

# Welcome to Girlguiding Anglia's...



## Challenge pack

# Welcome to our roaming and rambling challenge pack!

Step into adventure with the Anglia roaming and rambling badge! This challenge has been put together with the intention of getting you exploring your local area (and further afield) on foot, mobility scooter or wheelchair. We hope you will learn new skills, connect with nature and discover the joy of walking. This challenge is open to all sections and can be completed as individuals or in groups, units or even with your families.

Many of the activities included also link to the Girlguiding programme. To complete this badge, you need to complete at least 1 challenge from each of the 4 sections.

Once you have completed at least 1 activity from each of the 4 sections, you can order your roaming and rambling challenge badge from our retail shop [girlguiding-anglia.org.uk/shop](http://girlguiding-anglia.org.uk/shop)

We hope that you love our walking challenge! If you have any photos of you or your unit completing the challenge, then don't forget to share them with us on our social media platforms. Please ensure that you have the correct permissions for everyone in the photos before sharing.



# The badge has 4 sections:

## Skills

A chance to learn the skills to enable you to have a safe enjoyable adventure exploring your local area on foot.

## Mindfulness

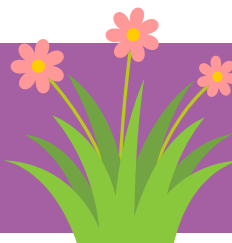
Walking isn't just beneficial to your physical health, but also your mental health; take a slower pace through nature and relax.

## Path less travelled

Now you have the skills, put them to the test, explore somewhere new; share a hidden gem and highlight points of interest.

## Muddy boots

Embrace the adventurous side of walking! Go explore, get your boots muddy, ramble round the region or venture out into the hills.



## Key:

Download an additional resource from the appendix



Programme link



Suitable for Rainbows



Suitable for Brownies



Suitable for Guides



Suitable for Rangers



# Staying safe

Girlguiding is about experiencing new adventures, having fun and staying safe. When taking your unit out and about near to your unit or further afield always remember to do the following:

- Inform your district commissioner of your plans
- Seek advice from your lead volunteer for walking
- If walking away from the usual meeting place or meeting at a different time, send out information and consent forms to parents/carers and set up a home contact
- Check the adventure for girls pages of the Girlguiding website and the walking safety section
- Have a back up plan just in case the weather is really bad. Check the weather forecast before the walk and adjust plans accordingly
- Ensure you have sufficient adults depending on your section adult to child ratio, as per Girlguiding policies
- Think about accessibility and inclusivity. Does anyone need any extra help? Let everyone know what to expect during the activity and ask if they have any concerns
- Carry a mobile phone, emergency contact details, home contact details and a first aid kit, just in case
- Give the girls and their parents/carers a kit list
- Remember to think about allergies such as hayfever which may be triggered outside or during exercise
- Do a risk assessment. The Girlguiding activity risk assessment templates are a good starting point but do tailor your risk assessment to your particular walk
- If you're doing a night walk, make sure that additional safety measures are in place eg headtorches, reflective clothing, additional supervision
- Pre-walking your route is a great idea and it will help you know what sort of hazards and risks to put in your risk assessment
- Brief your members on the Countryside Code and Leave No Trace ethic
- Consider upskilling and gaining a Girlguiding walking scheme qualification – find out more here ([girlguiding.org.uk/information-for-volunteers/learning-and-development/leading-outdoor-adventures/walking-scheme/](https://girlguiding.org.uk/information-for-volunteers/learning-and-development/leading-outdoor-adventures/walking-scheme/))

# Section 1: Skills



## Spot the signs

Explore your local town and find as many signs, symbols and visual clues as you can. Take photos or draw what you see, what do you think they mean? Use these photos to create a trail for another six or patrol to follow.

## X marks the treasure

Orient a map of your local area to the features around your meeting place. Now follow the map to locate some treasure hidden by your leader!

## Map symbols

Learn what different map symbols mean. Can you beat the other team to match the symbol and the meaning to your grid, in a giant BINGO relay race.



## Never, Eat, Shredded, Wheat

Play corners to learn the compass points  
Download the additional resource to find out how to play this game.



## Make a compass

Try making a compass from a metal paperclip!



## Giving directions

Each girl has to write, or tell their patrol some directions taking it in turns to do so, to get to a chosen destination.



## Pack your bags

What would you take on a walk? What isn't needed, make it into a game or a relay race.



## Lost no more S.T.O.P

What do you do if you are lost? S.T.O.P! (Stop, Think, Observe, Plan) What does this mean? Make a short story showing this in action with different scenarios.



## Hazards and risks

As a unit, discuss the activities planned in the following 3 sections. Brainstorm what hazards will be involved, the risks they pose and what mitigation can be taken.

## First aid

Learn how to treat minor first aid situations you may encounter on a walk, for example a sprained or strained ankle, a broken arm or blisters.



# Section 2: Mindfulness

## Rainbow of coloured leaves

Look for the rainbow of colours in the trees, or try to pick up from the ground as many leaves in different colours as possible and lay them out in colour order.

## Tree friends

Go for a walk in woodlands, find a tree, and make friends, give it a hug, and take bark rubbings. How about using foil and take a leaf rubbing? Look for small plants and insects living on the tree.



## Leaf printing

Collect leaves from various different trees, to use as stamps for painting to create wrapping paper or gift cards.



## Paint chart

Shade of whatever you like. Find natural items to match all colours from a paint chart.

## Feel with your feet

Go for a walk bare foot, feel the grass or sand between your toes.



## Sensory trail

On your walk find something soggy, silky, flexible, rough, furry, rigid, smooth, smelly, loud, slow...



## Wave your wand

Find a magic wand whilst wandering in the woods. Think for a few minutes about what you would change in the world if you could do magic. Sit in a circle with your unit and share your magical wishes.

