

# Pedometer Challenge

## Mission finder

MISSION VERY  
POSSIBLE!

Thank you for choosing to take part in the Pedometer Challenge. To determine the target destination for your mission, select the number of teams you have:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50



HEALTH  
AT WORK

# Target destinations for 1 team

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Dundee

8,500 steps per day Lyon

10,000 steps per day Berlin

## Medium

12,000 steps per day Prague

15,000 steps per day Florence

17,000 steps per day Valencia

## Hard

20,000 steps per day Lisbon

22,500 steps per day Tallinn

25,000 steps per day Tirana

# Target destinations for 2 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day

Vienna

8,500 steps per day

Valencia

10,000 steps per day

Lisbon

## Medium

12,000 steps per day

Bukarest

15,000 steps per day

Casablanca

17,000 steps per day

Tel Aviv

## Hard

20,000 steps per day

Caspian Sea

22,500 steps per day

Cairo

25,000 steps per day

Islamabad

# Target destinations for 3 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Minsk
8,500 steps per day	Saint Petersburg
10,000 steps per day	Casablanca

## Medium

12,000 steps per day	Gran Canaria
15,000 steps per day	Cairo
17,000 steps per day	Dubai

## Hard

20,000 steps per day	Caracas
22,500 steps per day	Dhaka
25,000 steps per day	Guatemala

# Target destinations for 4 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Istanbul
8,500 steps per day	Tel Aviv
10,000 steps per day	Caspian Sea

## Medium

12,000 steps per day	Sierra Leone
15,000 steps per day	Chicago
17,000 steps per day	Mexico City

## Hard

20,000 steps per day	San Francisco
22,500 steps per day	La Paz
25,000 steps per day	Buenos Aires

# Target destinations for 5 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day

Tripoli

8,500 steps per day

Cape Verde

10,000 steps per day

Islamabad

## Medium

12,000 steps per day

Chicago

15,000 steps per day

Guatemala

17,000 steps per day

Johannesburg

## Hard

20,000 steps per day

Buenos Aires

22,500 steps per day

Santiago

25,000 steps per day

Bali

# Target destinations for 6 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day

Dakar

8,500 steps per day

Dubai

10,000 steps per day

Chicago

## Medium

12,000 steps per day

Der es Salaam

15,000 steps per day

La Paz

17,000 steps per day

Manila

## Hard

20,000 steps per day

Hawaii

22,500 steps per day

Solomon Islands

25,000 steps per day

Cairns

# Target destinations for 7 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Ivory Coast
8,500 steps per day	Kinshasa
10,000 steps per day	Havana

## Medium

12,000 steps per day	Ulaanbaatar
15,000 steps per day	Jakarta
17,000 steps per day	East Timor

## Hard

20,000 steps per day	Perth
22,500 steps per day	Tonga
25,000 steps per day	Shanghai (return)



# Target destinations for 8 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day      New York City

8,500 steps per day      Mexico City

10,000 steps per day      San Francisco

## Medium

12,000 steps per day      Sao Paulo

15,000 steps per day      Hawaii

17,000 steps per day      Darwin

## Hard

20,000 steps per day      Sydney

22,500 steps per day      Christchurch

25,000 steps per day      The South Pole

# Target destinations for 9 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Atlanta

8,500 steps per day Bogota

10,000 steps per day La Paz

## Medium

12,000 steps per day Manila

15,000 steps per day Solomon Islands

17,000 steps per day Fiji

## Hard

20,000 steps per day Christchurch

22,500 steps per day The South Pole

25,000 steps per day Santiago (return)

# Target destinations for 10 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Havana
8,500 steps per day	Johannesburg
10,000 steps per day	Buenos Aires

## Medium

12,000 steps per day	Hawaii
15,000 steps per day	Cairns
17,000 steps per day	Auckland

## Hard

20,000 steps per day	The South Pole
22,500 steps per day	Santiago (return)
25,000 steps per day	Falkland Islands (return)

# Target destinations for 11 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Amazonas
8,500 steps per day	Lima
10,000 steps per day	Christmas Island

## Medium

12,000 steps per day	Mexico City (return)
15,000 steps per day	New Caledonia
17,000 steps per day	Cape Town (return)

