



Girlguiding

Bedfordshire

girls in the lead

Century Walking Challenge

5 September 2009 - 20 October 2010



Welcome

As part of the Girlguiding centenary year we are issuing a challenge to all sections, Guiders and Trefoil Guild members to walk 100 miles! This is not as daunting as it sounds honestly!

Firstly, it is hoped that each unit will accept the challenge, and collectively contribute to the 100 miles. So for example if a unit of 20 girls went on a 1 mile walk, they would generate 20 miles. The unit leaders and other helpers would also contribute, so one short walk could contribute around a quarter of the miles needed.

$(20 \text{ girls} \times 1 \text{ mile}) + (\text{unit leaders \& helpers} - \text{minimum of } 4) = 24 \text{ miles}$

So each unit could walk a lot more than 100 miles quite easily throughout the year. You probably already go for the occasional walk with the girls anyway. Everyone who takes part in the challenge is eligible for the special *Century Walking Challenge* badge as seen on the cover - badges cost £1.00 each and need to be ordered using the form at the back of this pack.

Some may wish to take the challenge on an individual basis; in this case you will need to walk all 100 miles yourself. Again this is not too difficult, for example this could be just 8½ miles every month.

All walking activities should conform to Guiding guidelines (see Guiding Manual) and can be anywhere in the UK. They must however provide an opportunity to experience nature at first hand through access to the countryside (including Country Parks, large open spaces within the urban environment).

This pack is designed to provide some ideas to get you started, go out there and let the girls enjoy themselves.

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Ideas for walks

- **Published Walks.** There are numerous published walks, both in books and leaflets, as well as on the internet. Visit your local library and see what is available or go to www.letsgo.org.uk.

- **Organised walks.** Throughout the year there are numerous walks organised both within Guiding and by other organisations, examples include:
 - **Sponsored walks.** Some Divisions organise annual sponsored walks, such as the *Bedford Bridges Walk*, and organisations such as Rotary and Lions organise events that may be suitable for your unit.
 - **Girl Guiding County walks.** These are organised by the County Walking Adviser throughout the year. Updates are sent out in Mailshots and by email, and details will be available through Bedfordshire Guiding website
 - **Divisional Events.** Why not discuss ideas of walks with other units in your division? You could make it part of an activity fun day or raise funds for a good cause.

- **Nature walk.** There are lots of nature reserves and other easily accessible wildlife areas in Bedfordshire.
 - The former County Council owned and managed several Country Parks and nature reserves within the county. These are now managed by the unitary authorities, who should be able to provide further details.
 - The National Trust looks after Whipsnade Tree Cathedral and has a visitor centre at Dunstable Downs, visit www.nationaltrust.org.uk for further details.
 - The Wildlife Trust has 22 reserves within the county, visit www.wildlifebcnp.org for further details.
 - The Woodland Trust owns and manages several woodlands within the county, visit www.woodlandtrust.org.uk for further details.

- The Marston Vale Forest Centre and Millennium Park has a series of walks around the park and lakes, and there is a good car park and cafe! Visit www.marstonvale.org for further details.

Contact the relevant body first as some wildlife areas contain fragile ecosystems that will not take kindly to large groups. Also they may be able to help interpret the area for your unit.

- **Torchlight walks.** Organise an evening walk to stargaze (not always easy due to 'light pollution' from street lights). An alternative is to set out a trail using reflective strips and get the girls to follow the predetermined route using torches.
- **Chip shop walk.** Not necessarily the healthiest option, but after a good walk they probably deserve it! Remember this should be a walk with the treat of chips at the end and not a walk from chip shop to chip shop!
- **The Ultimate challenge.** For the more energetic why not undertake a 100 mile cross county walk? Obviously you do not have to do it all in one go, but it does take a bit of planning if you are not going to double-back on yourself. Aim to use public transport or find a friend who can meet you at the end point. The only requirement is that the route links Mollivers and Windy Sayles, how you do it is up to you!
 - There are many possible routes, but one example would be to walk from Windy Sayles to Leighton Buzzard, then follow the Greensand Ridge Path to Gamlingay and on to Mollivers, via Tempsford, Bushmead Priory, Riseley and Turvey.

