



Lock-down
Scout
Outdoor Achiever

Harpenden, Wheathampstead and Kimpton Scout District

Activity 2: Fitness

Timed Power Walk

Rothamsted Park, Harpenden

This is a power WALK up and down the Rothamsted Park avenue of limes: no running is allowed. You need a timer to start at your first pace and stop when you return. Share your time (to the second) during the Zoom meeting.

All ages start at the entrance gate bar (see pic).

Beavers can power walk to the first seat and back(see pic).

Cubs, Scouts and Explorers can power walk to the gate at the top of the limes and back (downhill) to the start. (See pic).

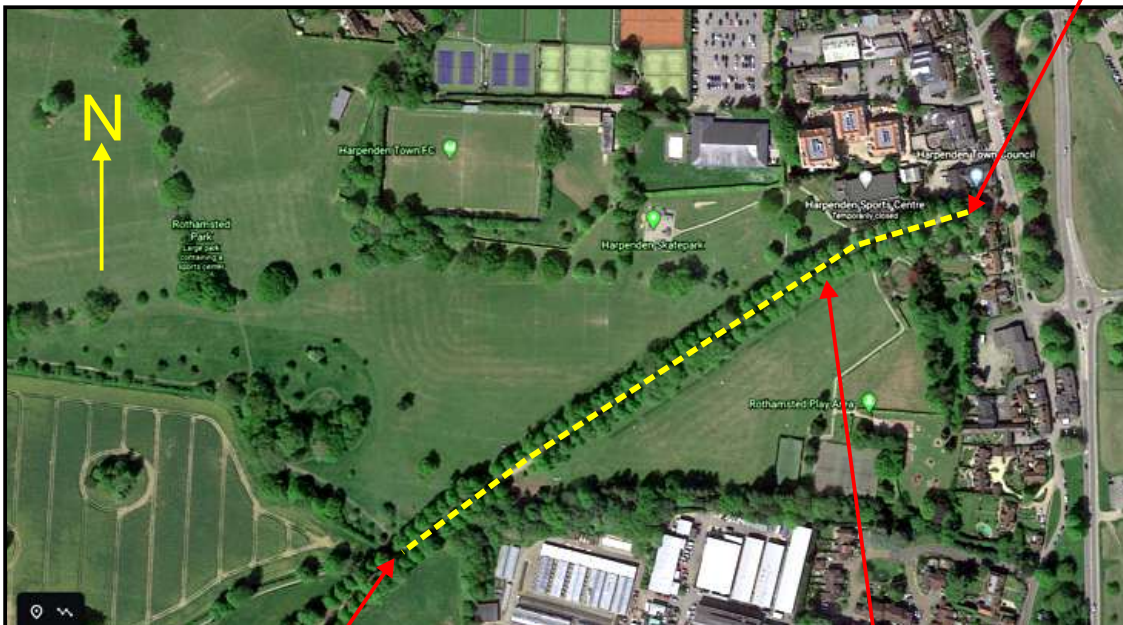
The DC says if you are proper Scouts you will do the power walk three times and record your time at each return.

Record your times at the bottom of the page to share at the Zoom meeting.

**Needs a timer
and comfortable
shoes or trainers**



Aerial map of Rothamsted Park



**Beaver
return
post**
(First seat)

Time, there and back once

Time, there and back twice

Time, there and back three times

**Covid 19
Discipline**

OBSERVE SOCIAL DISTANCE

Beavers/ Cubs:
Must be with responsible adult

Scouts/ Explorers:
Parents must be informed.
Work with a friend.

**The avenue of limes is a
shared space: be careful
of others on the path.**