



RESOURCES

MINI PILGRIMS

Journey Sticks

Inspired by the [Woodland Trust](#), journey sticks are a way of charting your walk. To start everyone should find a stick that is easy to carry with them. As you journey together pick up natural objects along the way and tie them to your stick using twine or wool. We used a single colour, but the resource from the Woodland Trust gives the option of using different colours for each of the senses. This activity gives you a visual reminder of the journey taken, and allows you to reflect back on the walk recalling the different environments you have passed along the way.

For this activity the Mini Pilgrims group Forth Sunday Adventures walked to Beacon from Beacon Edge in Penrith.

Look at the objects you have tied to your journey stick. What did you choose to tie to your stick and why? How are they different/the same as other people's journey sticks? Did anyone pick up an object that was unusual or unexpected? Describe the walk to someone else in the group using your journey stick as a reminder or; imagine you are on a journey through a jungle, a big city or along a beach, what different things would be tied to your journey stick?



Apart from the materials found to tie to your journey sticks you will also need to take with you pieces of pre-cut natural twine or wool. Wet wipes and a hand sanitiser are also advised. You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies.

A map to Beacon produced by Penrith Town Trails can be found here: www.penrithtowntrails.co.uk/downloads/beacon.pdf, or for reference see: Ordnance Survey Explorer Map OL5 The English Lakes North-eastern Area.

This activity can be done on any walk. It is not reliant on a particular environment.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.