

THE 5TH ANNUAL NLC WALK 100 KM IN 100 DAYS CHALLENGE

January 30 – May 9, 2023

The program encourages our students, staff, and their families to develop the habit of walking at least one kilometer a day as a form of exercise.

Let's see if together we can
walk 10,000 KM!

EVERY STEP COUNTS!

Steps to take part:

Register by filling in this form: <https://forms.office.com/r/mLqWbsjV2N>.

Walk one km per day (equals 1,312 steps) and keep track.

Report your progress every two weeks to
studentwellness@northernlakescollege.ca.

MOUNT EVEREST
CHALLENGE

You can walk more if you like, take the Mount Everest challenge along the way.

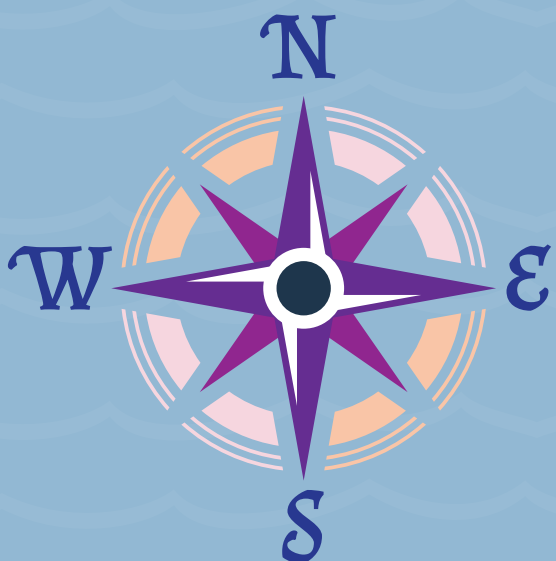
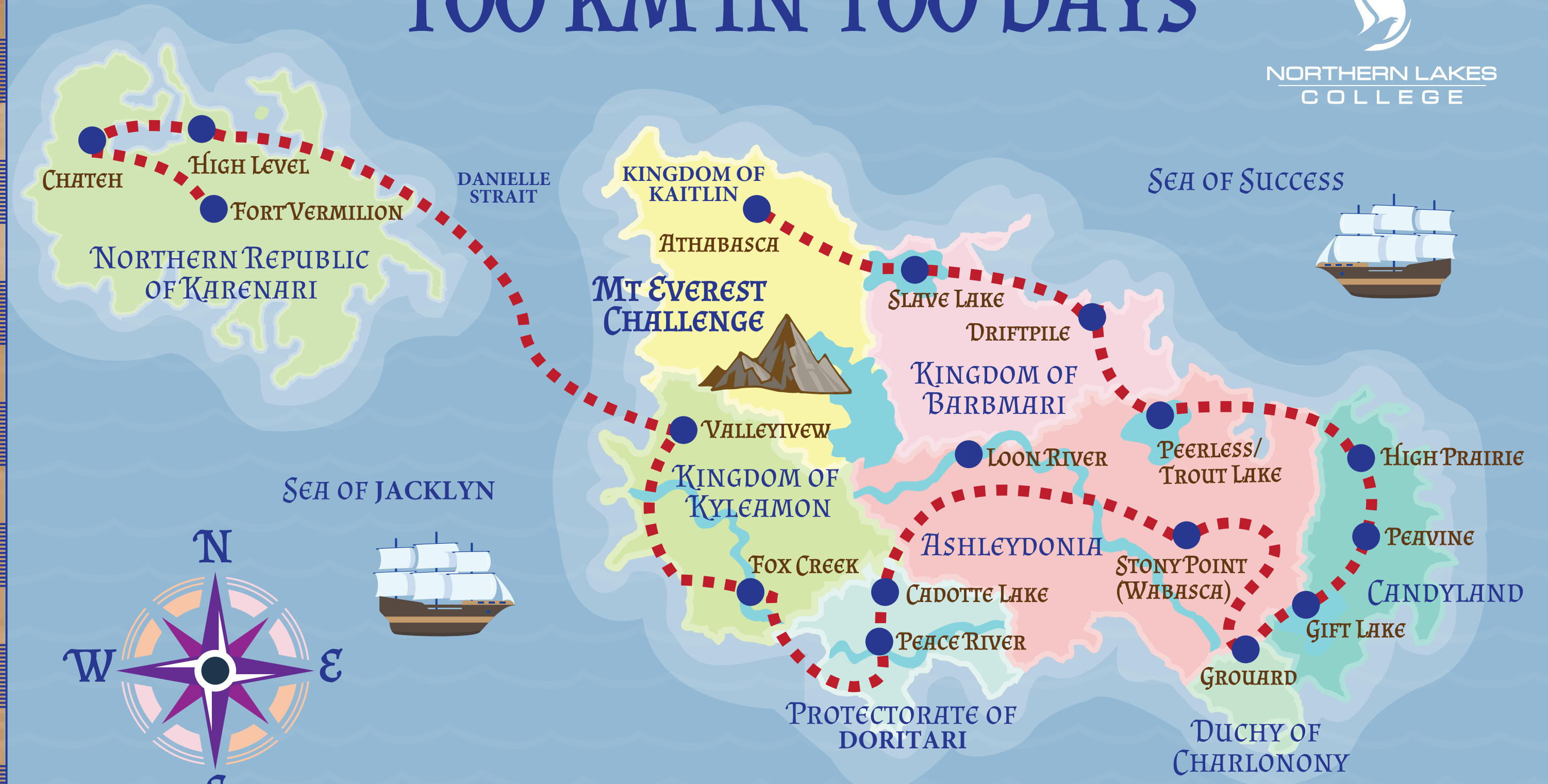


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100 KM IN 100 DAYS



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MOUNT EVEREST CHALLENGE

Summit (29,009 ft.)

Second Step

First Step

Camp 6 (27,200 ft.)

Camp 5 (25,600 ft.)

Camp 4 (23,100 ft.)

Camp 3 (21,300 ft.)

Camp 2 (20,000 ft.)

Camp 1 (18,3000 ft.)

It will take 69 km to reach the top
and of course come down=Total 138km



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