



RAMBLE ROUND THE REGION INSTRUCTIONS

Girlguiding North West England in partnership with Ordnance Survey have created this challenge for you. You might not be aware but the month of May is National Walking Month. The challenge has been designed to encourage members from around the region to get outside, enjoy the outdoors and walk as far as you can! As long as you've participated and submitted miles then you've earned your badge.

The main part of this challenge is for members across the region to challenge themselves to walk as far as they can between May and September 2022. You can log miles weekly using the QR code below. We'll be keeping track of how far everyone is walking each week.

This pack contains some fabulous activities to help you and your units with map reading and navigation skills, as well as learning some interesting facts about our fantastic region. Maybe you'll be able to visit some of them as a unit, district, division or county, or perhaps some of you will visit them with family members.

Whatever you do, we hope you enjoy the pack. There may be a prize for the unit who manages to walk the furthest distance or visits the most interesting places in the region. Please make sure you keep us updated with what you are up to, by logging those miles and tagging us in your photos on social media.

#rambleroundtherregion

Girlguiding North West England

@girlguiding_nwe

girlguidingnwe

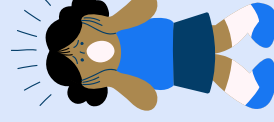
Make a Compass

Produce your own model compass.
We've created different versions for you one for Rainbows/Brownies and some more challenging ones depending on your unit. The instructions and templates can be found using the QR code below.



DID YOU KNOW?

Learning to navigate is an important life skill. What if your hiking and lose phone signal or run out of phone battery?



Navigation

Made your own compass and want to test it out, or just practice your compass directions? Have a go at one of the direction of travel quizzes by following the QR code below. One is easier and focuses on directions and one is slightly harder using bearings.



DID YOU KNOW?

Walking sideways takes up more energy than walking forward - this is due to the effort it takes to make your body work in an unfamiliar way. Why not have a race walking sideways!



DID YOU KNOW?

Someone who maps is called a cartographer



Map Art

If you're familiar with your local area and green spaces how about enjoying yourself with a bit of creative map route art. It's amazing what patterns you can find in your local street's.

If you have the OS Maps App you can find information here:

<https://getoutside.ordnancesurvey.co.uk/guides/map-art/>

or without the OS Maps App you can access on mobile devices, you should head to this web page

<https://osmaps.ordnancesurvey.co.uk/>

Search for your local area (or anywhere you want to walk).

Use the print function to print off the area of interest.

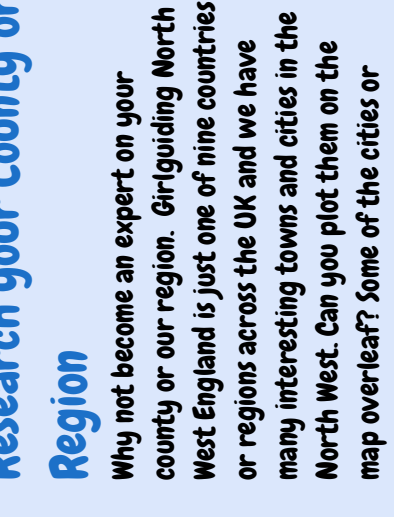
Draw a route, in the shape of an animal or Trefoil or your unit initials.

Go outside and follow the route.

Walking for 10 miles every week would eliminate 500 pounds of carbon dioxide emissions a year

Research your County or Region
Why not become an expert on your county or our region. Girlguiding North West England is just one of nine countries or regions across the UK and we have many interesting towns and cities in the North West. Can you plot them on the map overleaf? Some of the cities or towns include; Douglas, Carlisle, Barrow-in-Furness, Lancaster, Preston, Blackpool, Chorley, Blackburn, Burnley, Southport, Wigan, Bolton, Oldham, Stockport, Manchester, Warrington, Salford, Liverpool, Birkenhead, Chester, Macclesfield and Crewe to name only a few.

