



Herts 100 Walking Challenge

Herts Guides Walking Team invites all sections to take part in the Herts 100 Walking Challenge. The aim is to have fun, enjoy being outdoors and earn a new Challenge badge.

You can complete the challenge as an individual, or as a unit. You need to gain 100 points to earn the badge. These can be earned in one go or in smaller chunks depending upon activities and time available and can also be adapted to the ability of the section or individual. The activities are listed on the next page. You may find the appendices useful:

Appendix 1: Activity tracker and badge order form

Appendix 2: Tips to help you plan the activities

Appendix 3: Walking Advisers - get in touch with your local adviser if you need some help or advice

Appendix 4: Supplementary materials

Do send pictures of your girls having fun to:


- Share, our County magazine: share@girlguidinghertfordshire.org.uk
- Your local press
- Your District Facebook page, if you have one.


Activities & Points

Some activities have supplementary details or materials included in Appendix 4, *which are optional resources to help you*. A link to another badge might be suggested e.g.


‘Identify some leaves’ is an activity from the Festivals Rainbow Roundabout, but anyone can do this activity with or without using the identification charts at Appendix 4. Be flexible! You might have better ideas and adaptations - that’s great!

Rainbows 
















Brownies 























































Guides 

Rangers 

Leaders 

Trefoil 

Activity	Materials/Badge	Section	Pts
Community Hunt	All About Me Rainbow Roundabout		20
Go on a walk to identify Some Leaves or Trees	Festivals R Roundabout <i>ID Charts at Appendix 4</i>	All	20
Learn the Countryside Code	B Finding Your Way pt 5 B Out & About pt2 Countryside Code at App 4	All	10
Sensory Walk (Rainbows in the Countryside -see, smell, hear, touch)	Get Healthy R Roundabout	 	20
Pack a suitable backpack for a day walk (Rainbows Bags of Fun)	Get Healthy Rainbows Roundabout B Out & About pt 1 Kit List at App 4	All	10
Awareness session on safety when walking	B Out & About p4-5 B Road Safety pt 6	  	10
Trail or Scavenger Hunt	B Out & About pt 3 Lots of Ideas at App 4	All	20
Learn the Green Cross Code	B Finding Your Way pt 5 B Out & About pt 2 Road Safety pt 2 Code at App 4	 	10
Draw a Map of Local Area	B Finding Your Way pt 2 G Finding Your Way pt 3	 	15
Disability Awareness Walk	B Finding Your Way pt1	  	20
Visit and explore a nature reserve or country park	B Wildlife Explorer pt4	All	20
Day or night walk following instructions or a simple map	B Finding Your Way pt 3 B Out & About pt 2	 	25

Play a map reading game, quiz or activity (5 points each one)	Appendix 4	    	5
Weather Sayings Quiz	Appendix 4	    	5
Compass Games	Appendix 4	    	10
Day Walk, using map & compass	G Finding Your Way pt 7	    	30
Night Hike using map & compass		   	35
County or District Incident Hike	First Aid Badge	    	25
Sponsored Walk		All	20
Geocaching		    	20
Orienteering Events	B Out & About pt 3 G Outdoor Pursuits pt 1 County /Happy Herts event	All	25
Outdoor Fitness trail or walk	B & G Agility Badges	All	20
Guided Day Walk (3 hours)		 	25
Guided Day Walk (5hours)		   	20
Plan A Walk using An OS Map & Prepare a Route Card	G Finding Your Way pt 6	   	20
Weekend Away: Introduction to The Hills (ITTH) http://itthherts.blogspot.co.uk/			50
Weekend Event: Mountain Adventure			75
Intermediate Mountaineering Course (IMC)		13+	100
Weekend Event: Peak Assault		 	75
Self-guided Day Walk Using Map & Compass (e.g. DofE)		  	30
Self- Guided Weekend Walking, Hiking, Orienteering, Mountaineering etc		  	75



Appendix 1

Badge Order Form

Your Name _____

Unit Name: _____

District: _____

Division _____

Activity Log

Date	Location	Activity	Points

Number of Badges Required: _____

Total Payment: _____

Note: badges are £1.20 each. Please add £1 for postage.

