

On 18th September, Tom O'Connell and Alex Robinson will have reached the summit of all 283 Munros in Scotland, using no motorised transport.

As the team enter the last week of the challenge, here are some facts and figures you might find of interest:

Distance

- During the challenge they will have walked, cycled and kayaked 1600 miles in 49 days.
- The average distance covered every day is 36 miles which is 10 miles longer than a marathon (and that is just the average day!)

Height

- They will have climbed an average of 6 Munros every day for 48.5 days continuously. That is one mountain over 3000ft every 4 hours, including nights!
- They will have climbed 81 miles vertically. That is the equivalent of climbing the height of Mt Everest twice a week for seven weeks.
- According to the Federation Aeronautique International if they had walked this high up a flight of steps they would have ended up 19 miles into outer space!

Time

- The average time the team have walked for each day is around 17 hours.
- The team's longest day was 27 hours on the Isle of Skye and they were still up again a couple of hours later to climb another Munro!
- The shortest day on the move through the 49 day challenge was still 9 hours long.

Over the past 7 weeks the team and support team have mainly slept in tents, cow sheds, an outdoor meat cooler and the back of a van whilst completing an almost impossible feat of endurance.

Throughout the challenge they have dedicated each Munro to service men and women who have lost their lives over the past 10 years in Afghanistan. They have been joined by an amazing mix of people including 40 members of 11 EOD (Bomb Disposal), HRH The Duchess of Cornwall and families of those killed in action from all over the UK. It has been an extremely moving experience for all those involved and one which will be remembered forever.

Every penny raised by this, and all of the other DecAid events, is donated to two service charities: SSAFA Forces Help and BLESMA.

Please support the team as they get close to the finish and donate [HERE](#)

You can also read about the last seven weeks on their blog [HERE](#)

We have more events coming up as we near the 10th anniversary of the conflict in Afghanistan. Read about the Ride2Remember, taking place in a city near you, and our new silent auction on our website. You can also get more information on the Light For Life Ceremony which will mark the 10th anniversary and the end of the DecAid Appeal on Sunday 2nd October.

www.DecAid.co.uk

**We would like to thank the event sponsors of the Munro Mission,
BREWIN DOLPHIN and NITE WATCHES,
for their incredible support throughout the challenge.**