



RISE AND SHINE

Plan for a dawn hike and take in a beautiful sunrise, plus build in a tasty reward in the shape of fruity breakfast bars that your Group can make beforehand

WOGGLEBOX

Cameron says:

'The breakfast bar was really tasty, and it was good to have something to eat as we got up at dawn. The chargrilled bits weren't great though.'



ShAre

Send us your photo of the sunrise – go panoramic!

PERMITS

Taking your Group on a hillwalk may require a permit, unless your planned route is below 500m above sea level, is within 30 minutes of a road and is not mountainously steep. Check scouts.org.uk/a-z for full details.

And take a look at the Scouts emergency cards and procedures at scouts.org.uk/intouch.

ACTIVITY

Suitable for Cubs and Scouts

You will need:

- Maps
- Essential items of kit

Instructions

1 Ask your young people to choose the distance they'd like to hike. They should choose a good spot to walk to, a place where they'll have a clear view of the sunrise, a hill for example. Consider the terrain and

what you want to see on the way, and include any challenges your Scouts are keen to experience.

2 Next, get out the map and plan the route together. Bearing in mind you'll be taking in a hill on your walk, factor in the extra time for the climb. Find out when the sun is due to rise on the day you're planning to make your hike – the aim is to reach the viewing spot before sunrise.

3 With your Group, discuss what they should take in their kit for the hike. Include

items such as a map, compass, whistle and first aid kit, etc. Don't forget you'll need a torch, as it will be dark when you set off.

4 Plan an alternative route and an escape route in case of emergency and make sure plenty of people know where you're going and tell them the routes you're planning to take.

5 Make a breakfast snack with your Group. The recipe on the right makes a delicious, healthy bite to keep them energised and motivated on their hike.



GO EXTREME

To make this hike more of a challenge, take it to a different terrain. For example, use a route that is more than 800 metres above sea level, lies more than three hours from a road and has an element of mountainous steep ground. Don't forget to check out the hillwalking guidance at scouts.org.uk/a-z.

Well tasty!

ACTIVITY

FRUITY BREAKFAST BAR

Suitable for Cubs and Scouts

You will need

- 100g mixed dried fruit
- 100g mixed seeds
- 280g oats
- 100g desiccated coconut
- 200g butter
- 200g light muscovado sugar
- 200g golden syrup

Makes 24

Instructions

- 1 Ask your young people to line two 20cm square cake tins with greaseproof paper, before mixing the dried fruit, seeds, oats and coconut together in a bowl.
- 2 Now they can melt the butter, sugar and syrup together in a saucepan over a gentle heat. While one Scout carefully removes the pan from the heat, another can pour the dry ingredients into the saucepan, while someone else mixes until all the ingredients are combined.
- 3 Next, ask a young person to divide the mixture between the two baking tins, spreading it out and pressing it down with a spatula. Place in a preheated oven and bake for 20 minutes at 160C/140C fan/gas mark 3. Leave to cool, then cut into squares.

TIME NEEDED

60 minutes plus hike

BADGE



GO Outdoors partners the Hikes Away Staged Activity Badge

PARTNER



OUTCOMES

Your Group will improve their skills in planning and teamwork when organising the breakfast hike and making the fruity bars. A good hike involves physical fitness and watching the sunrise together as a Group is a great shared experience.

TAKING IT FURTHER

Challenge your Scouts even further by supporting them to plan an exploration or expedition over two days to help work towards their Expedition Challenge Award. Read some great advice from local volunteers on page 20.

MORE INFORMATION

To find out more about GO Outdoors, visit scouts.org.uk/gooutdoors.