"Track and trail" is following a set of directions to end up at a specific destination.
You are to design a course around your school and write out instructions for following that course. The numbers in the directions are to be filled in by solving math equations, for example, from point A go $n$ steps north to point B. From here, go 10 m steps west. $(2 n+4=12) /(-3 M-2=-11)$. At each point the directions for the next point are to be made so students have to solve the equation at that point. Use equations your peers can solve. Be creative. You might want to put some of the clues at the point they are to be. Anticipate possible wrong answers and have a bogus clue in the corresponding wrong location that might send students somewhere silly or maybe back to the room. Maybe throw in a riddle or puzzle.

After designing the course, clear it with your teacher. Put instructions up for your course and test it by sending someone through it. Make necessary modifications concerning the course or time. Send the class through as groups or individuals. Ask your teacher if a prize or extra credit can be given.

Extension: Use word problems or mathematical word expressions, such as triple the sum of six and a number $n$, where $n$ is the height of your teacher in inches.

Hyperextension: Use problems involving order of operations and/or grouping symbols such as parenthesis, brackets, braces, and/or signs between terms to make the students follow a prescribed order. Make decoy clues for those who follow the directions to the wrong point.

