



Healthy Kerry

Kerry Step Challenge

are learning a new language for places we'll visit one day.

Some of us are clicking refresh on news sites daily.

Some of us are very worried about money.

Some of us are anxious.

Some of us are learning to video call our grandchildren for the first time.

Some of us are working on the front line.

Some of us are wondering how we got here.

Some are an

Let's stay connected

We'll make it through, together

Coronavirus COVID-19 Public Health Advice

hi HE Rialtas na hÉireann Government of Ireland

The Healthy Ireland Fund supported by the Department of Health, Department of Children and Youth Affairs and the Department of Rural and Community Development.



Rialtas na hÉireann
Government of Ireland



Kerry Step Challenge

hi Healthy Ireland | Healthy Kerry

COVID-19 Public Health Advice



Overview

The national ‘In This Together’ campaign was launched by an Taoiseach Leo Varadkar to promote activity, mental wellbeing and staying connected as the population deals with the impact of COVID-19. The Kerry Step Challenge is one of the Kerry County Council initiatives launched under this campaign which is designed to promote and support wellbeing in the county.

The Kerry Step Challenge is a six-week event designed to promote and support the people living in the county to stay active, connected and apply the Five Ways to Wellbeing. It involves virtually completing routes in the county by accumulating daily steps.

As national COVID-19 movement restrictions are in place, participants do not visit the routes to complete the challenge. Instead, participants accumulate an equivalent number of steps that would be taken to complete each route.

A total of six routes of varying distances and step counts are included in the challenge.

Routes:

Name	Distance	Total steps	Location within Municipal District (MD)
<u>The Bray Head Loop</u>	7km	9,186	Kenmare MD
<u>Glanageenty Forest Loops</u>	9km	11,811	Tralee MD
<u>Muckross Lake Loop</u>	19.5km	25,592	Killarney MD
<u>The North Kerry Way</u>	48km	62,992	Listowel MD
<u>The Kerry Butter Road</u>	83.4km	109,448	Castleisland / Chorca Dhuibhne MD
<u>The Ring of Kerry</u>	179km	234,908	Kenmare & Killarney MDs

Participants can select to complete the required step count of as many of these routes as they wish over the duration of the event individually or as part of a team.

All types of movement (e.g. walking, pushing, climbing the stairs, actively playing, dancing) will count towards virtually completing the selected routes. Steps can be accumulated at home and surrounding areas permitted by government guidelines.

How to take part

1. Decide how you will record your steps

Option 1: You can use a device you own that records step count e.g. Fitbit, pedometer, smart phone.

In the case of smart phones, you can download a free step counter app.

<p><u>Android examples:</u></p> <ul style="list-style-type: none"> • “Google Fit” • “Walking & Running Pedometer for Health & Weight” 	<p><u>Apple examples:</u></p> <ul style="list-style-type: none"> • “Mi Fit” • “Pacer - Pedometer plus Weight Loss and BMI Tracker”
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Option 2: In cases where an activity is not recorded by a step counter (e.g. cycling) or participants do not own a step counting device, you can convert your activity into ‘steps taken’ using the following multipliers:

For **adults**, 1 active minute equals 117 steps.

Example:

- If you go for a 20-minute walk, you multiply 20 (the time in minutes) by 117 (step conversion factor). This equals 2,340 steps.

Children and youth under the age of 18 years typically do more steps per minute than adults. For this age group you can equate 1 active minute to 225 steps.

Example:

- For a child playing hopscotch for 20 minutes, you multiply 20 (the time in minutes) by 225 (step conversion factor). This equals 4,500 steps.

Be sure to make a note of the total steps you took at the end of each day and the dates you reached each milestone along the route. Templates on pages 3-15 can help you keep track of your **steps** and **dates**.

