



THE BASICS

Title: High Desert Hike

Duration: 6 weeks

Tracking: Log activity online

- Challenge Theme:** The high desert of New Mexico is rich with scenic beauty and magnificent national monuments. High Desert Hike offers participants the opportunity to step across the state and learn more about the rich fabric of the American southwest.
- Challenge Goal:** The High Desert Hike inspires teams/individuals to be more active throughout the day by taking more steps. The more steps logged, the more monuments you visit on this fun trip! To complete the route in six weeks, teams/individuals will need to average approximately 10,000 steps daily.
- Tracking Activity:** Participants track their steps online on the desktop site or via a mobile device. A number of fitness apps/wearable fitness trackers (see coordinator resources for list) link to the challenge to automatically pull daily steps into the challenge. Participants may view progress on the leaderboard or challenge map. Participants are encouraged to average 10,000 steps daily (436,000 total) to complete the challenge. In the team version, the step total is an average of all members on the team.
- Challenge Milestones:** As individuals/teams reach specific locations along the route, they will earn milestones. The milestones for this challenge will show at these step totals.

Santa Fe.....	0 steps
Bandelier (Los Alamos)	8,329
Aztec Ruins (Aztec).....	59,688
Capulin Volcano (Capulin)	154,444
Fort Union (Watrous).....	190,030
Salinas Pueblo Missions (Mountainair)	239,290
White Sands (Alamogordo).....	292,398
Gila Cliff Dwellings (Silver City).....	342,029
El Morro (Ramah).....	395,233
El Malpais (Grants)	406,191
Petroglyph (Albuquerque/FINISH)	436,000