



The first 50 schools to register will receive free, physical maps, fact sheets and stickers!



## Introducing The Daily Mile: Get To Know Essex!

Embark on a dynamic journey through Essex and celebrate England's rich heritage while boosting your physical and mental wellbeing!

The Active Essex Daily Mile challenge: Get to Know Essex, builds on the momentum of England's largest festival of history and culture, inviting you to explore the county's vibrant past and iconic landmarks.

Register your school to take part [here](#).



Share and tag us on social media, showing your school's and group's participation, to earn an achievement certificate!

LET'S GO

ADVENTURE



@ActiveEssex



@findyouractive



Over 28 days, walk, jog, or run a daily mile through 14 notable Essex locations. Discover cultural history from Ancient Britons to Romans, Vikings, and Normans while creating a colorful map of your journey!