## Hard

20,000 steps per day	Guam
22,500 steps per day	Bali (return)
25,000 steps per day	Solomon Islands (return)

# Target destinations for 12 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Ulaanbaatar

8,500 steps per day Manila

10,000 steps per day Hawaii

## Medium

12,000 steps per day Easter Island

15,000 steps per day Christchurch

17,000 steps per day Manila (return)

## Hard

20,000 steps per day Hawaii (return)

22,500 steps per day Alaska (return)

25,000 steps per day Cairns (return)

# Target destinations for 13 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Pretoria
8,500 steps per day	Palau
10,000 steps per day	Atlanta (return)

## Medium

12,000 steps per day	San Francisco (return)
15,000 steps per day	Tapei (return)
17,000 steps per day	Singapore (return)

## Hard

20,000 steps per day	Falkland Islands (return)
22,500 steps per day	Darwin (return)
25,000 steps per day	New Caledonia (return)

# Target destinations for 14 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day      Port Elizabeth

8,500 steps per day      East Timor

10,000 steps per day      Perth

## Medium

12,000 steps per day      Auckland

15,000 steps per day      Kuala Lumpur (return)

17,000 steps per day      East Timor (return)

## Hard

20,000 steps per day      1 loop around Africa's coast

22,500 steps per day      2 loops around the Arctic Circle

25,000 steps per day      3 loops around the UK coast

# Target destinations for 15 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Jakarta
8,500 steps per day	Papua New Guinea
10,000 steps per day	Cairns

## Medium

12,000 steps per day	Christchurch
15,000 steps per day	Santiago (return)
17,000 steps per day	Papua New Guinea (return)

## Hard

20,000 steps per day	Cairns (return)
22,500 steps per day	Auckland (return)
25,000 steps per day	1 loop around the world



# Target destinations for 16 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	New York City (return)
8,500 steps per day	Darwin
10,000 steps per day	Sydney

## Medium

12,000 steps per day	Sao Paulo (return)
15,000 steps per day	Hawaii (return)
17,000 steps per day	Darwin (return)

## Hard

20,000 steps per day	Fiji (return)
22,500 steps per day	Christchurch (return)
25,000 steps per day	The South Pole (return)

# Target destinations for 17 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day East Timor

8,500 steps per day Alice Springs

10,000 steps per day Auckland

## Medium

12,000 steps per day Manila (return)

15,000 steps per day Papua New Guinea (return)

17,000 steps per day Cairns (return)

## Hard

20,000 steps per day Auckland (return)

22,500 steps per day Beijing (return) + walk the Great Wall

25,000 steps per day Melbourne (return via Lima)

# Target destinations for 18 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Falkland Islands

8,500 steps per day Fiji

10,000 steps per day Christchurch

## Medium

12,000 steps per day Montevideo (return)

15,000 steps per day Alaska (return)

17,000 steps per day Beijing (return)

## Hard

20,000 steps per day Christchurch (return)

22,500 steps per day The South Pole (return)

25,000 steps per day 1 loop around the world + 1 loop around UK

# Target destinations for 19 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Mexico City (return)

8,500 steps per day Ulaanbaatar (return)

10,000 steps per day Sao Paulo (return)

## Medium

12,000 steps per day Santiago (return)

15,000 steps per day Perth (return)

17,000 steps per day Tonga (return)

## Hard

20,000 steps per day Christchurch (return)

22,500 steps per day Guam (return)

25,000 steps per day Los Angeles (return via Cape Town)

# Target destinations for 20 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Perth
8,500 steps per day	Auckland
10,000 steps per day	The South Pole

## Medium

12,000 steps per day	Hawaii (return)
15,000 steps per day	Cairns (return)
17,000 steps per day	Auckland (return)

## Hard

20,000 steps per day	The South Pole (return)
22,500 steps per day	1 loop around the world + 1 loop around UK
25,000 steps per day	Darwin (return via Buenos Aires)

# Target destinations for 21 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day

Tonga

8,500 steps per day

Johannesburg (return)

10,000 steps per day

Kuala Lumpur (return)

## Medium

12,000 steps per day

East Timor (return)

