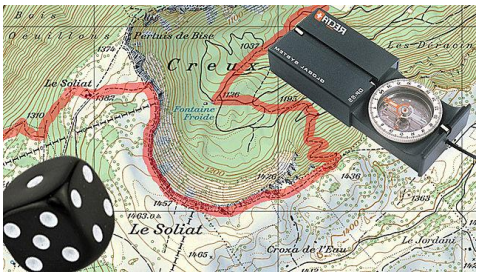


SUBMITTED BY
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ON
2011.11.23

★ ★ ★ ★ ★
Keine Stimmen

Types of Trekking



Trekking encompasses a wide variety of activities. Everything from goal-oriented hikes to river trekking is included. Often, participants' motivation can be boosted by choosing a specific type of trek. This article compiles every conceivable type of trek.

Types of Trekking

- **12/24-Hour Trekking Activities**
  Go as far as possible in groups within 12 or 24 hours; night hiking is also possible. Suitable only for older participants. Especially during 24-hour activities, it's important to ensure that the groups don't push themselves too hard and that everyone has a great experience (including the slowest participants).
- **24-Hour Hiking Project**
  Small groups hike a route that may not be announced until the day before. The groups must find their own places to spend the night (at a farm or in a bivouac). This can be conducted either with a leader supervising each group or with only older participants.
- **Contemplative Hike**
  A quiet (and possibly more individual) hike during which participants are given prompts for reflection and contemplation (e.g., after a prayer service). Also suitable as a torchlight hike. Best suited for older participants.
- **"Direttissima" (Following a Line Precisely)**
  Follow a border, coordinate, contour line, ridge, or self-drawn line as closely as possible without deviating. Caution: Prioritize safety.
- **River Trekking**
  Follow a body of water as closely as possible for as long as possible. For example, from a spring to the mouth of a river or similar. Caution: Prioritize safety / Trekking in swimwear or wet clothes is not recommended
- **Night Hike**
  Experience-oriented trekking at night. The focus is on the trekking itself; that is, participants should not feel intimidated or similar.
- **Project-Based Hiking**
  Geography projects, local history, natural history, historical projects, etc., should be explored during a hike
- **Treasure Hunt**
  While scouting the route, the leaders bury one or more treasures in small wooden boxes, which are then unearthed during the hike itself (1–3 months later). Important: Document the treasure's location well with photos, etc. Experience has shown that it is quite difficult to find the treasures again. No valuables should be buried.

- **Star Hike**
  Different groups start from different starting points and meet up at the destination.
- **Full Moon Hike**
  Similar to *a night hike*, but without flashlights—only by moonlight. Possible only on easy terrain and when the sky is clear.
- **Hiking with Orientation Challenges**
  The children must follow a route using coordinates, sketches, tracks, photos, a compass, etc.
- **Dice Hike (Five-Liber Hike)**
  Within a specific time frame, participants roll **a die**or flip a coin at each intersection to determine which way to go. Can also be organized as a competition (Who can get the farthest away? etc.) --> game of chance. This type of trekking is not suitable for the (Pre-)Alps.

Source Citation

- Cover image: Courtesy of Jungschar Schinznach / Manuel Meier
- Contents: including the J+S brochure “Trekking—On the Move”

Weitere Informationen

Categories
Technology and outdoor activities

Tags
Trekking

Age
No data available.

Number of participants
1–20
20–30
30 – 100

Bible
This information is missing.

Material
A lot of work

File download
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