2. Express your interest in taking part by emailing the following to kerrystepchallenge@kerrycoco.ie:

- Participant(s) name(s)
- How you will record your steps
- The route(s) you would like to virtually walk during the event
- The first route you will complete

3. At the end of the six-week challenge, email kerrystepchallenge@kerrycoco.ie:

- Participant(s) name(s)
- The date(s) each route was completed
- Postal address to receive the certificate of completion and entered into a raffle for wellbeing items

The Bray Head Loop



Site of
Transatlantic
Cable

3,063



Bray Tower

6,126



Finish

9,189



Route 1: The Bray Head Loop

Walking the Bray Head loop is a recommended activity on the Wild Atlantic Way. This route is located in Valentia Island. Along this walk, historic locations can be visited. This route is well-known for its' scenery. One location that can be viewed along the walk is the Skellig Islands - the location where scenes from the *Star Wars Episode VII The Force Awakens* were filmed.



© Map from www.alltrails.com

START	1. SITE OF TRANSATLANTIC CABLE	2. BRAY TOWER	FINISH
	<u>3,063 steps</u>	<u>6,126 steps</u>	<u>9,189 steps</u>
Your virtual starting point is at the Bray Head carpark.	You have virtually walked to the site of the first transatlantic telegraph cable. This cable transmitted the first telegram between Europe and America on 16 th August 1858.	You have virtually arrived at Bray Head Tower. This signal tower was constructed in 1815. The views of the Skellig Islands, Blasket Islands, Valentia and the Iveragh Peninsula can be enjoyed at this location. Stones that spell out EIRE can be found nearby.	You have completed the total steps of the Bray Head Loop, well done! Along this route, people would see the remains of five ruined, dry-stone buildings – an early Christian heritage.

Write the **dates** you started, virtually reached each location and completed the route below:

Date	Date	Date	Date
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Glanageenty Forest Loops



© www.kerrygems.com



Site of
Desmond
Castle

3,937



Surrounding
Scenery

7,874



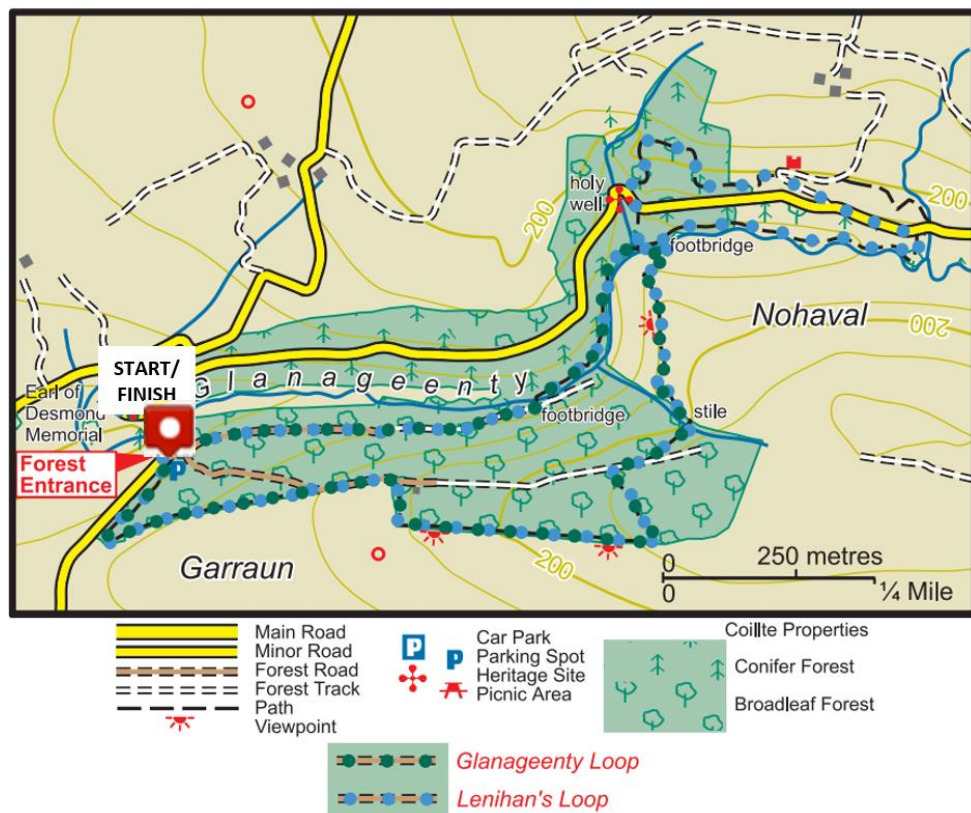
Finish

11,811



Route 2: Glanageenty Forest Loops

Two loops are included in this route: Glanageenty and Lenihan’s Loops. These loops are situated in a peaceful, ancient forest where the woodland, river and birdlife can be enjoyed. On these walks, the public can also take in the surrounding scenery and note the historic links associated with the Glanageenty Forest. The total distance of both loops is 9km. You can virtually complete this route by taking a total of 11,811 steps.



