



Planning a hike – two days on the trail

AT A GLANCE



Place

Indoors with tables, maps and internet



Key idea

Planning a two-day hike yourselves: route, overnight stay, food, budget and safety



Effort

Materials 20 min · Preparation 20 min



120 minutes



teams of 3–5



16+ years



hiking maps



Materials

- ☐ hiking maps 1:25,000 or a hiking app
- ☐ calculator
- ☐ planning sheet per team (route, times, costs, emergency plan)
- ☐ contact list: leaders, parents, accommodation
- ☐ packing list to tick off
- ☐ optional: devotion "Setting out into the unknown"



Schedule

0–15'

Opening – Everyone talks about their best or most chaotic hike. What made it good or difficult?

15–50'

Route – Decide start, finish and route: about 15–20 km per day, height gain, water points, exit points.

50–75'

Overnight and food – Sort out campsite, shelter or church hall (permission!), meal plan and shopping list.

75–95'

Budget and safety – Cost per person, emergency plan, bad-weather alternative, who does what.

95–110'

Devotion – Psalm 121: I lift up my eyes to the mountains – where does my help come from?

110–120'

Presenting – Teams present their plan, the others ask critical questions.



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How it works – simply explained

- 1 Decide start and finish and draw the route on the map.
- 2 Allow about 4 km per hour plus 15 minutes for every 100 m of climb.
- 3 Plan water points and at least one exit point per day.
- 4 Arrange your overnight place in advance with permission – wild camping is often not allowed.
- 5 Write an emergency plan: who is told when, if something goes wrong?

 **Example:** "You want to do 30 km on the first day? Work it out with full rucksacks and breaks – otherwise the day may become more of an ordeal than an adventure."

Safety

- Under 18: parents' permission and agreement with the leaders.
- Fixed check-in times, emergency numbers, charged phone with power bank.
- Check the forecast the day before and have a plan B.
- First aid kit and at least one person with first aid training.

Variations

- Turn it into a real hike next weekend.
- Plan with a compass instead of an app – as a challenge.

Something to think about

Where in your life do you need a good plan right now – and where do you need to trust that you are not travelling alone?