

MAMMOTH MARATHON

CHALLENGE

Here are 26 milestones, one for every mile of the marathon. Compete in the 'half marathon' and tick off any 13 milestones or go the full length and do all 26.

You can find more about each milestone at www.deephistorycoast.co.uk.

On your marks, get set, go!

Once you've completed your challenge head to the Visitor Information Centre in Cromer or visit www.deephistorycoast.co.uk to claim your certificate.

UP FOR A CHALLENGE MILESTONES

ACTIVE MILESTONES

DISCOVERY MILESTONES

OUT AND ABOUT MILESTONES

IMAGINATIVE MILESTONES



26 Follow the footprints



25 Help keep our beaches clean



24 Eat smart



23 Discover dark skies



22 Complete 'a mammoth task'



21 Forage for food



18 Create an obstacle course



17 Target practice



19 Do some keep ups



16 Do a lap of honour



20 Become a hunter gatherer



15 Tell a story



14 Design your own sports kit



8 Gather some seeds



7 Go on a sensory scavenger hunt



9 Have a wildlife adventure



6 Explore the Deep History Coast



1 Play I spy



2 Hunt for fossils



13 Get colourfully creative



10 Practice yoga



5 Camp out



3 Go beach combing



12 Be Kind



11 Make some natural art



4 Explore a rock pool



For information, tips and ideas to help you complete your challenge visit www.deephistorycoast.co.uk

**MAMMOTH
MARATHON**

MY ADVENTURE record

What did you find while you were out and about?

When you did your active milestones,
what was your best score or time?

What discoveries did you make on your adventure?

What was the hardest challenge to conquer?

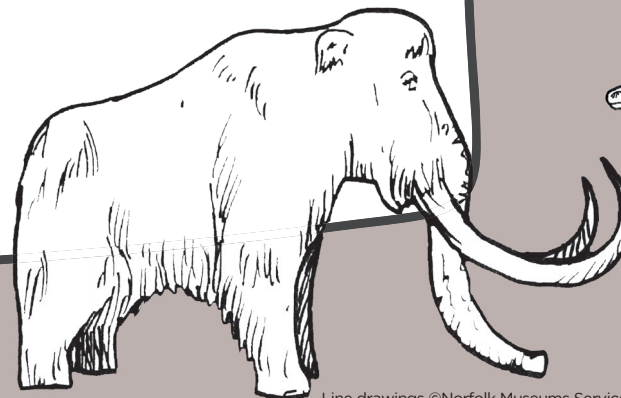
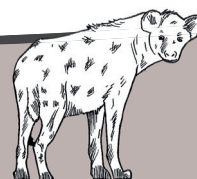
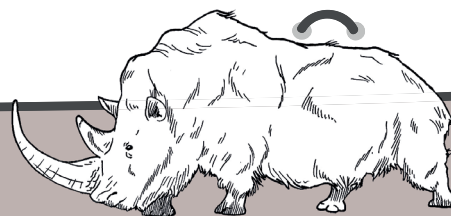
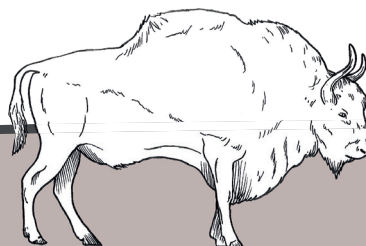
Where did your imagination take you?

What was your favourite challenge?



What colours do
you think these
prehistoric animals
would have been?

Try colouring
them in.



Line drawings ©Norfolk Museums Service, illustrations by Dr D.M.G Waterhouse

Don't forget to share your adventures



@NN_DeepHistory and



@NNDeepHistoryCoast using #MMChallenge