

Western New York Hiking Challenge

Outside Chronicles has developed a robust Hiking Challenge. The challenge helps Western New Yorkers explore a wide range of outdoor spaces. GSWNY has teamed up with Outside Chronicles to provide girls with a special rate. See details and register on their site: outsidechronicles.com/registration



GSWNY's WNY Hiking Challenge Rider Patch

Copy and paste the text from the reflection below into an email, then answer the questions and send it to outdoor@gswny.org with your name, grade, and answers. Once you have received confirmation of completion from the Outdoor Department, you can use this verification to purchase the rocker patch from our GSWNY shops. Rocker patches are .96 cents each. For info about how to contact our shops or to see shop hours, [click here](#).

Reflections Questions

Daisy/Brownie (Grades K-3) Reflection:

- What was your favorite thing about hiking?
- What didn't you like about the Challenge?
- What were 3 cool things you saw when you were hiking?
- How did you choose which hikes you would do?
- What did you take with you on your hikes?
- How did you stay safe on the trail?
- Did you play any games while you hiked? What were they?
- How did you make sure your body was ready for a hike?

Junior/Cadette (Grades 4-8) Reflection:

- How did you decide which hikes you wanted to do?
- How did you prepare for the weather?
- What activities did you do along the trail?
- How did you **Leave No Trace** while you were hiking?
- What did you do to prepare for your hike?
- What did you bring with you?
- How did your physical fitness effect your hike?
- How can you physically train or prepare for hiking?

Senior (Grades 9-10) Reflection:

- What did you do to plan and prepare for your hikes?
- What goals did you set for yourself before you started this challenge?
- Does physical fitness play a role in hiking?
- Do you feel like you could use these hiking skills on a 2-3 day backpacking trip?
- What would be different about hiking in this challenge and a backpacking trip and how would you prepare for those differences?

Ambassador (Grades 11-12)

Reflection:

- How did you feel the WNY Hiking Challenge challenged you?
- What goals did you set for yourself before you started this challenge?
- Do you feel like you could use these hiking skills on a multi-day backpacking trip?
- How would a backpacking trip differ from this type of day hike?
- What type of planning and preparation would you need to do?
- Would you do another hiking or outdoor challenge if it was offered?

Adult Reflection:

- As an adult, how does hiking impact your life?
- What goals do you set for yourself before any hike or at the beginning of a hiking season?
- When you are hiking, what are the things you focus on? (Nature around you, thoughts of work or home, challenges you want to overcome, etc.)
- How will you share your love of hiking with Girl Scouts and others?