

# Walking Across Canada

Cross the country together

## Stay fit, and have fun

Challenge your community (students, teachers, individuals and families) to collect footsteps or kilometers on Clean Air Day or throughout the month to travel from one end of the country to the other!

Compete as a family, as a classroom, or in a group. The bigger the group, the better!

### What you need

A chart to track distance (see example on next page)

A pedometer (optional)

## How To Walk Across Canada

**With a pedometer:** Walk 1km with your pedometer (2.5 laps around a track, or calculate it on Google Maps). Multiply your step count by the total kms to cross Canada to find out the total amount of steps you will need.

**Without a pedometer:** Track your distance on each walk or bike ride and add it up throughout the day or month to find your total! If you need to guess, the average person can walk 5km or bike 20km in an hour.

While 7428km seems like a lot for one person, **it gets easier when you share the distance!** Divide the total distance by the number of people participating to determine how much walking or biking each person has to do.

Total distance: 7428km!

FROM	TO	DISTANCE
IQUALUIT, NT	YELLOWKNIFE, NWT	2200km
YELLOWKNIFE, NWT	WHITEHORSE, YT	2704km
WHITEHORSE, YT	VICTORIA, BC	2763km
VICTORIA, BC	VANCOUVER, BC	66km
VANCOUVER, BC	EDMONTON, AB	1244km
EDMONTON, AB	REGINA, SK	764km
REGINA, SK	SASKATOON, SK	256km
SASKATOON, SK	WINNIPEG, MB	829km
WINNIPEG, MB	THUNDER BAY, ON	715km
THUNDER BAY, ON	TORONTO, ON	1384km
TORONTO, ON	MONTREAL, QC	539km
MONTREAL, QC	QUEBEC CITY, QC	270km
QUEBEC CITY, QC	FREDERICTON, NB	586km
FREDERICTON, NB	HALIFAX, NS	346km
HALIFAX, NS	CHARLOTTETOWN, PEI	232km
CHARLOTTETOWN, PEI	ST. JOHNS, NL	1294km



# Walking Across Canada

Cross the country together

Here's a chart to get you started!  
Print this off or make your own

DATE	NAME	NUMBER OF STEPS OR KM	TOTAL DISTANCE COVERED