15,000 steps per day

2 loops around the Arctic Circle

17,000 steps per day

3 loops around the UK coast

## Hard

20,000 steps per day

1 loop around Greenland's coast

22,500 steps per day

San Diego (return via Cape Town)

25,000 steps per day

Buenos Aires (return via Brisbane)

# Target destinations for 22 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Brisbane
8,500 steps per day	Cape Town (return)
10,000 steps per day	Guam

## Medium

12,000 steps per day	Perth (return)
15,000 steps per day	Sydney (return)
17,000 steps per day	Dunedin (return)

## Hard

20,000 steps per day	Sydney (return via Rio de Janeiro)
22,500 steps per day	Auckland (return) + 1 loop around New Zealand
25,000 steps per day	Sydney (return) + 1 loop around Australia

# Target destinations for 23 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	San Francisco (return)
8,500 steps per day	Port Elizabeth (return)
10,000 steps per day	Christmas Island (return)

## Medium

12,000 steps per day	Darwin (return)
15,000 steps per day	Shanghai (return via Sierra Leone)
17,000 steps per day	Wellington (return)

## Hard

20,000 steps per day	Copenhagen (return via Santiago)
22,500 steps per day	Ulaanbaatar (return via Montevideo)
25,000 steps per day	Shanghai (return via Montevideo)



# Target destinations for 24 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Auckland
8,500 steps per day	Manila (return)
10,000 steps per day	Hawaii (return)

## Medium

12,000 steps per day	Solomon Islands (return)
15,000 steps per day	Christchurch (return)
17,000 steps per day	Dar es Salam (return via Tokyo)

## Hard

20,000 steps per day	The South Pole and the North Pole (return)
22,500 steps per day	1 loop around Scandinavia's coast
25,000 steps per day	Toronto (return via Perth)

# Target destinations for 25 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Shanghai (return)
8,500 steps per day	Jakarta (return)
10,000 steps per day	Falkland Islands (return)

## Medium

12,000 steps per day	Cairns (return)
15,000 steps per day	1 loop around the world
17,000 steps per day	Melbourne (return via Lima)

## Hard

20,000 steps per day	Darwin (return via Buenos Aires)
22,500 steps per day	1 and a half loop around the world
25,000 steps per day	Montreal (return via Adelaide)

# Target destinations for 26 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	La Paz (return)
8,500 steps per day	Singapore (return)
10,000 steps per day	Falkland Islands (return)

## Medium

12,000 steps per day	Sao Paulo (return via Cape Town)
15,000 steps per day	Wellington (return)
17,000 steps per day	Guam (return)

## Hard

20,000 steps per day	Ulaanbaatar (return via Montevideo)
22,500 steps per day	Mount Rushmore (return via Sydney)
25,000 steps per day	Madrid (return via Sydney)

# Target destinations for 27 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Pretoria (return)

8,500 steps per day Valparaiso (return)

10,000 steps per day Alaska (return)

## Medium

12,000 steps per day Tonga (return)

15,000 steps per day The South Pole (return)

17,000 steps per day Krakow (return via Santiago)

## Hard

20,000 steps per day 1 loops around Scandinavia's coast

22,500 steps per day Winnipeg (return via Sydney)

25,000 steps per day Quito (return via Kuala Lumpur) + walk the Inca trail

# Target destinations for 28 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Tuvalu (return)
8,500 steps per day	East Timor (return)
10,000 steps per day	1 loop around Africa's coast

## Medium

12,000 steps per day	Auckland (return)
15,000 steps per day	1 loop around Greenland's coast
17,000 steps per day	Islamabad (return via Costa Rica)

## Hard

20,000 steps per day	Beijing (return via Montevideo)
22,500 steps per day	Prince Edward Island (return via Sydney)
25,000 steps per day	2 times along Russia's coast

# Target destinations for 29 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day      The South Pole

8,500 steps per day      Hawaii (return)

10,000 steps per day      Perth (return)

## Medium

12,000 steps per day      Christchurch (return)

15,000 steps per day      Wellington (return)

17,000 steps per day      Alaska (return via Bombay)

## Hard

20,000 steps per day      Hong Kong (return via Santiago)

