



**four elements**  
challenge, explore, discover



**Bavarian  
Peaks  
#stayhomehikebayern  
Challenge  
April 2020**



Proud to support



# Missing the mountains...?

**Yes, us too..**



But the reasons for staying away make absolute sense:

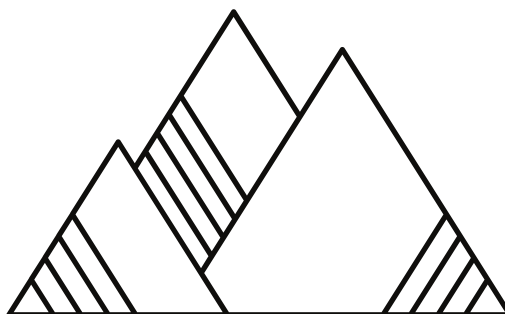
- Risk sports mean greater risk for mountain rescue services who are often professionally involved in other areas of emergency services at the moment;
- Risk of spreading infection to others through a rescue;
- Risk of spreading infection through public toilets, local shops, gas stations, bank machines etc.;
- Burden on resources of smaller communities - waste management, smaller shops etc.

The current official ruling in Bavaria is that you may leave the house for sport or exercise but alone or only with one other person from your household unless you are a family unit. And to stick to your local area.

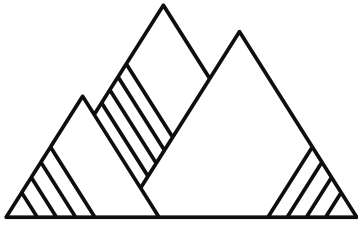
[Read current guidance from the DAV \(German Alpine Club\)](#)

**If you can't get to the mountains,  
then the mountains must come to  
you 😊**

**Bavarian Peaks  
#stayhomehikebayern  
Challenge**



## Bavarian Peaks #stayhomehikebayern Challenge



## What's the goal?

- Keep active
- Build strength & stamina for hiking later this year
- Motivate yourself & others
- Have fun!

## How?

"Virtually" climbing some of the most well-known Bavarian peaks. You can do this by recording your daily steps including walking, running and of course staircases (most realistic to those steep climbs to the peak).

You can play **connect 4** or go for as many of the detailed peaks as possible in the next 28 days!

The climbs can be distributed over multiple days/ weeks- as suits you.

You can complete the challenge individually or as a team with family and friends!

## How to start the challenge?

- Check out the peaks and route details on the next page.
- Decide which peak you are going to start with and set a goal. e.g. if you want to walk 5000 steps per day, then go for Rotwand over two days and move on from there.
- Record your runs, walks either through a step counter on your watch or phone app or convert your distance into steps.
- Check off your progress as you go on the peak performance chart!
- Take photos of your log as evidence & photos on social media- share with us and other challengers as you bag each peak!

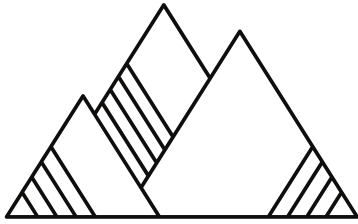
[#stayhomehikebayern](#)

- As with all sports, please consult with a doctor before embarking on any new form of exercise or if you have any pre-conditions.

*N.B. We have roughly calculated the steps and in this challenge we only go to the summit- the luxury of virtual hiking is we can skip the long descent!*



**Bavarian Peaks**  
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**Challenge**



# Pick your peaks!

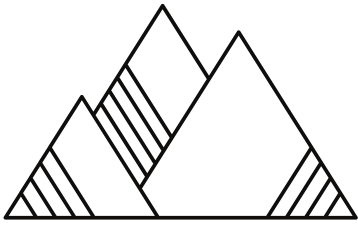
In 28 days we recommend a  
minimum of 4.

But feel free to go for all 16...

