

Name \_\_\_\_\_

Date \_\_\_\_\_

Director \_\_\_\_\_

# Welsh 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.



Yr Wyddfa, Snowdon - 20pts

Yr Wyddfa, or Mount Snowdon is the tallest peak in Wales at 1085m high

Walk 4x 1,085 steps each (total 4340) each day 4x the height of Yr Wyddfa.

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.



Wales Coast Path - 20pts

The distance between Aberdaron and Porthmadog is 47 miles or 75km along the Welsh Coastal Path

Complete 47 miles (by any of the following means: swimming or running or cycling or jogging or hiking) over the challenge period in a virtual part Coast Path challenge.

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


Photo by dolbinator1000 on Foter.com



Pontcysyllte Aqueduct - 20pts

The longest and highest aqueduct in Britain, Pantcysyllte has 18 arches/spans and carries the Llongollen Canal over the River Dee. It is in use by narrow boats and was completed in 1805.

Do 36 star jumps OR 36 squats OR 36 push ups/sit ups OR 36 burpees (or any combination of these in 2x sets of 18) every week day of the challenge period.

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


Photo by Sou'wester on Foter.com



Mary Jones Bible Walk - 20pts

Mary Jones walked for 25 miles across the mountains to obtain a Bible. The Bible Society was founded as a result. Read her story here: [https://www.biblesociety.org.uk/uploads/content/projects/mary\\_jones\\_story.pdf](https://www.biblesociety.org.uk/uploads/content/projects/mary_jones_story.pdf)

Create and lead a daily worship for your family for 1 week based on the powerful testimonies of those who created the charitable organisations and powerful movements we know so well today: The Samaritans: <https://www.samaritans.org/about-samaritans/our-history/> Barnado's: [https://www.barnados.org.uk/who-we-are/our-history](https://www.barnados.org.uk/who-we-are/our-history/) The Red Cross: <https://www.redcross.org.uk/about-us/our-history/the-beginning-of-the-red-cross> The YMCA: <https://en.wikipedia.org/wiki/YMCA>


The Bible Society: <https://www.biblesociety.org.uk/about-us/our-history/> William Wilberforce: [https://en.wikipedia.org/wiki/William\\_Wilberforce](https://en.wikipedia.org/wiki/William_Wilberforce) Research another example for your worship time.



Beauty in Nature - 20pts

Wales is known for its natural wild beauty, its sprawling sheep farms and the beautiful beaches along its coastline.

Work towards earning your Naturalist Master badge: [https://pfclub.co.uk/products/naturalist-master-award?\\_pos=1&\\_sid=8ee2b44bc&\\_ss=r](https://pfclub.co.uk/products/naturalist-master-award?_pos=1&_sid=8ee2b44bc&_ss=r) Complete at least 2 honours you have not done before.

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Welsh Art - 20pts

Iconic landmarks in Wales 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 Welsh 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!