22,500 steps per day      Casablanca (return via Sydney)

25,000 steps per day      St Petersburg return + 2 times along Russia's coast

# Target destinations for 30 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Kuala Lumpur (return)
8,500 steps per day	Papua New Guinea (return)
10,000 steps per day	Cairns (return)

## Medium

12,000 steps per day	Christchurch (return)
15,000 steps per day	1 loop around the world + 1 loop around UK
17,000 steps per day	1 loop around Indonesia

## Hard

20,000 steps per day	Toronto (return via Perth)
22,500 steps per day	Quito (return via Kuala Lumpur) + walk the Inca Trail
25,000 steps per day	2 loops around the world

# Target destinations for 31 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day Cardiff (return via Philadelphia)

8,500 steps per day Bali (return)

10,000 steps per day Tokyo (return via Philadelphia)

## Medium

12,000 steps per day Kiev (return via Los Angeles)

15,000 steps per day Greenland (return) + 1 loop around Greenland's coast

17,000 steps per day Ulaanbaatar (return via Montevideo)

## Hard

20,000 steps per day Ottawa (return via Sydney)

22,500 steps per day Aberdeen (return via Wellington)

25,000 steps per day 1 loops around the world + 1 loop around Ireland's coast



# Target destinations for 32 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day      Paulu (return)

8,500 steps per day      Darwin (return)

10,000 steps per day      Fiji (return)

## Medium

12,000 steps per day      Madagascar (return via Philadelphia)

15,000 steps per day      The South Pole and North Pole (return)

17,000 steps per day      Hong Kong (return via Montevideo)

## Hard

20,000 steps per day      Barcelona (return via Sydney)

22,500 steps per day      The South Pole (return) + 1 loop around its coast

25,000 steps per day      Sydney (return) + 1 loop around Australia's coast

# Target destinations for 33 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Stockholm (return via Philadelphia)
8,500 steps per day	Ankara (return via Washington D.C.)
10,000 steps per day	Sydney (return)

## Medium

12,000 steps per day	Lusaka (return via Costa Rica)
15,000 steps per day	Auckland (return) + 1 loop around New Zealand
17,000 steps per day	Beijing (return via Montevideo)

## Hard

20,000 steps per day	Lisbon (return via Melbourne)
22,500 steps per day	2 loops around the world
25,000 steps per day	2 loops around the world + 1 loop around UK

# Target destinations for 34 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day East Timor (return)

8,500 steps per day Cairns (return)

10,000 steps per day Auckland (return)

## Medium

12,000 steps per day Dar es Salaam (return via Tokyo)

15,000 steps per day 1 loop around Indonesia

17,000 steps per day Shanghai (return via Montevideo)

## Hard

20,000 steps per day Lisbon (return via Brisbane)

22,500 steps per day Tokyo (return) + 2 loops around Japan's coast

25,000 steps per day 1 loop around Europe's coast

# Target destinations for 35 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Moscow + Trans Siberian Railway (return)
8,500 steps per day	Easter Island (return)
10,000 steps per day	3 loops around UK coast

## Medium

12,000 steps per day	1 loop around Greenland's coast
15,000 steps per day	Buenos Aires return via Brisbane
17,000 steps per day	La Paz (return via Manila)

## Hard

20,000 steps per day	2 times along Russia's coast
22,500 steps per day	Cape Town (return) + 2 loops around Africa's coast
25,000 steps per day	Washington D.C. (return) + 7 loops around USA

# Target destinations for 36 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	East Timor (return)
8,500 steps per day	Beijing (return)
10,000 steps per day	Bangkok (return via Washington D.C.)

