

Name \_\_\_\_\_

Date \_\_\_\_\_

Director \_\_\_\_\_

# Welsh Mission Pathfinder 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 2x 1,085 steps (total 2,170) each day of the challenge period which is 2x 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 along the Welsh Coastal Path between Cardiff and Newport is 24 miles or 38.6km

Complete 24 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 walk.

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




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 18 star jumps OR 18 squats OR 19 push ups/sit ups OR 18 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 ticked, you will have completed this part of the challenge.




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 young people in the Bible. This could include Joshua, David, Naaman's servant girl, Timothy, Esther, Mary the mother of Jesus, Daniel and his friends in Babylon, etc.

Tick off a box as you complete each day of this part of the challenge.




Beauty in Nature - 20pts

Wales is known for its beautiful cascades and several birds of prey (e.g. kestrel, kite, buzzard, peregrine falcon).

Complete one of the following honours in your own time during the challenge period using the resources from the online Pathfinder e-Club: <https://youth.adventistchurch.org.uk/e-club-pathfinders>: Birds, Raptors or Waterfalls Honour

	Birds	<input type="checkbox"/>
	Raptors	<input type="checkbox"/>
	Waterfalls	<input type="checkbox"/>



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 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!

