

Girlguiding London and South East England Walking Challenge



Calling all Rainbows, Brownies, Guides and Senior Section, leaders and Trefoil Guild members: Join in our Region walking challenge.

Take part in at least 5 activities, one from each topic area, to complete the challenge and gain a badge.

Badges cost £1 and are available from your County Badge Secretary. Badge secretaries can order them in batches of 10 from Region office.

Walk!

1. Walk further than you've ever walked before
2. Go for a walk in the rain
3. Go for a walk under the stars
4. Plan your own route and walk it with other members of Girlguiding UK
5. Go on a 'toss-a-coin' walk: at each path or road junction, toss a coin to decide which way to turn
6. Get sponsorship to walk backwards to raise money for a good cause
7. Take part in an incident hike

Find the way!

1. Take part in an orienteering activity
2. Use a compass to make a string (or rope!) picture
3. Make your own compass
4. Show how you can find North both with and without a compass

Explore!

1. Take part in a scavenger hunt
2. Find and walk to the highest point of land in your area
3. Go for a walk in your local park
4. Use tracking signs to lay a trail or follow one laid by others

Map it out!

1. Invent a game using map symbols
2. Make a map of your local area
3. Convert a map into a 3D model
4. Go to a viewpoint and identify six different places from a map
5. Play a game using coordinates or grid references

Be prepared!

1. Show how to pack a rucksack for a walk
2. Make a healthy snack for emergency rations
3. Make a small first aid kit to carry on your walk. Act out a 1st aid scenario
4. Keep a weather chart for a week. Make a collection of weather sayings
5. Make a poster or leaflet about the countryside code or make a play about what could happen if someone broke the countryside code

NB. For people with limited mobility, 'walk' should be interpreted as meaning their normal method of transport e.g. wheelchair.

Thank you to Girlguiding Anglia for sharing the original idea with us.