

Virtual mountains

Scafell Pike (6,180 steps, 412 flights of stairs)

Mount Snowdon (7,120 steps, 475 flights of stairs)

Ben Nevis (8,810 steps, 587 flights of stairs)

Mont Blanc (30,420 steps 2,028 flights of stairs)

Mount Kilimanjaro (38,680 steps, 2,578 flights of stairs)

Mount Everest (58,070 steps, 3,871 flights of stairs)

Long distance trails

Coast to Coast path in 30 days (13,000 steps a day)

South Downs Way in 30 days (7,000 steps a day)

West Highland Way in 30 days (6,750 steps a day)

Pennine Way in 60 days (9,400 steps a day)