Hike for Hope Beavers Resource

Introduction:

Welcome to Hike for Hope, a hiking challenge to raise money for Pieta House. Local scout groups have long supported the Darkness into Light annual event to raise funds for Pieta House. The COVID-19 restrictions in place will mean that the opportunity to raise vital funds through the Darkness into Light walk will not happen. Instead we will be raising funds for Pieta House by Hiking for Hope and asking our communities to support and sponsor us. All the funds will be going to Pieta House. Anyone can join us by choosing a hike listed below and completing the steps over the weekend in your own time and at your own pace.

Plan:

Step 1 – Individual or Team (lodge): Do you want to take this challenge on by yourself or would you prefer to work together and complete as a relay team? Beavers can choose to complete their chosen journey by themselves, or share the workload amongst their lodge/siblings. If you choose to go by lodge why not have a zoom or online meeting with the beaver lodge so they can decide amongst themselves.

Step 2 – Choose your challenge: Which Hike/Trail? Choose which hiking challenge you want to undertake (List below).

Step 3 – Figure out what you have to do: Read the list above and note the total steps required to complete the challenge. Create a plan of when and how you are going to complete your challenge.
Example: Ben Nevis, Scotland requires you to walk 6,725 steps over the course of the weekend.

Individuals: Complete the challenge at your own pace, over the weekend, keeping track of all your steps as you go along. Parents may need to help with this one.
Teams: Split the distance evenly across the team, i.e. teams of 6, divide the distance by 6 so 6,725 divided by 6 = 1,120 so each member of the team must complete 1,120 steps at their own pace and they will have climbed the mountain together once. This is just an example.

Do:

1. Donate to Pieta House on the **Hike for Hope** Go fund me page.
2. Share our social media pages with the hashtag **#hikeforhope.**
3. Download an appropriate app to track your challenge.
4. Complete your challenge over the course of the weekend.
5. Upload a screenshot of your completed challenge on social media with the hashtag **#hikeforhope** so we can see your brilliant work.

6. **Have fun!** This is meant to be enjoyable for you so why not make it personal! You could dress up as explorers, create an exploration team from puppets, teddies or toys, vlog your journey and tell us your crazy stories of the dragon at the ledge of the mountain, have a teddy bear camp at the summit of the mountain, the list is endless!

Review:

Make sure to review your challenge. What did you learn? Was it a challenge for you? Would you push yourself further if you did this again? Did the team work well together? Did you have fun?

PEAKS AND TRAILS

MOUNTAIN	HEIGHT	NUMBER OF STEPS TO THE SUMMIT	NUMBER OF CLIMBS UP STAIRS*
MULLAGHMEEN, WESTMEATH	258 METRES	1,290	92
SLIEVE BEAGH, MONAGHAN	373 METRES	1,865	133
BRANDON HILL, KILKENNY	515 METRES	2,575	184
SLIEVE FOYE, LOUTH	589 METRES	2,945	210
KEEPER HILL, TIPPERARY	694 METRES	3,470	248
BLACKSTAIRS, CARLOW/WEXFORD	732 METRES	3,660	261
CROAGH PATRICK, MAYO	764 METRES	3,820	273
MWEELREA, CONNAUGHT	814 METRES	4,070	291
SLIEVE DONARD, ULSTER	850 METRES	4,250	303
LUGNAQUILLA, LEINSTER	925 METRES	4,625	330
CARRAUNTOOHIL, MUNSTER	1038 METRES	5,190	371
BEN NEVIS, SCOTLAND	1345 METRES	6,725	480
TRIGLAV, SLOVENIA	2863 METRES	14,315	1022
TOUBKAL, MOROCCO	4167 METRES	20,835	1488
MONT BLANC, FRANCE	4810 METRES	24,050	1717
ELBRUS, RUSSIA	5642 METRES	28,210	2015
DENALI, ALASKA	6194 METRES	30,970	2212
ACONCAGUA, ARGENTINA	6962 METRES	34,810	2486
MOUNT EVEREST	8848 METRES	44,240	3160

TRAIL	DISTANCE	STEPS
TICKNOCK, DUBLIN	5.5KMS	7,216
OLD HEAD OF KINSALE LOOP THE	6KMS	7,872
AVONMORE WAY	12KMS	15,744
CRONIN'S YARD LOOP	22KMS	28,864
THE BANGOR TRAIL	24KMS	31,488
THE OFFALY WAY	37KMS	48,544
THE BALLYHOURA WAY	90KMS	118,080
THE WICKLOW WAY	27KMS	166,624

*CLIMBS ARE BASED ON 14 STEPS MEASURING 20CM EACH, ONLY UP TO SUMMIT

HIKE FOR HOPE