



Girlguiding London and South East England Walking Challenge

Calling all Rainbows, Brownies, Guides, The Senior Section, Leaders and Trefoil Guild members, take on our Girlguiding LaSER Walking Challenge!

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

Badges cost £1.20 (including postage and packaging) and are available from your County Badge secretary. Badge secretaries can order them in batches of ten from the Region Office.

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



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?

Why not try one of the following:

- [Growing Up Wild with a Hop Skip and a Jump](#)
- Brownies - [Road Safety](#)
- Guides - [Find your way](#)

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