

Walk and talk

Go on a hike with other Scouts from your local area to enjoy the outdoors with others and get to know new people



As well as being good for our health, walking is a great way to start conversations and get to know people, especially those from different areas of life who you might not otherwise meet. Invite Scouts from other sections, groups and districts to come on a ramble with your young people and encourage everyone to get to know at least one new person and find out something about them.

Suitable for all

Instructions

1 Explain to your young people that they are going to go on a walk with a group to meet new people. They will invite other Scouts to join them.

2 Challenge the young people to think about: where the walk should take place (in an urban or countryside environment?); if there any hazards; how far it should be; whether it's accessible for all; and what everyone will get out of it – for example, will there be viewpoints,

points of interest, interesting buildings or wildlife to see along the way?

3 When they are on the hike, they could ask their companions if they like walking, and what they think the benefits are.

4 After the walk, bring everyone together to reflect on their experience and to each share something about the people they met. Did they enjoy getting to know new people?



Safety in numbers

Guidance on ratios and other advice can be found at: scouts.org.uk/yellowcard

Stay on track

Find rules for hillwalking, factsheets and more at scouts.org.uk/a-z.
For guidance on Terrain Zero Activities go to [members](https://scouts.org.uk/members).
scouts.org.uk/FS120426

Time needed

To earn their badges, Beavers must walk for at least two hours, Cubs for three hours, Scouts for four hours and Explorers for five hours

Badge



GO Outdoors partners the Hikes Away Staged Activity Badge

Partner



Outcomes

Your section will plan their own hike with other local Scouts to get to know new people in their area. To plan their own walk they will work together to choose a route, think about any potential hazards, consider different abilities and include points of interest or natural beauty along the way.

More information

To find out more about GO Outdoors go to scouts.org.uk/gooutdoors.