## ORBTHAL2015 GHALLIENG:

## Get active and

## discover new places

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To check out the full route information, please visit iwight.com/sportsunit


Island Roads
TSLETB AGTRE

There are sixteen waymarked routes around the Island, many in picturesque locations. The routes are in 1,2 or 3 km lengths and most are out-and-back courses -41 km total distance. At each end of each route is a letter on a small disc; write down each letter and solve the conundrum. There are eight routes accessible to wheelchairs and pushchairs -21 km total distance.

| Number | Route | Distance | Push route | Letter one | Letter two |
| :---: | :--- | :---: | :---: | :---: | :---: |
| 1 | Yaverland to Sandown seafront | 3 km | Yes |  |  |
| 2 | Sandown Revetment to Lake | 3 km | Yes |  |  |
| 3 | Ventnor Park | 1 km | No |  |  |
| 4 | Yarmouth Causeway from Off the Rails | 3 km | No |  |  |
| 5 | Fort Victoria Country Park | 2 km | No |  |  |
| 6 | Newport to Stag Lane cycle track | 3 km | No |  |  |
| 7 | Cowes to Newport cycle track | 3 km | No |  |  |
| 8 | Newport to Shide cycle track | 2 km | No |  |  |
| 9 | Shide to Arreton cycle track | 3 km | Yes |  |  |
| 10 | Lake to Alverstone cycle track | 2 km | Yes |  |  |
| 11 | Alverstone to Newchurch cycle track | 3 km | Yes |  |  |
| 12 | Newchurch to Arreton cycle track | 3 km | Yes |  |  |
| 13 | Ryde Seafront to Puckpool | 3 km | No |  |  |
| 14 | Gurnard to Egypt Point | 2 km | Yes |  |  |
| 15 | East Cowes seafront | 2 km | Yes |  |  |
| 16 | Shanklin To Wroxall cycle track | 3 km | No |  |  |
|  |  |  |  |  |  |

Do the 3-2-1 Orbital Challenge on your own or in a group, for example with your family. Challenge start date: Friday 7 August. Finish date: Saturday 31 October 2015.


## We ran/jogged/walked sixteen 3-2-1 routes.

Work out the conundrum and write the letters in the boxes below. There are eight words - to start you off we've put ' 321 ' in the right boxes.


## We pushed eight 3-2-1 routes.

Work out the conundrum and write the letters in the boxes below. There are four words - to start you off we've put' 321 ' in the right boxes.
$\square$
To receive your certificate of achievement please return your completed form to Sports Unit, IW Council, County Hall, High Street, Newport, IW, PO30 1UD. If you have any questions about the 3-2-1 orbital challenge, please email sports.unit@iow.gov.uk or phone Ray Scovell 01983823818 or 07976009352.

