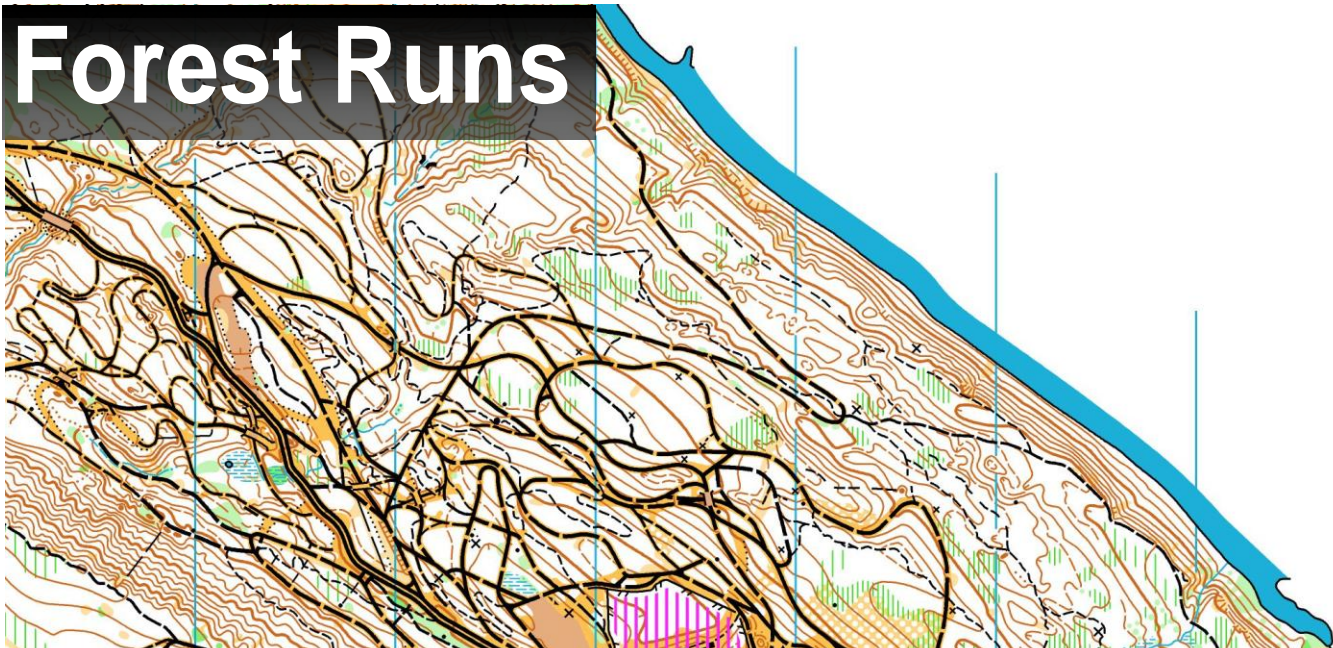


Forest Runs



ACTIVITY DETAILS

AGE

8-12

MATERIALS

Map
Compass

TIME

30 minutes

GOAL

To gain confidence moving off trail

INSTRUCTIONS

SET UP

- None

ACTIVITY

- Review bearings with the group
- Make sure that each participant has a map and a compass
- Go to an area with many handrails
- With the group, take a bearing from one handrail to a parallel handrail
- Run through the forest until the group hits the parallel handrail
- Relocate and take a new bearing that will take the group through a different patch of forest
- The coach should try and create a sense of adventure off trail