Method of Payment: _____

Your Bank Transfer Reference if applicable _____

If paying by bank transfer, send this form to: jobemarsden@me.com

If paying by cheque, make cheques payable to 'Herts Guides Walking' and post to:

Jo Marsden, 304 Wedon Way, Bygrave, Baldock, Herts, SG7 5DX

Appendix 2

Planning Your Activities

This is a guide to help you plan your walking challenges but will need to be adapted depending upon what you are doing.

- ★ Ask the girls which activities appeal to them
- ★ Decide whether you are planning Division, District, Unit or individual event. You may need to discuss this with the relevant Commissioners & Walking Advisers
- ★ Who will organise it - the girls themselves, unit leaders or a Divisional / District team?
- ★ Decide on the activity, suitable for the age & abilities of the girls
- ★ Draw up a planning timetable
- ★ Book a date, premises and equipment
- ★ Check start and finish points on the route for access, parking & toilets
- ★ Decide costs, transport & timings for the day
- ★ Complete a risk assessment
- ★ Walk the route in advance
- ★ Check you have sufficient Leaders to meet adult child ratios
- ★ Remember leaders must be qualified if walking in Open or Remote countryside. Ask your Walking Adviser if you are unsure. (Walking Qualifications are not needed for Lowland walks)
- ★ Advise your District Commissioner, send out & collect back Information & Consent Forms and Health Forms to girls' parents, and set up a Home Contact System (if meeting away from your usual meeting place and time)
- ★ Include a relevant kit list which might include: sun cream, sun hat, sun glasses, water, food, hot drink, waterproofs, warm layers, warm hat & gloves
- ★ Complete a REN and send it to your DC if staying away overnight
- ★ Check special needs and diets are catered for
- ★ Leave a copy of your route / plans with your Home Contact
- ★ Take a relevant first aid kit
- ★ Wear light coloured or reflective clothing if walking on roads
- ★ Remind girls to wear clothing and footwear suitable for the activity & weather

Appendix 3

For further information about this document, if you spot any errors, or have resources to add, please do get in touch. Likewise if you'd like information on other walking activities such as Hertfordshire County weekends away for Guides & Rangers; Orienteering or Adult training, please feel free to contact:

Jo Marsden - jobemarsden@me.com

Alison Tuch: alison.tuch@gmail.com

Walking Advisers

National: Joyce Reid - joyce.reid@tesco.net

Hertfordshire: Alison Tuch - alison.tuch@gmail.com

East Herts Division - alison.tuch@gmail.com

South East Herts Division - opportunity open

South West Herts Division - opportunity open

West Herts Division - opportunity open

Stevenage Division - opportunity open

Central Herts Division - Jean Cross jc.badger3@gmail.com

St Albans Division - Amy Gilbert amygilbert5@hotmail.com

Harpenden & Redbourn Division - Maria Cole cole1@ntlworld.com

North Herts Division jobemarsden@me.com

Appendix 4

Scavenger Hunt & Trail Ideas

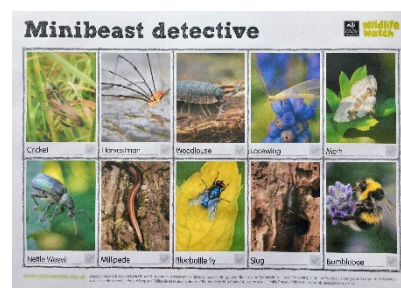
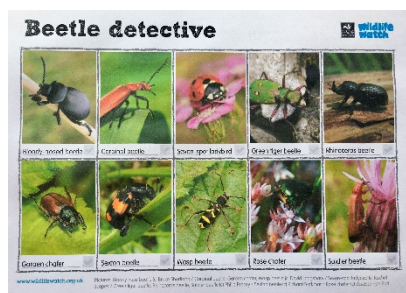
Community Hunt: have a list of local landmarks for girls to find

Photo Trail: use photos of local landmarks

Penny Hike: Decide which direction is heads or tails. (e.g.: heads =right, tails = left). At each junction toss the coin and turn accordingly

Lotto Board of town or countryside things to find and cross off - photos work best

E.g.: Try the 30 or so spotting sheets at <http://wildlifewatch.org.uk/spotting-sheets>



Camp Trail: A misplaced item will take you to the next place that you need to go

Chalk Trails: Mark a trail using simple chalk (in town). Best for a dry day!

