

# Girl Guide Challenge

[Hike Nova Scotia](#) is pleased to work with [Girl Guides of Nova Scotia](#) to offer all Guiding branches a chance to participate in a new challenge: The Hiker Distance Award Challenge for Youth. Hike Nova Scotia is a volunteer-based organization that encourages and promotes hiking, walking and snowshoeing throughout Nova Scotia. Hike, walk and snowshoe...

- for physical activity and health
- to enjoy nature
- to view beautiful Nova Scotia scenery
- to spend time with family and friends



## Hiker Distance Award Challenge Patch

The aim of the Hiker Distance Award Challenge is to encourage more hiking, walking and snowshoeing among our young people. Once the challenge is completed, a Hiker Distance Award Challenge Patch will be awarded (free in Nova Scotia). Leaders are encouraged to contact Hike Nova Scotia at [info@hikenovascotia.ca](mailto:info@hikenovascotia.ca), (902) 494-7644 or [www.hikenovascotia.ca](http://www.hikenovascotia.ca).

## Activities

To earn the Hiker Distance Award Challenge Patch, please follow these two steps:

1. You must go on several hikes, walks or snowshoe outings (with your unit, family or others) and tally the following kilometres within one year:
  - Ages 5 to 8: 15 km
  - Ages 9 to 14: 30 km
  - Ages 15 to adult: 45 km

Download your Hiker Distance Award Challenge for Youth Logbook at:  
[www.hikenovascotia.ca/projects/distance-awards/](http://www.hikenovascotia.ca/projects/distance-awards/).

Tally your kilometres by going on more than one hike. We recommend you hike several hikes and accumulate them over time within a year. If you reach the required km for your age group early, you can always hike more! Find a list of links to trail maps and directions at [www.hikenovascotia.ca/find-trail/](http://www.hikenovascotia.ca/find-trail/).

2. In addition to hiking the distance above, you must complete at least 2 of the following activities in a manner appropriate to your unit level:
  - Make a nature journal out of recycled materials and use it on at least one of your hikes, sketching five plants or animals you see.
  - Learn about the seven Leave No Trace Principles ([www.leavenotrace.ca/home](http://www.leavenotrace.ca/home)) for reducing your impact on the outdoors and share the results with your unit.
  - Research and create a checklist of things you should bring on a hike to be safe and comfortable.
  - Create a hike plan (where you'll go, information about the trail, when you'll go and return, etc.).

- Discuss how to be safe while hiking and then make up and perform skits about what you discuss.
- Take part in a “Hug-A-Tree and Survive” program ([www.adventuresmart.ca/kids/hugatree.htm](http://www.adventuresmart.ca/kids/hugatree.htm)) or ask a local wilderness survival expert to demonstrate wilderness survival skills.
- For Rangers: Take a Safe Hiker Course offered by Hike Nova Scotia ([www.hikenovascotia.ca/projects/safe-hiker-course/](http://www.hikenovascotia.ca/projects/safe-hiker-course/)).
- As a group, offer to help a local trail building organization in building, maintaining or doing a litter clean-up on a local trail. Find trail groups throughout Nova Scotia listed at [www.novascotiatrails.com/page.cfm?pid=1153&tid=10&hid=3](http://www.novascotiatrails.com/page.cfm?pid=1153&tid=10&hid=3).
- Go on one of Hike Nova Scotia’s Fall Guided Hikes or Winter Guided Snowshoe Events organized each year throughout the province ([www.hikenovascotia.ca/projects/guided-hikes/](http://www.hikenovascotia.ca/projects/guided-hikes/)).
- Research the International Appalachian Trail in Nova Scotia ([www.iatnovascotia.ca/](http://www.iatnovascotia.ca/)) and share the results with your unit.

## **Order Patches**

Contact [info@hikenovascotia.ca](mailto:info@hikenovascotia.ca) to order your patches. Please provide the following information:

- Name of the Unit and contact name
- Give the number of km hiked per person and list the two (or more) completed activities (comments welcome)
- Number of girls/leaders to receive a patch
- Mailing address and phone number
- Photos (we would love to share your success with Hike NS members – please ensure photo releases are completed, found at [forms.girlguides.ca/SitePages/Home.aspx](http://forms.girlguides.ca/SitePages/Home.aspx)).

## **Q & A**

**Q** What activities count toward tallying my kilometres?

**A** Hiking, walking and snowshoeing all count when tallying kilometres.

**Q** Where do activities count? Can I walk in my subdivision, or does it have to be on an actual trail?

**A** You may hike on a local trail, walk on nearby streets, a board walk, etc. The setting of your hiking, walking and snowshoeing doesn’t matter.

**Q** If I use a pedometer, can I use my total number of steps to receive a badge?

**A** Only kilometres may be submitted when you are ready to redeem your distances and activities for a badge. However, you can easily multiply your total number of steps by the average length of your stride in metres (and then divide that by 1000) to calculate your total number of kilometres. Adults may use a pedometer and keep track of your steps on the Walkabout website at [www.walkaboutns.ca/](http://www.walkaboutns.ca/).

**Q** Where can I borrow snowshoes?

**A** The Girl Guide head office has some snowshoes to lend for younger ages. Many municipal recreation offices have snowshoes for rent or borrowing. Call your local recreation department to see if they have some you could borrow.

Tip for using log books: place your logbook in a plastic zip & lock bag to protect it from the elements.