

Company

NIGHT HIKE



GET
ADVENTUROUS



1 HOUR



PREPARATION
NEEDED



AIM

Navigating at night is a lot harder than in the day. Head out on a night hike using a map, compass and torch to help find the way.

WHAT YOU'LL NEED

- › Map & Compass
- › Torch
- › Appropriate Shoes & Clothes
- › High-Vis Clothing

GET ADVENTUROUS: NIGHT HIKE

THEME: EXPLORING THE WORLD AROUND ME



LEADER PREPARATION

A leader will need to find a suitable location for a night hike. Ideally it should be remote with little lighting. All leaders should be familiar with the route beforehand. Young people should be told in advance what footwear and clothing they will need for this activity. Torches with working batteries should be provided to each young person.



GETTING INTO THE ACTIVITY

A night hike is a great way to learn and try out navigation skills in a challenging and different way. For this activity split into groups, with each group having two leaders. Provide each group with a map of the area you are hiking in. Depending on the experience of the group, the route should be pre-marked on the map or provided to them as grid references, for them to mark on the map themselves.

Head out on the hike, with young people encouraged to take the lead and leaders there to provide support and ensure safety. Hiking in the dark will put the group's navigation skills to the test as they won't be able to rely on visual clues or landmarks. Can the group find the right footpaths and navigate their way around the route without getting lost?

Challenges: Make the activity even more interesting by adding challenges along the way for young people to complete. This might be questions to answer about the route, checkpoints with activities on or objects to find.

In a Park: Don't have easy access to countryside? Visit a large park or woodland area instead (ideally with large areas with no streetlights). Place markers on the floor / trees for young people to find. Provide the grid reference or What3Words location for each marker for them to plot on their maps and navigate to.



IDEAS TO TAKE THIS FURTHER...

Hiking through countryside? Provide the groups with a list of nocturnal wildlife that they might see on their travels. How many of these animals can the group spot whilst hiking?



KEEPING EVERYONE SAFE

A risk assessment will need to be completed beforehand. The location used must be appropriate for a night hike. Please ensure suitable leader numbers for each group. Be seen – high visibility clothing / strips are recommended and each person should have a torch. Warm clothing and appropriate footwear are essential.