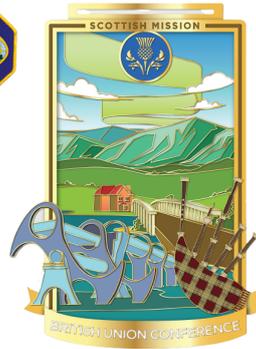


Name _____

Date _____

Director _____

Scottish Mission 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.



Ben Nevis Climb - 20pts

Ben Nevis is the tallest peak in BUC at 1,345m high.

Photo credit VisitScotland

Walk 4x 1,345 (5,380 total) steps each day.

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.



Loch Ness Lengths - 20pts

The loch is 22.5 miles long and contains more water than all the lakes of England & Wales combined.

Photo by conner395 on Foter.com

Complete a return journey of 2x 22.5 (total 45 miles) or 2x 36km (total 72km) by either swimming/running/skipping/jogging/hiking over the challenge period

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



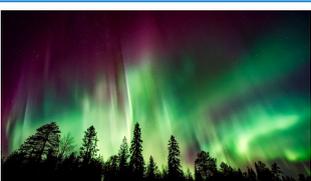
Falkirk Wheel Rotation - 20pts

The only rotating boat lift of its kind in the world.

Photo by M McBey on Foter.com

Choose TWO of the following to do each week day of the challenge period: 24 Sit-ups / 24 Push-ups / 24 squats / 24 star jumps.

Tick off each day in the boxes and when all the boxes are checked off, you will have completed this part of the challenge.



Northern Lights - 20pts

Aurora Borealis gain energy from the sun, as we gain our energy from the Son.

Create and lead a daily worship for your family for 1 week using 7 of these texts: Genesis 1:1-5 & 1:14-19; John 8:12; Exodus 13:21-22; Matthew 5:14-16; Matthew 6:22-23; Matthew 24:23-30; John 1:1-14. Find 7 more verses that fit with this theme and lead worship for a second week using the texts you found.



Bagpipes & Kilts - 20pts

The bagpipes are traditional instruments from Scotland with a very distinctive sound.

The kilt has a very long history and the weave denotes to which clan the wearer belongs.

Complete either of the following pairs of honours in your own time during the camporee challenge month, using the online e-Club for your resources:

Bagpipes and Advanced Bagpipes: <https://youth.adventistchurch.org.uk/e-club-bagpipes-honour> OR Kilts and Advanced Kilts: <https://youth.adventistchurch.org.uk/e-club-kilts-honour>



Bagpipes & Advanced Bagpipes
Kilts & Advanced Kilts



Scottish Art - 20pts

Iconic landmarks in Scotland are many and varied! The beautiful countryside, the stunning coastline, the ancient monuments and more. Which will you choose?

Represent one of the natural or man-made Scottish 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!