## Touch and feel land art

On an Autumn walk collect leaves and seeds of different shapes and colours, use them to create a picture.



## Nature picture

Collect natural items along the way; what do they feel like with your eyes closed? Use them to make a picture.



## Song lines

Aborigines traditionally passed on navigational routes through song and dance, called songlines. Have a go at creating a song/dance that would prompt you to remember a route you travel.



# Section 3: Path less travelled

## Culture vulture

Walk around an area, discover community art, a sculpture trail, a historical trail or even a ghost trail (tourist offices and local museums can often supply a local map and trail for this).



## Trailblazers

Use sticks and stones to set a trail. Have a go at making a trail with natural markers then try to follow another group's trail.



## Scavenger hunt or hide and seek trail

Go on a scavenger hunt or set your own collection hike for another group; what will they have to find? (eg a list of natural items or even things seen in shop windows). A variation on this is to hide things that don't belong along the trail. Can another six or patrol spot all the objects hidden along the way?



## Alphabet trail

What can you find along your walk beginning with the letters A-Z? Is it easier if it's natural or man-made? What was your most challenging letter? What was your most creative answer?



## Goosechase

Go on a goosechase (literally – although other apps are available), use a scavenger hunt app to create a live trail or activity.



## Penny hike

Let luck lead the way with a penny hike. Toss a coin. Heads means turn right and tails means turn left. See where you end up. Has the hike lead you anywhere new?



## Dora the explorer

Chose somewhere local to explore. Imagine you are the first to discover it, are you interested in mapping it (cartography), looking at architecture, history, ancient history (archaeology), photography or the natural world (bugs and plants and environmental issues such as pollution?) Record your findings and share your discoveries with your unit.



## I spy with my phone

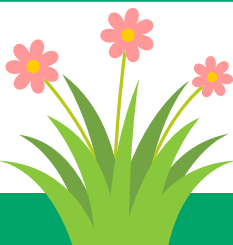
Have someone with a smartphone walk ahead on the trail, perhaps to an open space and take some macro (super close up) shots of various objects eg: a mushroom, a knot in a tree, a signpost. The close-up should focus on part of the object not the whole thing, so it's not too easy. When the rest of the group catch up, see who can find the objects first.

## Splish, splash, splosh!

Get your wellies wet and walk in the rain. Twirl your brolly and sing 'we're singing in the rain' or anything else!

## Photo trail

Follow a ready-made photo trail or prepare one for another group.



# Section 4: Muddy boots

## Care and share

Share your favourite walk by taking someone new to it and see it with new eyes.

## Go on a bat walk or an owl prowl

Your local nature reserve may be able to guide you with this.

## Leave only footprints, take only photos

Get off the beaten track and explore a new area, take pictures to share your adventure. Remember the Countryside Code.



## Sunrise/sunset saunter

Go for a sunset or sunrise saunter – perhaps whilst on camp?

## Go for a SWANS walk

It's a Short Walk And No Styles – How many miles without stiles can you go?

## Adventure further afield

Visit another county and go for an adventure.

## Geocaching

Try geocaching and find some treasure.



## Challenge hike

Go on a challenge hike, with set points to find, perhaps with challenges at bases.

## Head for heights

Visit your county high point.

- Haddington Hill in Buckinghamshire
- Whitehorse Hill in Oxfordshire
- Pavis woods in Hertfordshire (on border with Buckinghamshire)
- Dunstable Downs in Bedfordshire
- Normanby le Wold Top in Lincolnshire
- Chrishall Common in Essex
- Great Chrisall in Cambridgeshire
- Great Wood Hill in Suffolk
- Beacon Hill in Norfolk

## Story trail

Take your unit mascot on a walk and make up a story about their adventures. Use your imaginations – the roundabout might be a teddy trap and the swings might be super-tes launchers!

## Theme hike

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



# Programme links:

## Skills

Map symbol bingo: skills builder stage 3 – explore – suss out the symbols

Spot the signs: skills builder stage 4 – express myself – signs of the times

Pack your bags: skills builder stage 1 – camp – rain or shine

Make a compass: skills builder stage 2 – explore – naughty elephants squirt water

Lost no more S.T.O.P: UMA – Brownies – S.T.O.P

First aid: UMA – Brownies – first aid in the fields

Giving directions: skills builder stage 5 – express myself – communicate, that's what I said

## Mindfulness

Tree friends: interest badge – Rainbows – healthy mind, UMA – Rainbows – tree-mendous senses

Feel with your feet: UMA – Rainbows – story trail

Touch and feel land art: UMA – Rangers – land art, interest badge – Rainbows – nature

Leaf printing: UMA – Rainbows – birdie builders

Seasonal saunter: interest badge – Brownies – photographer

## The path less travelled

Scavenger hunt or hike and seek trail: UMA – Rangers – speedy scavengers, UMA – Rainbows – hide and seek hunt

Goosechase: UMA – Rangers – speedy scavengers

Penny hike: UMA – Guides – penny hike

Alphabet trail: UMA – Guides – A-Z in nature

Trailblazers: UMA – Rainbows – trails and trackers

Photo trail – interest badge – Guides – navigator badge

Culture vulture – skills builder stage 3 – explore – city walk, interest badge – Brownies – local history

Dora the explorer – skills builder stage 4 – explore – uncover and discover

## Muddy boots

Leave only footprints, take only photos – skills builder stage 6 – explore – leave only footprints

Theme hike – UMA – Rainbows – story puzzles

Geocaching – interest badge – Guides – geocaching

## Remember!

All activities linked to the Girlguiding programme are marked with a boot symbol



## Key:

Have adventures = green

Know myself = blue

Express myself = pink

Be well = purple