



HIKE-BIKE 100



Celebrate 100 Years of Girl Scouting.

Join us on the North Country Trail.

Since the early days of Girl Scouting proficiency in outdoor skills has been an important part of learning leadership and building confidence.

In 1938 laying a trail through the woods or fields for others to follow, or making a simple map to clearly show the way to go was a requirement for Second Class Rank .

A 1929 Girl Scout handbook tell us “Extreme heat or cold, or a downpour of rain is the only kind of weather that should interfere with a hike. Soft rains or snowstorms are very pleasant to hike in.”

A Girl Scout handbook from 1947 reminds girls to “Take your Girl Scout Laws along with you. If you remember that ‘a Girl Scout’s honor is to be trusted,’ you will respect the property of others—you will not pick fruits or flowers without permission, trample cultivated fields, or leave gates open if you found them shut, or shut them if you found them open.”

In the 1950’s a Girl Scout Adventurer is told that she can give simple first aid treatment, use her compass and jackknife, and send and receive simple messages in Morse Code. She learned to whip the ends of a rope, use a signal flag, make a bedroll, and build a fire .

A Junior Girl Scout Handbook from 1963 includes a recipe for Somemores (we know them as S’mores) and Campfire Stew. Girls could earn the Gypsy and Foot Traveler badges, which showed their skill in a variety of campcraft skills and the ability to take four hikes, including one of two miles and one of five miles long.

Over the past 50 years, Girl Scouts have encouraged minimal impact principles in outdoor activities and kept up with the latest tools and technology in outdoor equipment.

Our founder, Juliette Low had a vision that we live today, to build girls of courage, confidence and character who make the world a better place. Let’s take it to the trail!

Girl Scouts of the Northwestern Great Lake, Inc.
4693 N. Lynndale Drive, Appleton, WI 54913
888.747.6945 / www.gsnwgl.org

How to Participate in Hike-Bike 100

Plan

- Girl Scout troops and individuals are encouraged to learn more about a section of the North Country Trail near them. Seek out resource persons to visit your troop or meet with someone who has hiking experience. If a hike on the NTC is not an option for you, select a public hiking or biking trail near you, find out how it was established and how it is maintained. The first book for children about the NTC, *Nettie Does the NTC: North Country Trail*, was written by Lorana A. Jinkerson and is appropriate for sharing with girls to encourage them in hiking. The book also lists additional resources for leaders and families. Contact Lorana Jinkerson at Yooperturtle@gmail.com.
- Choose a hiking/biking destination that is right for your level of experience and ability.
- Check Safety Guidelines in *The Source* to determine the right girl/adult ratio for your hike/bike. Find the safety requirements for hiking or biking. Enlist the help of a qualified First Aider. Check the trail conditions and if possible, leaders should hike/bike the area yourself before you go as a group. Locate contact information for emergency services in the area you will be hiking. Always have an emergency contact person who is aware of your destination and itinerary. Set the date for your hike.

Progression

- No matter our age, we all start at the beginning! Evaluate your current level of experience with walking, hiking or biking. If you are a part of a group evaluate the experience of the group. Your plan should include preparation that will bring the group to the level required for your hike.
- Start close to home with a plan to build strength and stamina. Practice using the correct clothing, food and water, and any pack or items you will use on your hike. Record your progress.
- Girl Scouts Brownies through Seniors may earn the outdoors skill building badge related to their level. Brownies—Hiker; Juniors—Camper; Cadette—Trailblazing; Senior—Adventurer.

Participate

- We enjoy four beautiful seasons. Choose the time of year you will plan for a hike. Prepare accordingly.
- Hike - Bike 100 is all about celebrating our 100th year as Girl Scouts. How you celebrate on your hike/ bike is up to you. This might include a group collectively logging 100 miles; or preparing to hike the five-mile Mackinac Bridge Crossing on Labor Day weekend in 2012. Maybe you will write a book or blog about your experience, and you may decide to join in building, maintaining, promoting, and protecting the North Country National Scenic Trail, the longest national scenic trail in the country!

Publish

- Tell your story with a photo in a local newspaper or online news source. Share on Facebook at Girl Scouts Hike -Bike 100. Follow the internet safety guidelines provided in *The Source*.