Take it further: Maybe you could have a discussion about your local area or visit one of the local landmarks or areas of interest. The map overleaf will give you some ideas, but we're sure you'll have some of your own. Maybe you could plot some sporting venues or other places that we've not included on the map already.



DID YOU KNOW?

Walking improves blood flow and the brain and improves your mood

Geocaching

Geocaching is a form of treasure hunting for the digital generation. Instead of using a compass and printed maps more commonly associated with orienteering, participants rely on global positioning system (GPS) technology to find their way to certain points around the globe. These spots are found using coordinates published online by other forum members who have hidden boxes or containers (caches) there.

These boxes are often airtight Tupperware containers and can contain pretty much anything. In their most basic form, they'll usually have a log book for hunters to record their names and the dates on which they find the stash. Much of the excitement is in seeing what's been left. If the finder decides to take anything away, they're required to leave something of equal or greater value for the next person to discover - and the chain begins!

Why not have a go?
<https://getoutside.ordnancesurvey.co.uk/guides/beginners-guide-to-geocaching/>

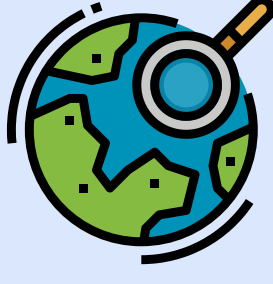


WHAT? 3 WORDS

Scavenger Hunt

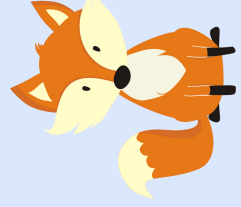
This is probably more suited to Guides and Rangers as they'll need a phone. But why not try to create a scavenger hunt using your own meeting place or village using What3Words. Maybe the girls could come up with a scavenger hunt for the leaders! For younger girls you could do your own scavenger hunt. Have fun!

Enjoy



DID YOU KNOW?

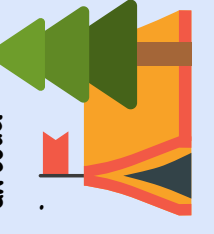
One of our staff members is related to Lord Lovat. Simon Fraser, who is said to have led to the formation of Ordnance Survey. His nickname was the fox because he evaded the he authorities for such a long time!



Hide & Seek

Why not have a go at being a fox and hiding! You can play the traditional game, where everyone hides and one person seeks, that we all know and love or make it a bit more complicated. You could:

- start off with one seeker, but every time they find a hider, they become a seeker. So you need to make sure no one sees where you hide!
- have just one person hiding and everyone else seeking
- split your unit in half, have half the unit go as seekers and half as hiders, seekers will go and look for the hiders, but if a seeker finds someone then they too will hide with them
- Or just come up with your own variation of the game!



ORDER YOUR BADGES!

IF YOU HAVEN'T ALREADY DONE SO, ORDER YOUR UNITS BADGES HERE



Walking Playlist

Music can help keep us motivated, so why not create your very own individual or unit walking playlist either with inspirational songs to keep everyone moving, or maybe songs about walking. Or you could make your own unit song, to keep you going! We'd love to hear it, so please share your creations on social media, so we can see how fantastic your creations are, we know you won't disappoint us.



Everywhere We Go!

Teach your unit the words to Everywhere We Go, if they don't already know and sing it whilst out and about on your walks!

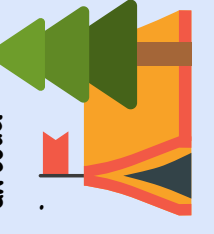
Everywhere we go (repeat)
People always ask us (repeat)
Who we are (repeat)
So we tell them (repeat)

We're Girlguiding North West England (or insert your unit name here) (repeat)
And if they don't hear us (repeat)
We repeat a little louder (we repeat a little louder)



Activity Centres

If you want to get your unit outdoors, then why not consider staying at one of the activity centres across the region. You can find a full list of centres here using the QR code.



Do not forget

to log all these steps they all count towards your walking challenge!

