



Girlguiding South West England

THE GREAT REGION RAMBLE



After a year of online Guiding and indoor activities, the Summer brings a super new Challenge to get us all outdoors and united as a Region! We have measured 1134 miles around the entire circumference of all of our 16 Counties and Islands and now we want to see how many times we can cover this distance together! Complete a walk either with your family or as a unit and record your distance en route using a smartphone app or pedometer. Every footstep counts so the miles/km will be added up for each individual out walking who is taking part in the Challenge. **Send your miles/km in after each walk with your name, unit and County to outdoors@ggswe.org.uk and we will be collecting them to hit our Great Region Ramble target!**

Our 'Ramble Calculator' will display the overall progress over the Challenge months on the Region's website and Facebook page from 1st July - 31st October 2021. Let's get walking! Which County or Island will collect the most miles...? #GreatRegionRamble

Choose 5 of the following activities below to qualify for your badge and complete on your walks over the Great Region Ramble. You can collect as many miles/km as you like!

1. **Walk the alphabet**

Can you find street names, signs or house names with all the letters of the alphabet? Or try to spell out the letters in your name!

2. **Walk in a shape ***

Plan a route in a giant shape of something interesting. When you set off on your walk use a walking app to record the path so it makes the shape on the screen for you to share! Could you make a trefoil symbol or create an animal shape perhaps?

3. **Find faces or human shapes in nature**

This is called Pareidolia. As you walk, look up into the sky and the clouds could be making shapes or find faces in gnarly trees and roots! Take pictures of or draw what you see.

4. **Create a picture using nature * ***

Get creative using anything natural you can gather on your walk and

make a picture. Leaves, twigs and feathers all make really interesting new shapes and textures.

5. **Walk to the highest point in your area**

Where is the highest vantage point local to you? What do your surroundings look like from the top and how many steps, metres or miles does it take to reach the highest point?

6. **Spot 5 different birds ***

Birdwatching can be really exciting in the summer and you could learn about some new species! Borrow a bird book from your local library or someone you know and find out what to look for.

7. **Spot 5 different trees * * ***

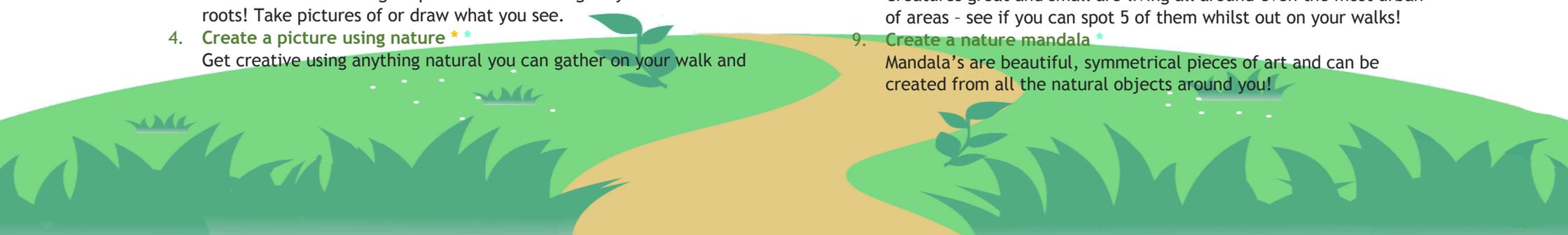
We walk past so many different varieties of plants and trees each day - can you name 5 different trees on your walk?

8. **Spot 5 different creatures ***

Creatures great and small are living all around even the most urban of areas - see if you can spot 5 of them whilst out on your walks!

9. **Create a nature mandala ***

Mandala's are beautiful, symmetrical pieces of art and can be created from all the natural objects around you!



10. Compare textures

Explore new surroundings and feel nature's wonderful different textures along the way and compare them. How different does an old tree feel compared to a soft downy patch of heather? Does the ground feel different on a sandy beach to a pebbly cove? What does it sound like?

11. Magnify it

Take a closer look on your walk with a magnifying glass! How do the veins look on leaves and/or the swirling colours in pebbles? You could recreate these patterns with colouring pencils or paints when you get home.

12. Go for a walk in the rain

The rain can be wonderfully refreshing to be in so get wrapped up and outdoors. Jump in muddy puddles and clock your miles!

13. Stargazing *

Go for a moonlit walk and lie on the floor at night to observe the stars - can you name any constellations?

14. All about trees * *

What wonderful natural structures they are! Hug a tree, climb a tree or imagine all the things a tree has seen happen in its life. Is it indigenous to our country? Write down your findings.

15. Learn to read a map * *

Get a map and find out what different symbols and signs mean. Plan a route and walk it.

16. Learn how to use a compass

Become a master navigator with a compass!

17. Play word games as you walk *

Try the 'I Spy Alphabet Game' - go through the alphabet saying things you can see on your walk for example A= acorn, B= berries some of the letters will be tricky! Describe something you can see while your companions try to guess what it is you are describing.

18. Have a go at geocaching * *

Geocaching is a treasure hunt that uses coordinates to direct you to hidden containers called caches. Using a smartphone or similar device you can find ones in your local area!

19. Beat your daily step count

You could try to get the highest count each day for a week!

20. Complete a rainbow hunt *

See if you can find all the colours of the rainbow in nature whilst out on your walk. Before you go, you could make your own sheet listing colours of the rainbow, with space next to each one to write down what you've found.

21. Take a dog for a walk

Get a furry friend to help clock in your miles for the Region! They are happy to be out in all weathers and always with enthusiasm. If you don't have a dog of your own you could ask a neighbour or friend to walk theirs for the day.

22. Take a Penny Hike

Set off on a traditional penny hike and leave your route to chance! Take a coin and at each junction you come to, toss the coin to decide if you go left or right. Keep track of your route and see where penny takes you....

#GreatRegionRamble



Some of the activities in The Great Region Ramble Challenge can help towards UMA's and Skill Builders!

We've highlighted some examples to get you started.

- * Rainbows Programme (Skills Builders 1-2)
- * Brownies Programme (Skills Builders 2-3)
- * Guides Programme (Skills Builders 3,4,5)
- * Rangers Programme (Skills Builders 5-6)

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