



How it Works/What to Do:

- Visit each of the landmarks as you do TDM to get to know the county of Essex. **Find out what you didn't know!**
- Start where you like on the map and then follow the pink circles. Jog, run or walk the miles between each landmark, crossing off your miles as you complete them.
- There are 14 landmarks in total, so allocate 28 Daily Mile sessions to complete your journey to **Get to Know Essex**!. Every time you reach a location choose a class member to adhere a sticker to your class poster.
- Find out at least **2 facts** about each landmark whilst you are completing each leg of your journey, write them in the boxes provided below.

LANDMARK	DESCRIPTION	FIND OUT - FACT 1	FIND OUT - FACT 2
<i>St. Martins Bell Tower</i>	<i>St Martins Bell Tower in Basildon was the first glass bell tower in the world. It stands 95ft tall.</i>		
<i>Cressing Temple Barns</i>	<i>Braintree's Cressing Temple Barns is a site rich in ancient history, granted to the Knights Templar in 1136.</i>		
<i>Brentwood Chapel Ruins</i>	<i>Monument ruins once a stopping-off point in Brentford for pilgrims on their way to Canterbury.</i>		
<i>Hadleigh Castle</i>	<i>A castle fit for a King. These striking ruins overlook the River Thames and date from 1230.</i>		
<i>Chelmsford Cathedral</i>	<i>Originally a parish church, Chelmsford Cathedral stands at the heart of the city.</i>		



See page 2 for more famous places on our journey around our County



LANDMARK	DESCRIPTION	FIND OUT - FACT 1	FIND OUT - FACT 2
Colchester Castle	<i>Colchester Castle is a Norman castle in Colchester, dating from the second half of the eleventh century.</i>		
Lee Valley Regional Park	<i>Lee Valley Park is a 26 mile long, 10,000 acre park with a huge variety of green spaces, sports venues and vital wildlife havens.</i>		
Parndon Mill	<i>Parndon Mill was mentioned in the Domesday Book. Originally a site for milling flour now its a centre for creative activity.</i>		
Maldene Heritage Centre	<i>"Maldene" is the Saxon spelling of Maldon and means "a cross on the hill".</i>		
Rayleigh Windmill	<i>Rayleigh Windmill is a 200 year old Tower mill at Rayleigh which has been restored as a landmark and is now used as a museum.</i>		
Southend Pier	<i>Southend Pier is a major landmark in Southend-on-Sea. Extending 1.33 miles into the Thames Estuary, it is the longest pleasure pier in the world.</i>		
Tilbury Fort	<i>Tilbury Fort on the Thames estuary has protected London's seaward approach from the 16th century through to the Second World War.</i>		
Harwich Redoubt	<i>An extremely impressive 180ft (60m) diameter circular fort built in 1808 to defend the port of Harwich against a Napoleonic invasion.</i>		
Mountfitchet Castle	<i>A castle that is believed to have been an early Iron Age fort and Roman, Saxon and Viking settlement located in Uttlesford.</i>		

Contact Us

- For further info about the **#TheDailyMile** visit www.thedailymile.co.uk and follow **@The_DailyMile** on twitter.
- For further information and to register your school to The Daily Mile, contact The Daily Mile Coordinator stuart.tryhorn@activeessex.org or **Tel: 07921 396982 - www.activeessex.org/the-daily-mile/**