If anyone is interested in taking up the ultimate challenge then please get in touch with the County walking Adviser for help and advice.

Activities

- **Equipment Planning.** Going for a walk takes a bit of forethought, what do you need to take with you (clothing, footwear, water and food, emergency equipment). A suitable kit list for lowland walking can be found in appendix__
 - **Planning activity.** Bring in a range of bags (large & small rucsacs, plastic bags of various sizes, handbags, satchels etc), clothing, footwear (sandals, trainers, walking shoes, walking boots etc), food and water containers - they could just be images rather than the real thing. In groups get the girls to select suitable equipment for a walk in the local countryside and then discuss with the girls how appropriate their selection was.

- **Map Reading.** Using the Ordnance Survey maps for your locality let the girls see how well they know their area.
 - Can they find the meeting place? You might need to help identify significant nearby features on the map.
 - Can they identify what the symbols mean? The Ordnance Survey website has flashcards of the symbols that can be downloaded, as well as game ideas, visit www.ordnancesurvey.co.uk
 - Compare different maps, the Ordnance Survey produce *Landranger* 1:50,000 scale maps and *Explorer* 1:25,000 scale maps (the *Explorer* maps provide a lot more detail, even down to field boundaries), a road atlas and street atlas. Get the girls to think about how useful the different maps are, which would be best when walking in the countryside, and what are its drawbacks.
 - **Map setting.** Orientating the map to the landscape is an important part of reading a map. To introduce the idea you could try some or all of the following:
 - Prepare an A4 map by cutting it into 6 or 7 jigsaw pieces. Get the girls to piece the map back together within a set time (say a minute).
 - In the meeting hall place the letters N, S, E, W on each wall, place items of furniture (chairs, table

etc) or other objects (shoes, coats etc) around the room (randomly place numbers on the objects). Then get the girls to draw a plan of the room, including all the furniture and objects (& their numbers), and mark the N, S, E and W. Then ask them to stand beside one of the items. The girls now need to set the map by orientating the map so that their drawing matches the shape of the room. They now have a map of the room. The next stage is for them to use their map to find their way around the room, moving from object to object in a numerical fashion (so if they are standing by number 7 they need to find their way to number 8), and turning their maps as they travel to keep them set to the letters N, S, E and W on the room walls. Suggest they follow their progress on the map by using their thumb as a pointer. Each girl should always have their map set, by having it positioned in front of them and orientated in the direction of travel.

- With the relevant *Explorer* map go outside and see if they can set the map correctly (you may need to show them where they are to start with)
- Directions. As well as a map, a good compass is an important tool for navigating in the countryside, this is especially true in open areas where there are few landmarks and boundaries. For many people a compass can be a daunting object, you could introduce the simple basics of navigation through a simple and fun game.
 - Ideally outside place prominent signs for East, West, North and South (in the correct directions!) These should be readily visible, you will also need a set of tent pegs/sticks and string. The string is tied to a peg/stick at the starting point (centrally within direction signs). Then give the girls a set of instructions that tell them to go so many paces in a certain direction. When they reach each stopping point they insert a tent peg/stick into the ground

and wrap the string around it. On completion of the instructions they then should have a picture marked out on the ground. You could use an image for a tent, house or anything with straight sides to it. Get the girls to see what they have made, show them a diagram of what it should look like, how close are they? Discuss with them about the exercise, was it easy? Did they have trouble producing the correct image? How easy would it be to follow directions in the countryside?

- **Walk Planning.** Involve the girls in identifying suitable routes and planning the walk. Find a suitable published circular walk and then involve the girls in identifying the route on the relevant Ordnance Survey map, then using both the published route and map fill in a route card. There is a sample one in appendix 7, this will help identify how long each section of the route would take. While walking the route see how realistic your expectations were.
 - **Design your own circular route.** Why not get the girls to plan and research their own circular route? They could identify suitable routes from the Ordnance Survey map, walk the route, modify if necessary and prepare a route map and description. Once finished why not invite other local units to follow your route?