***Have fun!***

<b>Rotwand</b> 1884m 9029 steps	<b>Fockenstein</b> 1564m 16258 steps	<b>Rechlkopf</b> 1335m 11209m steps	<b>Schafreuter</b> 2101m 15423 steps
<b>Hochgern</b> 1748m 15863 steps	<b>Zugspitze</b> 2989m 44219 steps	<b>Risserkogel</b> 1826m 10936 steps	<b>Herzogstand</b> 1731m 11209 steps
<b>Benedikten- wand</b> 1800m 21854 steps	<b>Hörnle 3 Peaks</b> 1513m 12932 steps	<b>Brecherspitzze</b> 1674m 14639 steps	<b>Spitzstein</b> 1598m 9748 steps
<b>Schildenstein</b> 1583m 14229 steps	<b>Jochberg</b> 1565m 10328 steps	<b>Hochplatte</b> 1799m 16048 steps	<b>Hirschberg</b> 1670m 14375 steps

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# Peak Performance Log

Tick off the stages of your climb as you go!  
Each box counts as 1000 steps.



**Rotwand**  
1884m

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



9029  
steps



**Spitzstein**  
1598m

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



9748  
steps



**Jochberg**  
1565m

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



10328  
steps



**Risserkogel**  
1826m

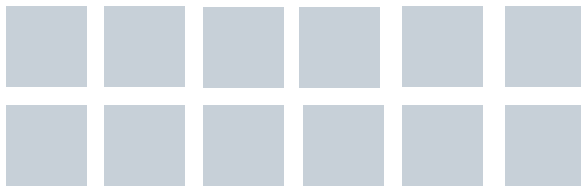
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



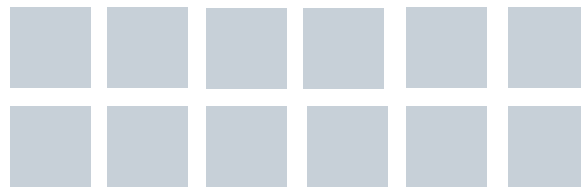
10936  
steps



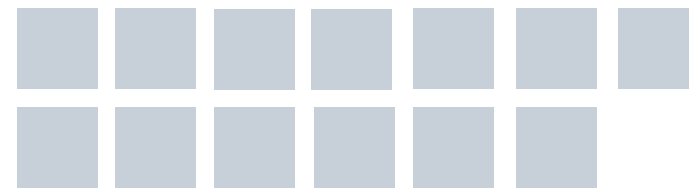
**Rechlkopf**  
1335m



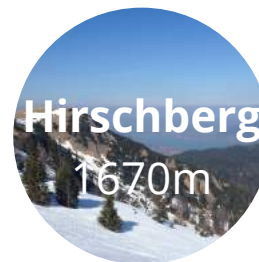
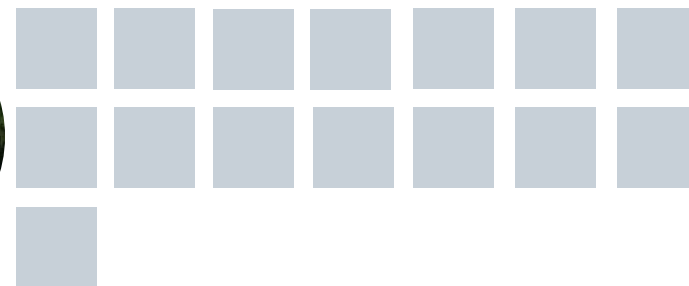
**Herzogstand**  
1731m