© Map from www.coillte.ie

START	1. SITE OF DESMOND CASTLE 3,937 steps	2. SURROUNDING SCENERY 7,874 steps	FINISH 11,811 steps
Your virtual starting point is at the entrance of the forest. Along these loops, the sounds of the woods are enjoyed – the birds sing and streams are heard passing.	You have virtually walked near the site of Desmond Castle. This castle was also known as the Ballymacelligott Castle and was owned by the McElligott family. By the mid-19 th Century, the remains of the castle had disappeared.	You can appreciate the views of Carrauntoohill, the gap of Dunloe and Mount Brandon. On occasion, wild goats in forest clearings can be seen.	You have completed the total steps of Glanageenty and Lenihan’s Loops, well done!
Write the dates you started, virtually reached each location and completed the route below:			
Date	Date	Date	Date

Muckross Lake Loop



Traditional Working Farms

6,398



Dinis Cottage

12,796



Torc Waterfall

19,194



Finish

25,592



Route 3: Muckross Lake Loop

Killarney National Park, established in 1932, is Ireland’s oldest National Park. It offers spectacular waterfalls and lakes, ancient woodlands and views of Ireland’s highest mountain. The distance of the Muckross Lake Loop is 19.5km. You can virtually complete this route by taking a total of 25,592 steps.



© Map from www.kerrygems.com

START	1. TRADITIONAL WORKING FARMS	2. DINIS COTTAGE	3. TORC WATERFALL	FINISH
	6,398 steps	12,796 steps	19,194 steps	25,592 steps
Your virtual starting point is at Muckross House. Muckross House is a nineteenth century Victorian mansion that was built in 1843. The visit of Queen Victoria in 1861 was a key event that took place here.	You have virtually walked to the traditional 1930s and 1940s working farms. These farm houses are presented with traditional furniture. During this time, these cottages would not have had running water or electricity.	You have virtually arrived at Dinis Cottage. This 200-year-old cottage is located beyond the Reenadinna Wood where red squirrels and red deer can be seen.	You have virtually reached the beautiful 20-metre-high Torc Waterfall. Beside the waterfall, there are steps that lead to wonderful viewing points of Muckross Lake and Killarney National Park.	You have completed the 19.5km Muckross Lake Loop, congratulations!
Write the dates you started, virtually reached each location and completed the route below:				
Date	Date	Date	Date	Date

