



## Hike for Hope Cub Resource

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. 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 (Sixer): Do you want to take this challenge on by yourself or would you prefer to work together and complete as a relay team?

Step 2 – Choose your challenge: Mountain or Trail? Choose which hiking challenge you want to undertake, (List below).

Step 3 – Figure out what you have to do: Read the list below and note the total steps required to complete the challenge.

**Example:** Ben Nevis, Scotland- 6,725 steps

**Individuals:** Complete the challenge at your own pace, over the weekend.

**Teams:** Split the distance evenly across the team, i.e. teams of 6, each member of the team must complete 1,121 steps at their own pace.

### **Do:**

1. Donate to Pieta House on the Hike for Hope Go fund me page.
2. Share on your social media with 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 #hikeforhope

### **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?



# PEAKS AND TRAILS

<b>MOUNTAIN</b>	<b>HEIGHT</b>	<b>NUMBER OF STEPS TO THE SUMMIT</b>	<b>NUMBER OF CLIMBS UP STAIRS*</b>
MULLAGHMEEN, WESTMEATH	258 METRES	1,290	92
SLIEVE BEACH, 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
MWHEELREA, 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

<b>TRAIL</b>	<b>DISTANCE</b>	<b>STEPS</b>
TICKNOCK, DUBLIN	5.5KMS	7,216
OLD HEAD OF KINSALE LOOP	6KMS	7,872
THE 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