Appendices

1. Where Can I walk?
2. The Countryside Code
3. How do I find a walk?
4. Using Maps
5. Using a compass
6. Lowland Walking Kit List
7. Route Card
8. Centenary Walking Badge order form

Where can I Walk?

There are lots of places locally where you can walk, including public open space and country parks. To walk in the wider countryside you need to follow public rights of way, these include footpaths, bridleways and byways. On the ground these are often (but not always) marked with waymark arrows



Footpaths are marked with a yellow arrow and are for walkers only



Bridleways are marked with a blue arrow and are for walkers, horse-riders and cyclists



Byways are marked with a red arrow and are for walkers, horse-riders, cyclists, horse-drawn and motorised vehicles

The Countryside Code

When out with your unit it is important that they are aware of, and follow the Countryside Code.



- Be Safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

For further details on the Countryside Code, visit www.countrysideaccess.gov.uk

How do I find a walk?

Published Walks. Throughout the county there are both circular and long distance walks. These have been compiled into pamphlets, books and leaflets. These can be found in local libraries, bookshops, tourist information centres and some are included in the *Bedfordshire Promoted Routes & Sites* website, visit www.letsgo.org.uk for further details.

Ordnance Survey Maps. When walking in the countryside you will need the relevant Ordnance Survey maps to help you find where you are going. These are very detailed maps with representations of rights of way, buildings, roads, streams and contour lines to represent the height of the ground (usually the brown contour lines are at 10m intervals and show height in relation to sea level).

For walkers there are two types of map

- *Landranger* 1:50,000 scale maps (1cm on the map is equivalent to 500m on the ground).
- *Explorer* 1:25,000 scale maps (1cm on the map is equivalent to 250m on the ground).

For more details of these maps visit www.ordnancesurvey.co.uk

Path symbols on the maps

----- Footpaths are marked by a line of small dashes.

— — — Bridleways are marked by a line of longer dashes.

+ - + - Byways are marked by a line combining what look like plus and minus signs on *Landranger* maps and on *Explorer* maps the plus sign is elongated to include the minus sign.

On *Explorer* maps these are in green, and on *Landranger* they are in red.

Grid References. All Ordnance Survey maps have a grid printed on them, which means every part of the country has a unique grid reference. In the event of an accident, an accurate grid reference can help the emergency services locate you quickly and easily.

- First you read the numbers along the top of the map, and then those along the side. The phrase ‘along the corridor and up the stairs’ is often used as a reminder. Each grid square is further divided by 10 (although these lines are not printed). It is therefore possible to give a six figure grid reference and the location to within 100m on the ground. Visit www.ordnancesurvey.co.uk and look at the teaching resources for further information.
- Remember each grid line is 1 km apart, so you can roughly estimate a distance by counting squares. To get a more accurate measurement winding a piece of string along the route is more accurate, and comparing it with the scale bar on

Using a Compass. As well as a map, a good compass is an important tool for navigating in the countryside, this is especially true in open areas where there are few landmarks and boundaries. A compass enables you to find the direction of an object on the map or on the ground and then locate it on the map. Navigation courses are available.

Girlguiding Walking Training. There are various levels within the Girlguiding Walking Scheme (see next page). Training and assessment at Level 1 (walking in countryside typical of Bedfordshire and the South-east) is optional, but is a good way to boost your confidence when taking your girls walking. If you are interested in Level 1 training please contact your County Walking adviser. Training for walking in Open and Remote country is organised on a Regional and National basis, if you are interested in these courses contact your County Walking Adviser.