## Medium

12,000 steps per day	Bangalore (return via Los Angeles)
15,000 steps per day	1 loop around Scandinavia's coast
17,000 steps per day	Toronto (return via Sydney)

## Hard

20,000 steps per day	The South Pole (return) + 1 loops around its coast
22,500 steps per day	Melbourne (return) + 2 loops around Australia's coast
25,000 steps per day	Gibraltar (return) + 3 loops around Africa's coast

# Target destinations for 37 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Calcutta (return Costa Rica)
8,500 steps per day	Tokyo (return via Philadelphia)
10,000 steps per day	Madagascar (return via Philadelphia)

## Medium

12,000 steps per day	Perth (return via Los Angeles)
15,000 steps per day	Tokyo (return via Montevideo)
17,000 steps per day	Rhode Island (return via Sydney)

## Hard

20,000 steps per day	Osaka (return) + 2 loops around Japan's coast
22,500 steps per day	2 loops around Greenland's coast
25,000 steps per day	Bombay (return) + 5 loops around India

# Target destinations for 38 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day      Quito (return via Montevideo)

8,500 steps per day      Tonga (return)

10,000 steps per day      Christchurch (return)

## Medium

12,000 steps per day      Stockholm (return via Santiago)

15,000 steps per day      Harbin (return via Montevideo)

17,000 steps per day      Gibraltar (return via Sydney)

## Hard

20,000 steps per day      Kyoto (return) + 2 loops around Japan's coast

22,500 steps per day      Vladivostok (return) + 2 times along Russia's coast

25,000 steps per day      Auckland (return) + 4 loops around New Zealand

# Target destinations for 39 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day

Caracas (return via Montevideo)

8,500 steps per day

Copenhagen (return via Los Angeles)

10,000 steps per day

Wellington (return)

## Medium

12,000 steps per day

The South Pole and the North Pole (return)

15,000 steps per day

Mount Rushmore (return via Sydney)

17,000 steps per day

Madrid (return via Sydney)

## Hard

20,000 steps per day

2 loops around the world + 1 loop around Ireland's coast

22,500 steps per day

Manila (return) + 2 loops around the Phillipines

25,000 steps per day

Oslo (return) + 4 times along Norway's coast



# Target destinations for 40 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	1 loop around Africa's coast
8,500 steps per day	Auckland (return)
10,000 steps per day	The South Pole (return)

## Medium

12,000 steps per day	The South Pole and the North Pole (return)
15,000 steps per day	Toronto (return via Perth)
17,000 steps per day	Lisbon (return via Brisbane)

## Hard

20,000 steps per day	Sydney (return) + 2 loops around Australia's coast
22,500 steps per day	Gibraltar (return) + 3 loops around Africa's coast
25,000 steps per day	Calcutta (return) + 6 loops around India

# Target destinations for 41 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Cairo (return via Washington D.C.)
8,500 steps per day	Warsaw (return via Los Angeles)
10,000 steps per day	Jakarta (return via Philadelphia)

## Medium

12,000 steps per day	Moscow (return via Santiago)
15,000 steps per day	Ottawa (return via Sydney)
17,000 steps per day	Edinburgh (return via Wellington)

## Hard

20,000 steps per day	2 loops around Greenland's coast
22,500 steps per day	3 loops along the Tropic of Capricorn
25,000 steps per day	2 loops around the world via Cape Town, Beijing and Santiago

# Target destinations for 42 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Reykjavik (return via Los Angeles)
8,500 steps per day	3 loops around the UK coast
10,000 steps per day	1 loop around Greenland's coast

## Medium

12,000 steps per day	Calcutta (return via Costa Rica)
15,000 steps per day	Prince Edward Island (return via Sydney)
17,000 steps per day	Alaska (return) + 4 times along its coast

## Hard

20,000 steps per day	2 loops around Greenland's coast
22,500 steps per day	Auckland (return) + 4 loops around New Zealand
25,000 steps per day	3 times along Russia's coast

# Target destinations for 43 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Vladivostok (return via Philadelphia)
8,500 steps per day	Bangkok (return via Washington D.C.)
10,000 steps per day	Adelaide (return via Philadelphia)

## Medium

12,000 steps per day	Alaska (return via Bombay)
15,000 steps per day	Newfoundland (return via Sydney)
17,000 steps per day	Jakarta (return) + 1 loop around Indonesia

## Hard

20,000 steps per day	3 loops around Africa's coast
22,500 steps per day	Oslo (return) + 4 loops along Norway's coast
25,000 steps per day	Copenhagen (return) + 2 loops around Scandinavia's coast

# Target destinations for 44 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Brisbane (return)
8,500 steps per day	Dunedin (return)
10,000 steps per day	Sydney (return via Rio de Janeiro)