**Hörnle**  
1513m



**Schilden-  
stein**  
1583m



**Hirschberg**  
1670m





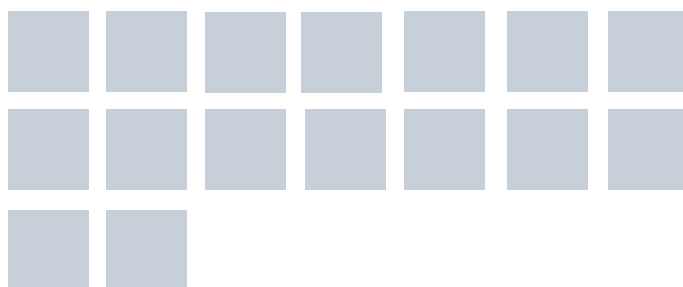
**Brecher-  
spitze**  
1674m



14639  
steps



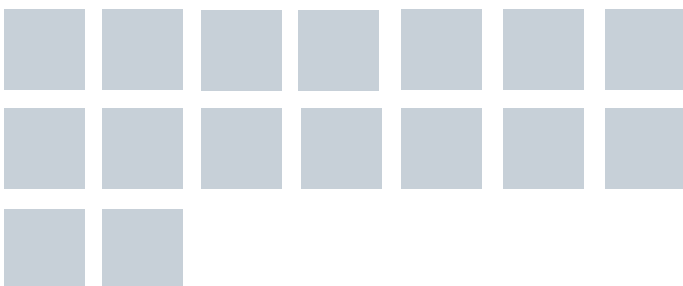
**Schafreuther**  
2101m



15423  
steps



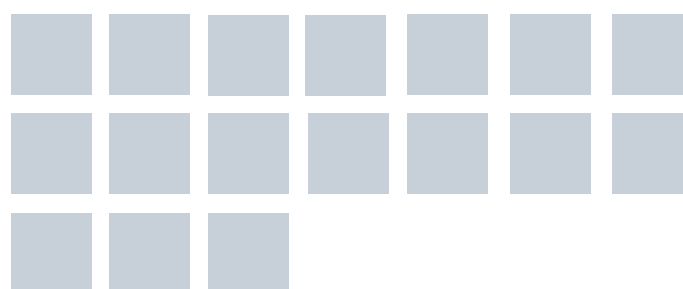
**Hochgern**  
1748m



15863  
steps



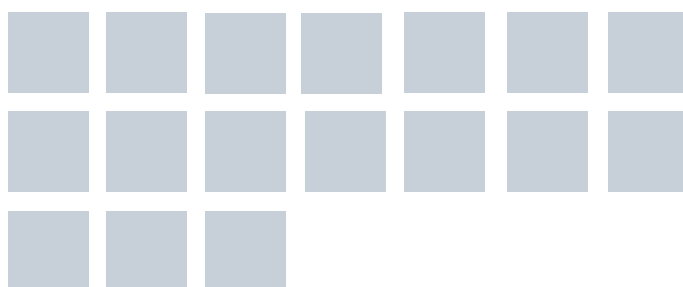
**Hochplatte**  
1799m



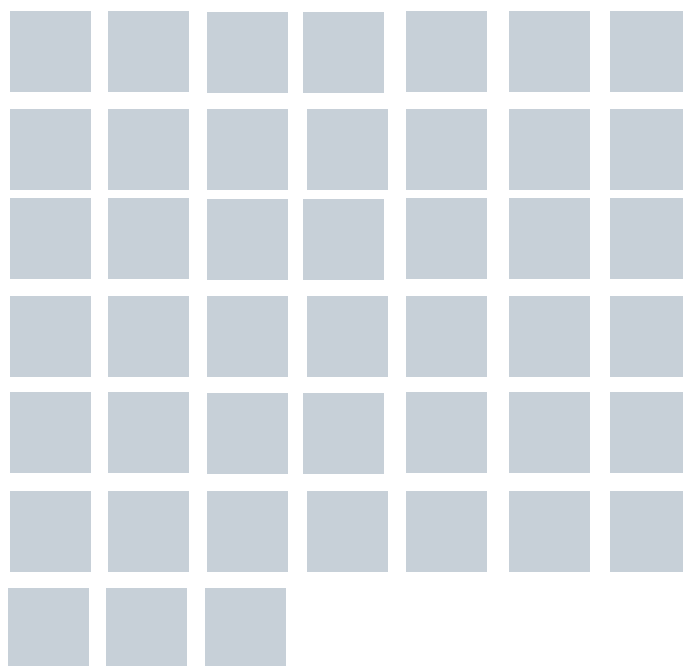
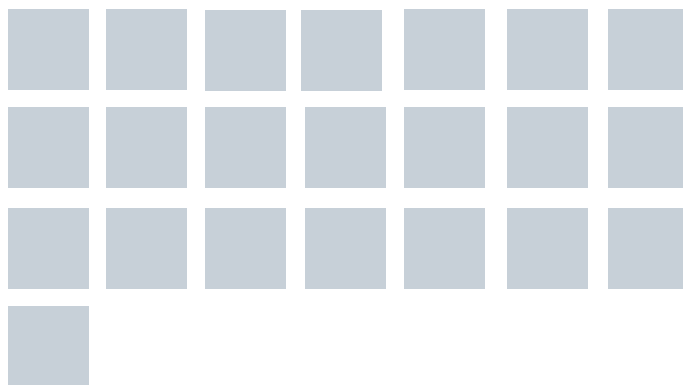
16048  
steps



