

Name _____

Date _____

Director _____

North England Master Guide Challenge



You will need to complete each one of the challenges below within the month to earn your medal. Earn extra points for your club by completing any of the bonus challenges.

If you are physically unable to complete any of the challenges, please speak with your club director who will be able to arrange an appropriate alternative challenge for you.

Please have an adult with you as you take part in the challenges. You must be a registered member of a Pathfinder club to take part.



Humber Bridge - 20pts

At 2,220m long, the bridge was the world's longest single-span suspension bridge when it opened and held this record for 16 years. It is the UK's longest single-span suspension bridge and now the eighth longest in the world. It remains the longest in the world that can be crossed on foot or by cycle.

Photo by John Wardell (Nestino) on Foter.com

Walk 2x 2,220 (total 4,440) steps a day, twice the length of the bridge.

Tick each of the boxes here as you complete your daily steps. When all boxes are ticked, you have completed this part of your challenge.

DISCLAIMER: It is very important that you warm up and down properly when you do any type of exercise, as cold muscles are easy to strain. It is also important to consult a physician if you have any type of condition that could affect your health when exercising.



Windemere - 20pts

Lake Windemere is in Cumbria's Lake District National Park, northwest England. It is surrounded by mountain peaks and villages, including Bowness-on-Windemere, where The World of Beatrix Potter Attraction has modern displays on the children's writer. The lake is 11 miles long, 22 miles round trip.

Photo by Gerard Stolk on Foter.com

Complete 2x 22 (total 44 miles) (by any of the following means: swimming or running or cycling or jogging or hiking) over the challenge period in a virtual round Windemere challenge.

Tick off the miles in the boxes. Once you have ticked them all, you have completed this part of your challenge.



Bournville - 20pts

Built by the Quaker Cadbury family as a clean and safe place for their workers who were provided with medical care and pensions. Residents were encouraged to use the free sports facilities and alcohol was not permitted and is still not permitted in the village today.

Photo by amortize on Foter.com

Follow a 30 minute professional workout 5 days of every week during the challenge period. Please warm up before you begin and stretch out afterwards. There are many exercise programmes available to follow including the 3ABN Body & Spirit workouts (<https://www.youtube.com/watch?v=q0f5w152UQE>) and other practitioners such as Joe Wickes who did a 30 minute workout online each day during the 2020/21 lockdowns (<https://youtu.be/qGKGzNbWJU>)



National Space Centre - 20pts

There are several areas in the North of England classified as Dark Sky locations. These have very little ambient light and are perfect for viewing the glorious night sky creation.

Photo by karlos of syston on Foter.com

Lead a Bible study-based worship for your family for 7 days during the challenge period based on the beauty of the heavens: Psalms 19, Proverbs 8, Exodus 31:12-18, Genesis 1, 1 Chronicles 16:1-36 and two others you can choose. Keep a star journal for the rest of the challenge period, noting the celestial bodies and other space objects (International Space Station, satellites, etc.) you can spot at evening or nighttime.

Enhance your journal with photos or drawings/paintings and scripture verses.



Holy Island, Lindisfarne - 20pts

An early centre of Celtic Christianity recorded from 6th century AD. Many early versions of books, including the Bible were copied and distributed from here. The famous Lindisfarne Gospels (early English picture Bibles) were copied and decorated here.

Photo by Airwolfhound on Foter.com

Complete one of the following honours in your own time via the online e-Club during the challenge period. You can find all the honour resources listed here: <https://youth.adventistchurch.org.uk/e-club-pathfinders>

- Advanced Prayer Honour
- Heart & Circulation Honour
- Pigeon Raising Honour



Advanced Prayer



Heart & Circulation



Pigeon Raising



Northern English Art - 20pts

Iconic landmarks in the North of England are many and varied! The beautiful countryside, the busy towns and cities, the ancient monuments and more. Which will you choose?

Represent one of the natural or man-made English landmarks in any art form e.g. Paint, draw, lego. Take a photo of your artwork and send it to your club director with this worksheet to verify completion of your challenge!