Wool Trails: Lay strands of wool either different colours for each group or camouflaged - afterwards you could knot them together using reef knots

Alphabet Trail: Find something for each letter

Shop window trail/quiz: Can you find a football in a window.....? etc.

Compass Trail: e.g. 145degrees 15 paces then look for next clue (Patrols can lay different trails and then swap)

Name Trail: Find something for each letter, in the correct order e.g. Campsite name

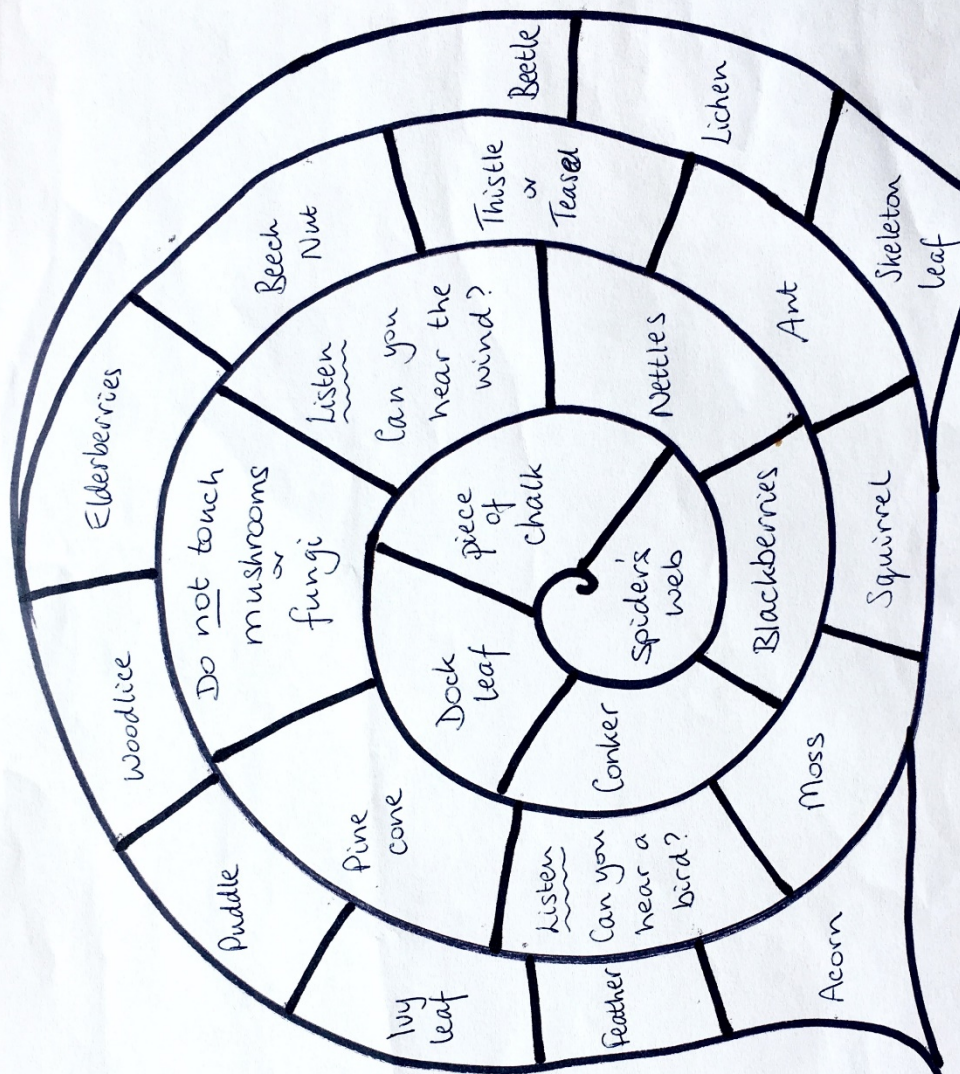
Texture Trail: Challenge the girls to find something soggy, silky, tickly, flexible, rough, furry, brittle, rigid, smooth, crumbly, waxy, gritty, sticky, slimy, crunchy...