Girlguiding classification of walking areas

	<i>Description of country</i>	Appropriate level of training and qualification
Easy	Urban areas, spare ground, recreational areas and parks, local woods, lanes, tracks and paths in your own locality where there is no danger of getting lost. Nature trails and waymarked paths	No qualification is required, but the leader should have completed the Out and About optional training module or gained equivalent experience.
Lowland	Lanes, tracks and paths, fields, woods or other non-remote lowland areas, where the ability to read a map and find a route may be necessary but weather conditions will not be extreme and the type of countryside will not present any great problems.	The leader should have Level 1 optional training or equivalent experience; qualification is encouraged, but not mandatory.
Open	<p>Paths and linear features with reliable boundaries where one or more of the following apply:</p> <ul style="list-style-type: none"> ▫ there are few features to assist in route-finding ▫ there is little protection from wind, rain or cold ▫ the height and nature of the country, or the degree of isolation, could present problems ▫ the area can be exited easily in a few hours. <p>Open country does not include upland areas typically more than 600 metres above sea level or without footpaths.</p>	Qualification at Level 2 is required.
Remote	Anywhere in the UK except steep slopes, rocky ground, scree, loose rock and exposed ridges.	Qualification at Level 3 is required.
Extreme	Includes open country without footpaths that may include steep slopes, rocky ground, scree, loose rock and exposed ridges	The required qualification is the Mountain Leader Award.

It is a Girlguiding requirement that leaders have the relevant qualification before taking a group into open, remote or extreme areas. See Girlguiding Manual for full details, especially in relation to walking in winter.

Lowland walking kit list - guidance only

Suitable footwear for the walk - walking boots/shoes if possible

Socks - cotton or wool mix

Trousers - not jeans

T-shirt, shirt, jumper - avoid cotton if possible

Sweater or fleece top

Spare clothes may be useful on some walks

Rucksack to carry equipment

Waterproofs - jacket & trousers

Hat, gloves, scarf - in cold weather

Sun hat, sun glasses, sun cream - in hot weather

Flask for hot drink in cold weather

Water bottle in all weathers

Packed lunch & snacks

Emergency rations

Money

Notebook, pencil

Personal First Aid Kit

Health form

Group items

Ordnance Survey map & guidebook

Compasses

Whistle

Group First Aid Kit

Survival bags

Torch & spare batteries

Emergency food

Spare drinks

Home contact details & health forms

Mobile telephone - while recognising this may not always work

A kit list for Open and Remote areas can be found in the Walking Scheme booklet, the leader of the walk must be qualified for that terrain and will therefore be able to advise you on what extra items are needed.

Sample Route Card

	Day:	Date:	Start time:					Finish time:		
Group members:										
Leg	Start: incl. Grid. Ref.	General Direction or bearing	Distance (km)	Height climbed (m)	Time estimated (minutes)	Time for stops, rests etc (min.)	Total time for leg (min.)	Estimated arrival time	Brief details of route	Escape route
1	To									
2	To									
3	To									
4	To									
5	To									
Totals										
Emergency contact:										
Telephone no.										

Century Walking Challenge Badge Order Form

Keep a lasting memory of the Bedfordshire Century Walking Challenge by presenting a commemorative embroidered badge to each member of your unit. Badges cost £1.00 each, and can be seen on the front cover. The Bedfordshire Walking Badge is also available at £1.00 (see opposite). In addition if you could provide some details of the eligible walks, so that we can keep a running total of the number of miles Bedfordshire Guiders have walked throughout the centenary year. Please continue to keep an up-to-date record of walking activities and send them to the address below or by email to **guidewalking@gmail.com** even after you have ordered your badges.



Walk date	No. In party	Brief walk description

Continue on separate sheet if necessary & keep me updated as the year progresses

No. Century Challenge Badges _____ @ £1 each = £ _____

No. Bedfordshire Walking Badges _____ @ £1 each = £ _____

Postage & packing £ 0.50

Total £ _____

Cheques must accompany all orders and should be made payable to **Bedfordshire Guide Association**

Guiders Name _____ Unit _____

Guider's address _____

Please send your order to:

Barry Dackombe, 32 Ashburnham Road, Ampthill, Beds, MK45 2RH