## Medium

12,000 steps per day	Ulaanbaatar (return via Montevideo)
15,000 steps per day	Lisbon (return via Melbourne)
17,000 steps per day	4 times along the US coastline

## Hard

20,000 steps per day	Manila (return) + 2 loops around the Philippines
22,500 steps per day	Luanda (return) + 3 loops around Africa's coast
25,000 steps per day	3 loops around UK + 1 loop around Europe

# Target destinations for 45 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	2 loops around the Arctic Circle
8,500 steps per day	Beijing (return) + walk the Great Wall
10,000 steps per day	1 loop around the world + 1 loop around UK

## Medium

12,000 steps per day	1 loop around Scandinavia's coast
15,000 steps per day	Quito (return via Kuala Lumpur) + walk the Inca Trail
17,000 steps per day	Tokyo (return) + 2 loops around Japan's coast

## Hard

20,000 steps per day	Gibraltar (return) + 3 loops around Africa's coast
22,500 steps per day	Shanghai (return) + 4 loops around China
25,000 steps per day	3 loops around the world

# Target destinations for 46 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Dakar (return via Los Angeles)
8,500 steps per day	Wellington (return)
10,000 steps per day	Copenhagen (return via Santiago)

## Medium

12,000 steps per day	Tokyo (return via Montevideo)
15,000 steps per day	Cardiff (return via Auckland)
17,000 steps per day	2 loops around the world + 1 loop around Ireland's coast

## Hard

20,000 steps per day	Ankara (return) + 1 loop around Europe's coast
22,500 steps per day	Athens (return) + 4 loops around Greece
25,000 steps per day	4 loops around Africa's coast

# Target destinations for 47 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Shanghai (return via Philadelphia)
8,500 steps per day	Lusaka (return via Costa Rica)
10,000 steps per day	Helsinki (return via Santiago)

## Medium

12,000 steps per day	Irkutsk (return via Santiago)
15,000 steps per day	Cardiff (return via Wellington)
17,000 steps per day	Athens (return) + 3 loops around Greece

## Hard

20,000 steps per day	1 loop around UK + 1 loop around Europe
22,500 steps per day	2 loops around Scandinavia's coast
25,000 steps per day	Gibraltar + 4 loops around Africa's coast



# Target destinations for 48 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Auckland (return)
8,500 steps per day	Dar es Salam (return via Tokyo)
10,000 steps per day	The South Pole and the North Pole (return)

## Medium

12,000 steps per day	Beijing (return via Santiago)
15,000 steps per day	The South Pole (return) + 1 loop around its coast
17,000 steps per day	Irkutsk (return) + 2 times along Russia's coast

## Hard

20,000 steps per day	Oslo (return) + 4 times along Norway's coast
22,500 steps per day	Oslo (return) + 2 loops around Scandinavia's coast
25,000 steps per day	Marrakech (return) + 4 loops around Africa's coast

# Target destinations for 49 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day	Lusaka (return via Philadelphia)
8,500 steps per day	Adelaide (return via Philadelphia)
10,000 steps per day	Los Angeles (return via Madagascar)

## Medium

12,000 steps per day	Ulaanbaatar (return via Santiago)
15,000 steps per day	Nagasaki (return) + 2 loops around Japan's coast
17,000 steps per day	2 loops around Greenland's coast

## Hard

20,000 steps per day	The South Pole (return) + 2 loops around its coast
22,500 steps per day	1 loops around Europe's coast + 1 loop around Africa's coast
25,000 steps per day	Jakarta (return) + 2 loops around Indonesia

# Target destinations for 50 teams

MISSION VERY  
POSSIBLE!

## Easy

7,000 steps per day

3 loops around UK coast

8,500 steps per day

Melbourne (return via Lima)

10,000 steps per day

Darwin (return via Buenos Aires)

## Medium

12,000 steps per day

Toronto (return via Perth)

15,000 steps per day

2 loops around the world

17,000 steps per day

1 loop around Europe's coast

## Hard

20,000 steps per day

Calcutta (return) + 6 loops around India

22,500 steps per day

3 loops around the world

25,000 steps per day

3 loops around the world + 1 loop around UK coast