Number Trails: Give a clue plus a house number in a specific area

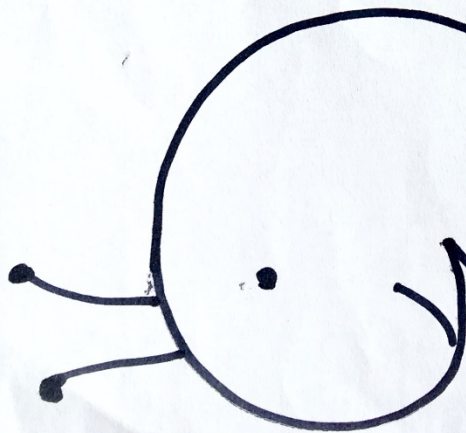
Blindfold String Trail: In pairs have one girl lead a blindfolded partner along a string trail. Encourage the girls to use their senses other than sight. To make it harder you might give them a plastic beaker of water to carry, trying not to spill any.

Blindfold Walk: In pairs have a sighted girl lead a blindfolded girl on an ordinary path. Take off the blindfold and see how different the same route now feels.

Scavenger Hunt: Give a list of natural things to find; difficulty varying depending on age and ability e.g.: Scavenger Snail for Rainbows & Brownies



Can you find me?



Collection Hike: Collect items along the way that you can use when you get back to base E.g.:

- ★ Different grasses
- ★ As many different shaped leaves as possible
- ★ Items beginning with selected letters or colours to do with a theme

Themed Hikes: Make up a story or situation to give it purpose, and perhaps something to do at the end

Examples:

- ★ **Native Americans** - The chief has been kidnapped, but he was seen taking feathers from his head-dress to leave a trail. Use real feathers or make from cardboard and cocktail sticks. Could be a different colour for each group. Use these as direction markers along the route. They can then be collected to then make a head-dress by sticking them into the holes of corrugated cardboard suitably decorated.
- ★ **Pirates** - Their treasure chest has been stolen but in their haste the thieves have damaged the chest and they have left a trail of jewels. Use bright coloured sweet papers or gems. Each group could make a new chest to put their horde in. Make sure the loot is all collected at the end.
- ★ **Bears** - Search for honey pots and have a teddy bears picnic at the end.
- ★ **Farm animals** - Collect animal tails. Each group could be a different kind of farm animal.
- ★ **Birds** - leave a trail using animal seeds that they can leave in place as a gift to nature. Hide in the bushes and see if you can spot birds coming to enjoy your trail.

Mobility Awareness Walk: In sixes or patrols have one member allocated a disability or difficulty e.g. on crutches, one arm in a sling, blindfolded, in a wheelchair, pushing a child's buggy. Explore a town route and report back on how easy or difficult it is

Torchlight Trail: Look for cd's hanging in trees, perhaps with letters on the reverse to spell out a phrase

Snow Prints: Go out in the snow and look for animal tracks. Take photos then try to identify them by using online resources such as:

