You've
almost
made it!

You
did it!

You can use apps like Strava, Map My Walk or Map My Ride to keep track of your distance, or take a pedometer if you're walking.



Step up to the Challenge



Care and support
through terminal illness

Set off on your (virtual) adventure

Current guidelines may mean you can't get to events, so why not walk or cycle one of these distances in a month – at home or around your local area – to raise money for Marie Curie?



62km
Grand
Canyon Trek



72km
India
Himalayas Trek



104 km
El Camino de
Santiago Trek



435km
London to
Paris



436km
Cuba Cycle



637km
Cycle Ireland
Top to Toe

Tips to help you hit your stride

- Step in front of the TV during ad breaks.
- Walk up and down the stairs in your house.
- Leave your car at home and walk or cycle to the shop.
- Cycle part of the route on your exercise bike, if you have one.

Share your successes

Post these badges on social media throughout your challenge to spread the word and boost your donations!



Remember, it's important to stay socially distant when you're out and about. Make sure you stick to the government's latest guidance on coronavirus.

