

Ashdown District Hike Training Session

18 Feb 2007: 'The BUMPS' (V2)
17.5km (plus lots of ascent!)

OS Explorer Sheet: 122 (Brighton & Hove)

Checkpoint grid references:

Start: TQ 258, 110

Route: follow the numbers!

Finish: depends on fitness!

Note to leaders: This training session is all about fitness and involves going up and down the steep north face of the Downs several times, but with a bit of lowland walking thrown in to test map reading skills along the way.

The Scouts should be using the correct OS Map as they normally would, but on this occasion no grid references will be given.

Each team must therefore be given a copy of this sheet so that they can see the route.

As a minimum, the checkpoints marked in yellow should be staffed by leaders.

No leaders (or parents) must shadow the teams from now on.



**ASHDOWN DISTRICT
SCOUTS**