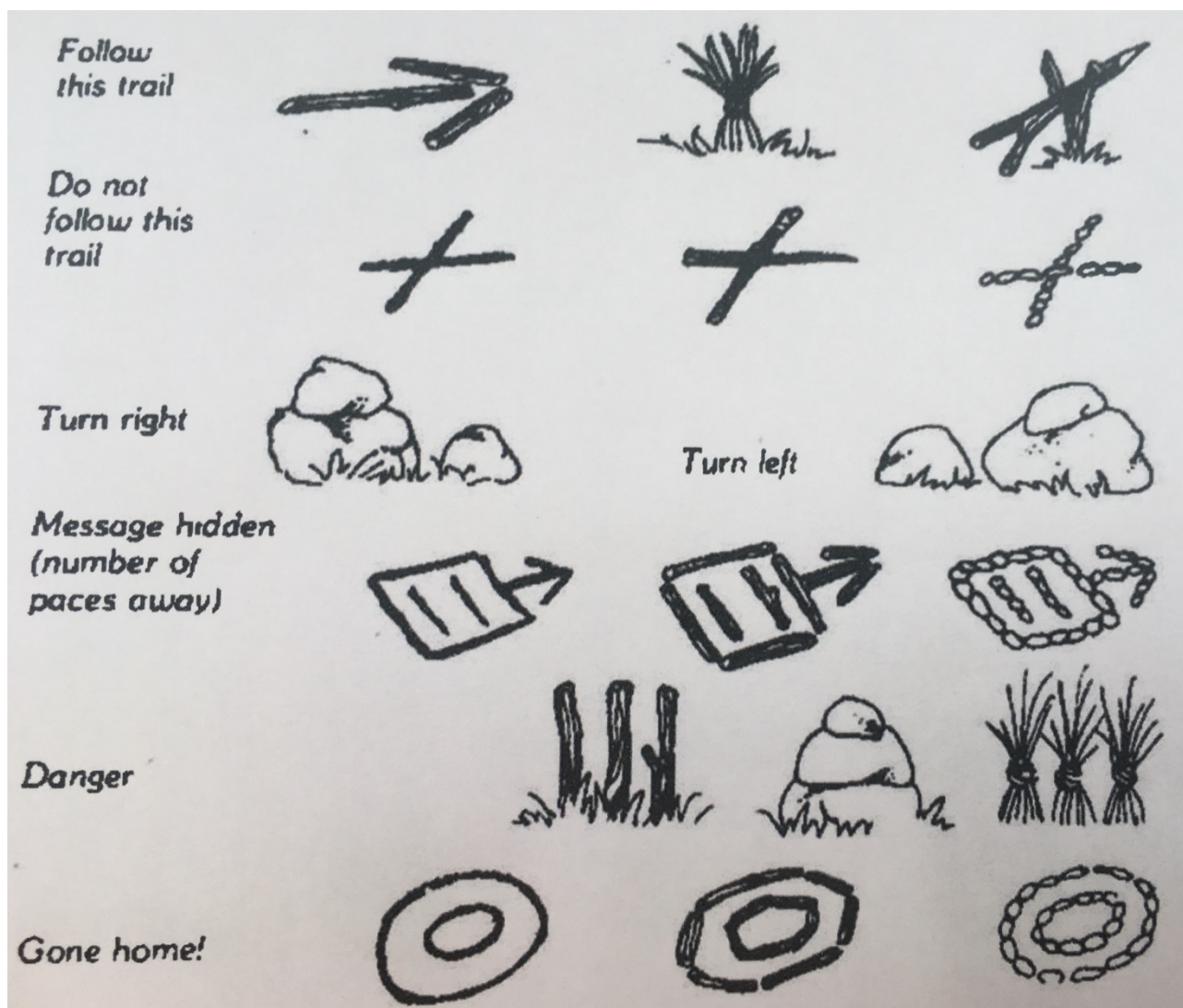
<https://www.woodlandtrust.org.uk/blog/2017/12/animal-tracks-snow-print-identification/>

Rainbow Nature Trail: Find objects for each colour of the rainbow

Colour Match Trail: On a Summer's day, find natural items to match all colours



Sticks or Stones Trail: Ask sixes to make trails for each other using sticks or stones as markers as follows:



Map Trails: Girls are given a master copy of the map. They are then given a set of map small pieces of particular sections eg: a footbridge over a river. They have to match their small piece to the main map, then go and find that place on the ground, where they will find a marker or token so they know they are correct (or the next piece to find)

Learn the Green Cross Code

The code itself is easy to find online but this link includes a great poster. Think about making yourselves more easily visible if going out at night too.

<http://www.earlylearninghq.org.uk/themes/vehicles/road-safety-poster/>

Identify Some Leaves and Trees on a Woodland Walk

Leaf Identification (Children)

<http://www.woodlandtrust.org.uk/naturedetectives/activities/2015/09/leaf-id/>

Tree Identification: How to identify Trees (Guides +)

<https://www.woodlandtrust.org.uk/visiting-woods/trees-woods-and-wildlife/british-trees/how-to-identify-trees/>

Identify trees with our Tree ID app (Woodland Trust) (Guides +)

<http://www.woodlandtrust.org.uk/visiting-woods/trees-woods-and-wildlife/british-trees/identify-trees-with-our-tree-id-app/>

Winter Twig Identification (All)

<https://www.woodlandtrust.org.uk/naturedetectives/activities/2015/09/twig-id/>

Winter Tree ID (Children)

<https://www.woodlandtrust.org.uk/naturedetectives/activities/2018/01/winter-tree-identification/>

Autumn Leaf Identification (Children)

<http://www.woodlandtrust.org.uk/naturedetectives/activities/2017/10/autumn-leaf-identification/>

Autumn Leaf Hunt (Children)

<http://www.woodlandtrust.org.uk/naturedetectives/activities/2015/09/awesome-autumn-leaf-hunt/>

Learn the Countryside Code

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/558112/countryside-code.pdf

Respect | Protect | Enjoy

Respect other people

- ★ Consider the local community and other people enjoying the outdoors
- ★ Leave gates and property as you find them and follow paths

Protect the natural environment

- ★ Leave no trace of your visit and take your litter home
- ★ Keep dogs under effective control

Enjoy the outdoors

- ★ Plan ahead and be prepared
- ★ Follow advice and local signs

Suggested Kit List

These are suggestions to be modified depending on the length of walk and conditions.