The North Kerry Way

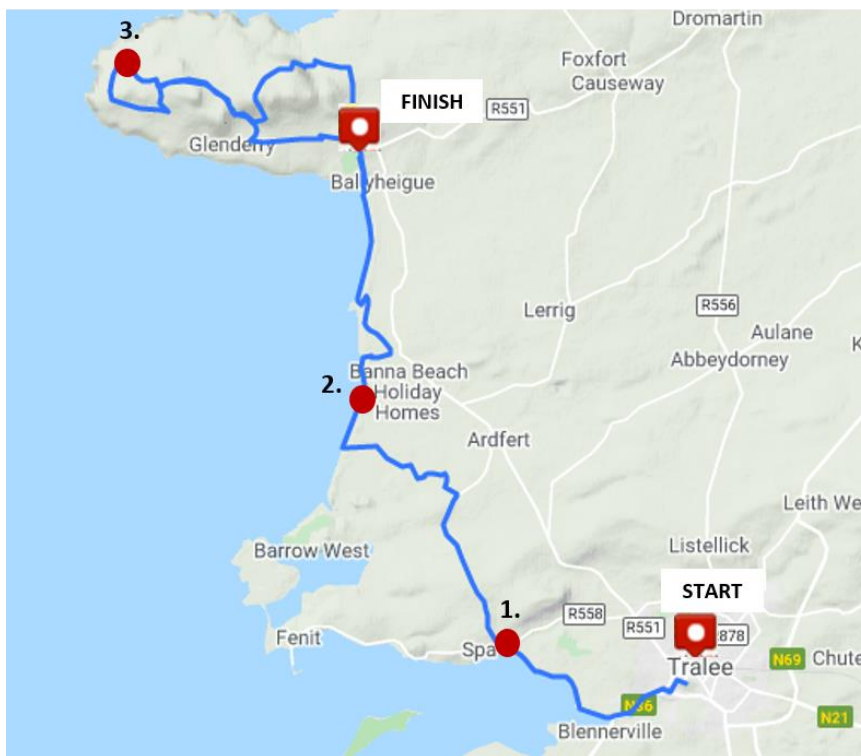


Spa	Banna & Ballyheighue	Kerry Head Peninsula	Finish
15,748	31,496	47,244	62,992
			



Route 4: The North Kerry Way

A feeling of spaciousness and openness can be experienced along the North Kerry Way. The route offers scenic views as it passes along historic landmarks, beaches and the Kerry Head Peninsula. The total distance of the route is 48km and can be virtually completed by taking 62,992 steps.



© Map from www.alltrails.com

START	1. SPA	2. BANNA & BALLYHEIGHUE	3. THE KERRY HEAD PENINSULA	FINISH
	<u>15,748 steps</u>	<u>31,496 steps</u>	<u>47,244 steps</u>	<u>62,992 steps</u>
Your virtual starting point is at Tralee Town Park	You have virtually reached Spa. Along the way, you would have passed the Rose Garden, Garden of Senses, the Tourist Office, Kerry County Museum, Siamsa Tíre Folk Theatre, the Canal, Tralee Wetlands and the Blennerville windmill.	You have virtually arrived at Banna Beach. Here you walk through Banna Beach right into Ballyheigue Beach.	You virtually continue on to the Kerry Head Peninsula. Along this coastal loop, there are views of Banna Strand and Tralee Bay.	You have virtually arrived at Ballyheigue and finished the total steps it would take to walk the North Kerry Way, well done!
Write the dates you started, virtually reached each location and completed the route below:				
Date	Date	Date	Date	Date

The Kerry Butter Road



© www.millstreet.ie



Millstreet

The Kerryman's Table

Rylane

Finish

27,362

54,724

82,086

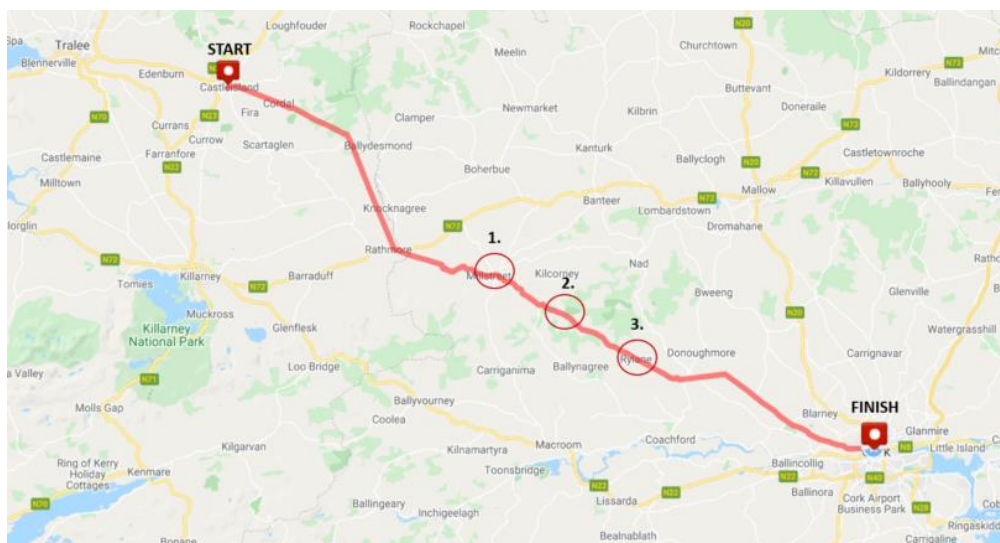
109,448



Route 5: The Kerry Butter Road

In the eighteenth and nineteenth centuries, many Kerry farmers travelled along old butter roads to auction their butter to the highest bidder at the Cork Butter Market. The road from Castleisland to the Cork Butter Exchange was one of the main butter roads used during this time.

