

# FANTASTIC FEET SHEET !

## LET' S WALK AROUND THE WORLD !

According to the *Guinness Book of World Records*, the first verified person to walk all the way around the world was a man called **David Kunst**. His total journey was **23 250 km** long, and he walked from June 20, 1970, to October 5, 1974. If you're planning on a similar trip, best to set aside at least four years! Another man by the name of **Steven M. Newman** took a slightly different route – crossing 5 continents instead of four. He moved faster than David, but with a longer route, his walk took about four years, too.

### RECORD BREAKING WALKERS

*Adapted from <http://www.earthtrekuk.net/Longestwalks.htm>*

The **first person** reputed to have walked around the world is **George Matthew Schilling** (USA) from 1897 to 1904.

The **longest walk by a female** was 31 521 km, by **Ffyoona Campbell** of the United Kingdom. She walked around the world in five phases covering four continents and 20 countries.

The **greatest distance** for a round the world trip is 31,416 km walked by **Arthur Blessit** of Florida, who began his journey on Christmas Day 1969 and took over 26 years to complete. He has been to all seven continents, carrying a 3.7m cross and preaching throughout his walk.

The **longest unbroken expedition** on foot presently belongs to **George Mageean** of the United Kingdom who walked 30 602 km.

At age 97, **Major Jan Eisenhardt** is likely the oldest professional walker in the world. Major Eisenhardt has promoted physical activity for most of his life and this spring he traveled across Canada to walk and talk with students. His motto is "I'm feeling better every day, in every way!" *To find out more about Major Eisenhardt and the Canada-wide Walk for Health, visit <http://walkforhealth.net>*

I like to walk!



### Globetrotters:

Maurice Cody Public School, Toronto

Over the last three years on Walking Wednesdays, students at Maurice Cody P.S. in Toronto have symbolically traveled from St. John's, Newfoundland to Vancouver, British Columbia, up to Inuvik, and then on to Monterrey, California. In 2002-3, Cody students headed off from Monterrey, crossed Mexico and then to the Panama Canal – for over 4 000 km walked!



If you were to walk around the world, what route would you take? Would you go slowly and get to know people and places, or would you race to beat the speed records set by previous world-walkers?