

Name _____

Date _____

Director _____

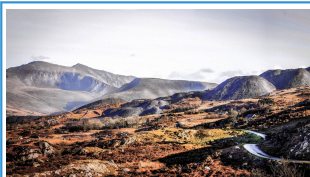
Welsh Mission Adventurer Challenge



You will need to complete each one of the challenges below within the month to earn your medal.
Earn extra points for your club by completing any of the bonus challenges.

If you are physically unable to complete any of the challenges, please speak with your club director who will be able to arrange an appropriate alternative challenge for you.

Please have an adult with you as you take part in the challenges. You must be a registered member of an Adventurer club to take part.



Yr Wyddfa, Snowdon – 20pts

Yr Wyddfa, or Mount Snowdon is the tallest peak in Wales at 1085m high

Walk 4x 1,085 steps (total 4340) each day of the challenge period which is 4x the height of Yr Wyddfa.

Tick each of the boxes here as you complete your daily steps. When all boxes are ticked, you have completed this part of your challenge.

DISCLAIMER: It is very important that you warm up and down properly when you do any type of exercise, as cold muscles are easy to strain. It is also important to consult a physician if you have any type of condition that could affect your health when exercising.



Wales Coast Path – 20pts

The distance along the Welsh Coastal Path between Cardiff and Newport is 24 miles or 38.6km

Complete 24 miles (by any of the following means: swimming or running or cycling or jogging or hiking) over the challenge period in a virtual part Coast walk.

Tick off the miles in the boxes. Once you have ticked them all, you have completed this part of your challenge.



Pontcysyllte Aqueduct – 20pts

The longest and highest aqueduct in Britain, Pontcysyllte has 18 arches/spans and carries the Llongollen Canal over the River Dee. It is in use by narrow boats and was completed in 1805.

Do either 9 star jumps OR 9 squats OR 9 push ups/sit ups OR 9 burpees every week day of the challenge period.

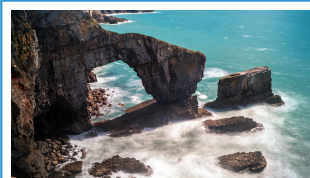
Tick off each day in the boxes and when all the boxes are ticked, you will have completed this part of the challenge.



Mary Jones Bible Walk – 20pts

Mary Jones walked for 25 miles across the mountains to obtain a Bible. The Bible Society was founded as a result. Read her story here: https://www.biblesociety.org.uk/uploads/content/projects/mary_jones_story.pdf

Print and complete the Mary Jones worksheet you'll find online here: <https://www.tes.com/teaching-resource/the-story-of-mary-jones-sequencing-6057427> and create a mini journal of Bible verses that you have read over several days during the challenge period: https://ministryark.com/katy/wp-content/uploads/2018/04/Bible_Reading_Journal_Printable2.pdf



Beauty in Nature – 20pts

Wales is known for its beautiful cascades and several birds of prey (e.g. kestrel, kite, buzzard, peregrine falcon).

Complete one of the following awards in your own time during the challenge period using the resources from the online Adventurer e-Club: <https://youth.adventistchurch.org.uk/e-club-adventurers>

- Children of the Bible award
- Outdoor Explorer award



Children of the Bible ☐



Outdoor Explorer ☐



Welsh Art – 20pts

Iconic landmarks in Wales are many and varied! The beautiful countryside, the stunning coastline, the ancient monuments and more. Which will you choose?

Represent one of the natural or man-made Welsh Mission landmarks in any art form e.g. Paint, draw, lego. Take a photo of your artwork and send it to your club director with this worksheet to verify completion of your challenge!