This route runs in almost a straight line and is approximately 83.4km in length. Today, you can virtually complete this route by taking a total of 109,448 steps. In the past, those carting the butter along the butter road would make a number of stops to rest and socialise. At every 27,362 steps, you virtually reach one of these locations.



The Butter Road

We live near the Butter Road. A straight line, leading direct along a ridge to the city.

Once the wagons passed each day and took the farmers' cream, set yellow as buttercups from the little jiggling carts.

Sometimes we lose our way on the drive home, confused in twisting lanes laid down by cows finding the kindest contour.

Then we come upon this straight line on its high ridge.

And know we're safe: we have been rescued by the Butter Road.

© The Butter Road poem extracted from the 2006 Pop-Up Book of Invasions by Fiona Farrell; map from www.millstreet.ie

START	1. MILLSTREET <u>27,362 steps</u>	2. THE KERRYMAN'S TABLE <u>54,724 steps</u>	3. RYLANE <u>82,086 steps</u>	FINISH <u>109,448 steps</u>
Your virtual starting point is on a dairy farm in Castleisland where the butter is made.	You have virtually arrived at Millstreet. Those travelling along the butter road typically stopped to rest for a night in a hotel in this town.	You have virtually reached the Kerryman's Table. The Kerryman's Table is a large flat rock situated about 6km from Millstreet. It was a traditional meeting spot and resting place for travellers and traders along the road.	You have virtually walked to Rylane. The journey from Castleisland is long and those travelling along the route would stop to rest and socialise in lodgings at Rylane.	You have completed the total steps needed to arrive at the Cork Butter Market, congratulations! Here, the butter was inspected and graded before being exported across the world.

Write the **dates** you started, virtually reached each location and completed the route below:

Date	Date	Date	Date	Date
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The Ring of Kerry



Moll's Gap	Caherciveen	Glenbeigh	Finish
58,727	117,454	176,181	234,908
			



Route 6: The Ring of Kerry

The Ring of Kerry is a world-famous route around the Iveragh Peninsula. It includes the wonderful scenery along the coastline of the Wild Atlantic Way. The 179km route is normally cycled or completed by car. It was calculated that 234,908 steps would complete this route by foot.



© Map from www.ringofkerrytourism.com

START	1. MOLL'S GAP <u>58,727 steps</u>	2. CAHERCIVEEN <u>117,454 steps</u>	3. GLENBEIGH <u>176,181 steps</u>	FINISH <u>234,908 steps</u>
Your virtual starting point is in Killarney. Here Killarney National Park, Ross Castle, Lough Leane, Muckross House and Torc Waterfall can be visited.	You have virtually reached Moll's Gap. Along the way, a stop to enjoy the scenery at Ladies View is recommended. It was named Ladies View as Queen Victoria's ladies in waiting stopped to enjoy the scenery here in 1861.	You have virtually arrived at Caherciveen. Nearby you could visit the ruins of Ballycarbery Castle and the 600AD Cahergal Ring Fort.	You have virtually reached Glenbeigh. Glenbeigh is often referred to as the 'Jewel in the Ring of Kerry' and is best known for its' 7km golden Rossbeigh Beach.	You have completed the total steps of the Ring of Kerry, well done! On the route, from Kenmare to Killarney you can enjoy the breathtaking scenery at the Gap of Dunloe.

Write the **dates** you started, virtually reached each location and completed the route below:

Date	Date	Date	Date	Date
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Step Journal

The template below can help you to keep track of your daily step count.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								