Patch

- Order your Hike-Bike 100 Patch from Girl Scouts of the Northwestern Great Lakes. Call 888.747.6945 or visit www.gsnwgl.org

The North Country Trail

The North Country Trail is America's longest scenic trail. It stretches 4,600 miles through seven states from New York to North Dakota. Girl Scouts in GSNWGL have a segment of the North Country Trail running through our jurisdiction. From the Mackinac Bridge through Upper Michigan and Northern Wisconsin, the North Country Trail offers hiking opportunities for a range of abilities. The variety of scenic beauty to enjoy includes Great Lakes overlooks and old growth forests. Year-round recreation can be found on the NTC.

Learn more at this NCT website: <http://northcountrytrail.org>

Many associations support the work of the North Country Trail providing trail upkeep and promoting access for all. We acknowledge the work of many volunteers who have labored and lobbied in order that we can hike the trails.

The following associations support the North Country Trail in Upper Michigan.

- **Hiawatha Shore to Shore** on the east end of the U.P., northcountrytrail.org/hss
- **Superior Shoreline Chapter** from the Two-hearted River to Rock River Road in Alger County (Grand Marais and Munising, including Pictured Rocks area) northcountrytrail.org/ssc
- **North Country Trail Hikers**, from western Alger County through Marquette County into east Baraga County. northcountrytrail.org/nct
- **Peter Wolfe Chapter** in Baraga County and westward to M-64 in Ontonagon County. northcountrytrail.org/pwf
- **Ni-Miikanaake Chapter** from M-64 to the WI border. northcountrytrail.org/nmk

The following associations support the North Country Trail in Wisconsin.

Wisconsin lays claim to the highest percentage of completed trail and the longest continuous stretch of trail constructed to meet all normally accepted trail standards, offering spectacular waterfalls, varied terrain, long vistas, and the ancient Penokee Mountain Range.

- **The Heritage Chapter** from the Wisconsin–Michigan border to Copper Falls State Park near Mellen, Wisconsin. <http://www.northcountrytrail.org/htg/>
- **The Chequamegon Chapter** from the backpacker site at Copper Falls State Park and heading west to County A, south of Iron River, Wisconsin. <http://www.northcountrytrail.org/che/>
- **Brule St. Croix Chapter** beginning at Bayfield County Highway A extending west all the way to the Minnesota state line near Foxboro, WI. <http://www.northcountrytrail.org/bsc/>

See **North Country Trail in Wisconsin** on Facebook.

Trail Association sites offer information and maps to help you plan and safely hike the trail. You may find maps, trail condition reports, and contacts for hikes that are scheduled by associations and hiking groups.

You may contact an association to inquire about opportunities to assist in trail maintenance, or find a volunteer resource who may speak to your group.

Consider these additional opportunities to take Girl Scouts to the trail.

National Trails Day <http://www.americanhiking.org>

Annual Mackinac Bridge Walk, Labor Day weekend. <http://www.mackinacbridge.org>

Volunteer to support the ongoing work of maintaining a trail segment near you.

Hike-Bike 100 Activities Page

Just for added fun!

Make a walking stick

How to choose:

<http://walking.about.com/od/hikingandwalkingsticks/a/ucmakestick.htm>

Bamboo stick: **http://www.ehow.com/how_2047729_make-walking-stick.html**

Find the Girl Scout with a walking stick on a postage stamp:

<http://gsneny.org/2011/08/postal-service-to-salute-girl-scouts-in-2012/>

Create a hiking-biking related SWAP

What is a SWAP? **http://www.girlscouts.org/program/gs_central/swaps/**

Share your swaps with those you meet on the trail.

Read a map

How to read a map: Topographic

<http://adventure.howstuffworks.com/outdoor-activities/hiking/how-to-read-a-topographic-map.htm>

Learn about map and compass skills in the book, *Outdoor Education in Girl Scouting*.

Practice using first aid for a twisted ankle, a blister, heat exhaustion, and a splinter.

This is a good time to invite a resource volunteer, perhaps from another Girl Scout family to come in and demonstrate safety techniques.

<http://www.mayoclinic.com/health/first-aid>

Check your troop first aid kit to see if it's up-to-date.

Learn about letter boxing and geocaching.

<http://www.letterboxing.org/>

<http://www.geocaching.com/>

Find out which council owned properties have letter boxes or caches. Visit one near you.

Use the smartphone apps available to you to support your activities.