- ★ Rucksack with shoulder pads and waist strap
- ★ Wear comfortable clothing, preferable wicking, not cotton (definitely no jeans!)
- ★ Spare fleece or microfiber jacket (not cotton as this does not dry easily)
- ★ Waterproof jacket & trousers
- ★ Warm hat & gloves
- ★ Sun hat, sunglasses & sunscreen
- ★ Filled water bottle
- ★ Flask of hot drink
- ★ Snacks / packed lunch
- ★ Map & Compass
- ★ Torch or head torch
- ★ Group First Aid Kit
- ★ Group Emergency Shelter

Map Reading

Beginner's Grid Referencing:

Practise your skills by finding the grid reference for each of the following objects:

Top tip
Remember the phrase:
Along the corridor, then up the stairs.

To give a grid reference, first you go along the grid, then up the grid.

Ant _____	Now find what is in these squares.
Badger _____	
Ball _____	
Bike _____	
Bird _____	
Book _____	
Car _____	
Cat _____	
Compass _____	
Dice _____	
Flower _____	
Leaf _____	
Mouse _____	
Pencil _____	
Promise badge _____	
Watch _____	

Grid References Quiz: In pairs girls need a small section of an OS map. They can pick a few landmarks and write down the grid references. Then swap with another pair to try finding the places their friends chose

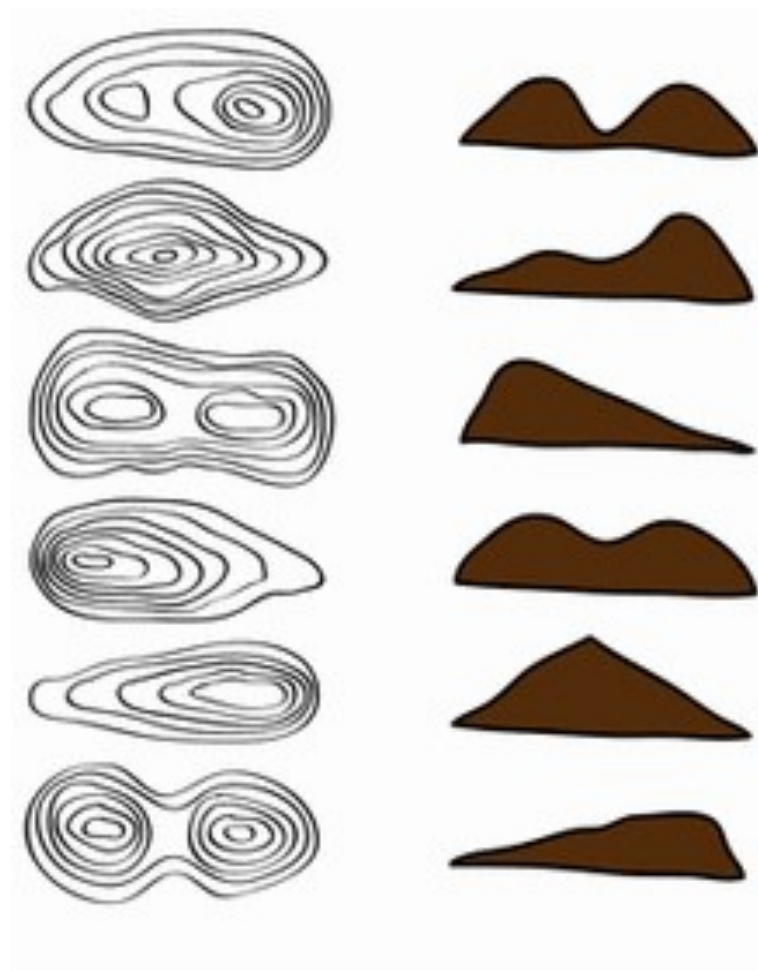
Grid Reference Secret Message Game: Give the girls a set of grid references. They note down the first letter of the place found at each reference. Those letters spell out a message.

