

# Walking Challenge

Calling all Rainbows, Brownies, Guides, Rangers, Leaders and Trefoil Guild members to take on our walking challenge!

Take part in at least 5 activities, 1 from each topic, to complete the challenge and gain a badge. Badges cost £1 each and are available to [order on our online shop](#).

NB: For people with limited mobility, 'walk' should be interpreted as appropriate.

## 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



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 (a hike with bases)



8. Go for a walk with people from your local community



9. Walk as far as you can following the route of the London Marathon. It is a long-distance running event and a part of the World Marathon Majors – the big marathons around the world!

## 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 with other members of Girlguiding



4. Use tracking signs to lay a trail or follow one laid by others

## Map it out!



1. In small groups 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 or act out a first aid scenario



4. Keep a weather chart for a week or 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

## What next?

Take it further and check out:

- our [Growing Up Wild Paw Print badges](#) (all ages)
- [Adventure for girls](#) (all ages)
- the [Duke of Edinburgh's Award](#) (ages 14-24)
- the [Girlguiding walking scheme](#) (adult members)

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

