

# Penarth TREASURE HUNT TREK Challenge

# Penarth TREASURE HUNT TREK Challenge

You can walk, run, scooter or cycle.  
The choice is yours

Take your best picture of the beautiful scenery and tag us on twitter or post on facebook

And when you reach each location find a fun fact and fill in this form.

### Level of fitness

**Level 1** At each spot choose 1 exercise only and tick off the box, before moving on

or

**Level 2** For those of you who are high energy achievers try all the exercises and complete the whole challenge!

Let us know how you get on and don't forget to include any ideas for our next big challenge. Go on, have a go..

**@SportsTalk1**

If you've got a sports app why not record your efforts here..

**App stats:**  
*(optional)*

|                | Day 1 | Day 2 | Day 3 | Day 4 |
|----------------|-------|-------|-------|-------|
| Record time =  |       |       |       |       |
| No. of steps = |       |       |       |       |
| Distance =     |       |       |       |       |



## Fitness Challenge No.3

- 10x Lunges
- 10x Squats
- 10x Burpees

## Fitness Challenge No.4

- 10x Star jumps
- 10x Squats
- 10x Press ups

## Fitness Challenge No.2

- 10x Star jumps
- 10x Squats
- 10x Press ups

## Fitness Challenge No.5

- 10x Dips
- 10x Squats
- 10x Lunges

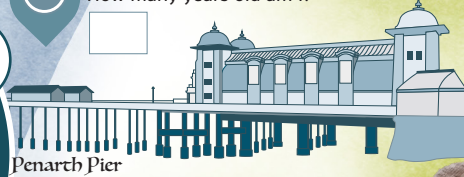
## Fitness Challenge No.1

- 10x Dips
- 10x Press ups
- 10x Squats

## Fitness Challenge No.6

- 10x Star jumps
- 10x Jumping squats
- 10x Dips

**Fact Finder**  
How many years old am I?

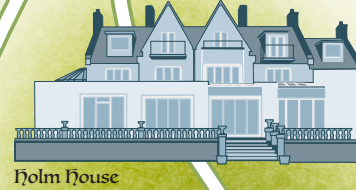


Belle View Park



**Fact Finder**  
List my grading:

**Fact Finder**  
No. of stars seen at my door:



**Fact Finder**  
My original name can be found in Dickens



Westbourne School

**Fact Finder**  
No. of Roger Wades Special Agent connection



Police Station

Dingle Park

**Fact Finder**  
Name of my gateway

St Joseph's Park

Start