Map Symbol Bingo: www.tes.com/teaching-resource/map-symbol-bingo-6061568

OS & Steve Backshall Video Clip on Contours:

<https://getoutside.ordnancesurvey.co.uk/guides/understanding-map-contour-lines-for-beginners/>

Contour Quiz: Match the contour drawing to the hill profile



Compass Games

Learn Fun Way to Find North Without A Compass: <https://www.wikihow.com/Find-Direction-Without-a-Compass>

Knowing Where You Are! North South East & West: Give each girl a marker to leave on the floor where she starts. Leader then calls out these instructions. Girls should all end up where they started:

2 paces north, 6 paces east, 1 pace west, 5 paces south-west, 4 paces north, 2 paces west, 5 paces north-east, 10 paces west, 6 paces south

(Note this activity only earns 5 points as very simple, compared to other compass games)

Peg & String Compass Bearing Shapes: Tie the end of a ball of string to a peg and place the peg in the ground. Follow the instructions and place a peg in the ground at each move, so the string makes a shape as follows:

Easiest: (Square)

5 paces East
5 paces South
5 paces West
5 paces North

Easy (Triangle)

3 paces on a bearing of 90 degrees (same as East)
7 paces on a bearing of 206 degrees
6 paces due North

Trickier

Use double paces this time – that's two steps
2.5 double paces at 180 degrees
4.5 double paces at 90 degrees
2.5 double paces at 0 degrees (North)
4.5 at 270
1.5 at 34
3 at 90
1.5 at 146

Compass Clock: Leader stands in the centre of a rough circle and an assistant fixes letters all around the outside rather like the minute markings around a clock face. The guides take turns to stand in the centre and work out which letters are at particular bearings as called out by the Leader. These letters might spell out a word.

Weather Sayings - True or False?

Weather Saying			True/False - Explanation
1	Rain before 7 Fine before 11	1	Often true because a period of rain does not usually last more than 4 hrs – unless the sky is full of stratus.
2	Geese flying in a V means frost	2	NO truth
3	Wind at night Rain in sight	3	True – In fine weather the wind usually drops towards the evening and during the night. If it does not, there is likely to be a depression nearby and a chance of rain.
4	Rain from the east Means a day's rain at least	4	In the winter time, this is probably true, with rain or snow, depending on the temperature.
5	Moles in January means a mild winter	5	This is self-evident of course. If they are active in January, the ground is not frozen, therefore the winter is mild!
6	A backing wind is a foul wind	6	True – The wind usually backs as a depression approaches and a depression usually brings rain and strong winds.
7	A halo round the sun means rain	7	True – On the edge of a depression are high thin clouds of ice. These cause the apparent haloes around the sun and the moon. On average seven times out of ten it will rain within 24 hours.
8	Red sky at morning Shepherd's warning	8	True – A red sky in the morning occurs when clouds thickening to the west are lit by the rising sun, the sky being clear to the east. This means a good chance of rain.
9	If on St Swithun's it 'do rain' For forty days shall do the same	9	False – St. Swithun's Day is 15 th July. A survey by the Met. Office 'since records were kept' reveals that there is no basis for this one.
10	Red sky at night Shepherd's delight	10	True – A red sky occurs in the evening when there is more cloud to the east and skies are clearer to the west. This indicates more settled weather, so the next day should be fine.
11	The moon and the weather change together	11	False
12	Mackerel sky and mare's tails Make tall ships wear small sails	12	Quite True, as mackerel sky (Cirrocumulus) is an indication of unsettled weather, with squalls, and possibility of an increase in wind within 12 hours.
13	A ring round the moon Means cloud and rain	13	True – A ring around the moon, or a haze over the moon's face, usually means rain and cloud.
14	When the glass falls low Prepare for a blow When it slowly rises high Lofty sails you may fly	14	True – Note the 'slowly rises'. A fast-rising barometer, probably means bad weather later, for a quick rise will often fall again
15	The further the sight The nearer the rain	15	True – There is a lot of truth in this.
16	Pale moon Rain soon	16	True – This is an indication of high humidity or thin cloud in the high layers of the air, when there is a good chance of rain approaching.