**Fockenstein**  
1564m

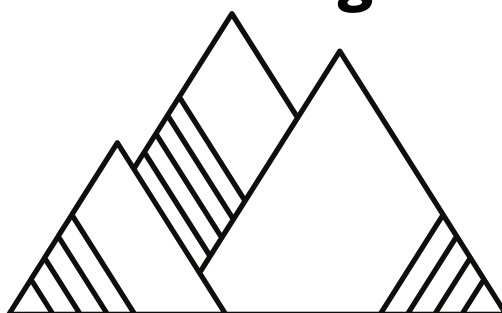


16258  
steps



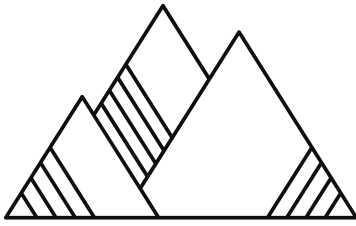
# Congratulations!

**You have completed the Bavarian Peaks  
#stayhomehikebayern  
Challenge**





## **Bavarian Peaks #stayhomehikebayern Challenge**



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**THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD**  
GERMANY



# **Want to use the Challenge for your DofE?**

### **Physical Activity**

A physical challenge of this sort is a great activity for your physical section. You could spread the challenge out over further months and add in more peaks!

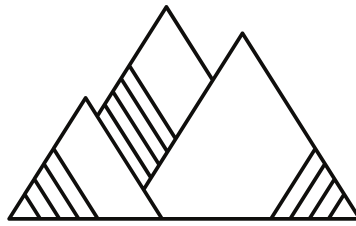
- Talk to a teacher/ parent about "supervising" you- identifying your goals for this challenge. A teacher or family friend could assess you for this remotely too.
- Log your activity with screenshots of stepcounts/ photos of you walking/ completing the activity.

### **Service Activity**

You could also set this up as a fundraising challenge- either raising awareness of a course through promoting the challenge or by sponsorship- e.g. ask for a donation for each peak climbed/ metres climbed:

- Talk to a teacher/ parent about "supervising" you- identifying your goals for this challenge. A teacher or family friend could assess you for this remotely too.
- Log your activity with screenshots of step counts/ photos of you walking/ completing the activity.
- Share your progress on a personal blog or social media if you are raising awareness
- Set up an official fundraising page with [www.justgiving.com](http://www.justgiving.com) or [www.betterplace.org/de](http://www.betterplace.org/de)

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**Thank you for joining in the  
#stayhomehikebayern challenge!**

Feel free to share the challenge with friends and family- the more, the merrier- and the happier, healthier and fitter we will all come out of this.

Don't forget to use the challenge hashtag **#stayhomehikebayern** for encouragement, motivation & support!



**The Hiker's Guide to April 2020**

Join our free Facebook Group for extra motivation with the challenge, live seminars on practical tips for getting set for the trails post-corona, further resources and fun!

[www.4elements.eu](http://www.4elements.eu)

