



Hike for Hope

8th - 10th May 2020

Scouting Ireland Provincial Programme Teams & National Hillwalking teams
Raising funds for Pieta House





FUNDRAISER FOR
PIETA HOUSE

Overview

Local communities have long supported the annual Darkness into Light event to raise funds for Pieta House. The mission of Pieta House is to 'support people and communities in crisis by providing freely accessible, professional services to all'.

It's an essential service right now more than ever, and yet, the COVID-19 restrictions in place will mean that the opportunity to raise vital funds through the Darkness into Light walk will not happen.

This year at Scouting Ireland, we'll endeavour to raise critical funds for Pieta house by Hiking for Hope and we need you, our friends and our communities to support by either participation or sponsorship.

Anyone can Hike for Hope in aid of Pieta House. Please Hike for Hope by donating, hiking and sharing!

Hike with a family member or create a challenge with friends. Whatever you chose, it will raise urgent funds for Pieta House and support those in need in these unprecedented times.

How to Hike for Hope:

How to get involved?

Simply choose a hike listed below and complete the steps over the weekend in your own time and at your own pace. Hike for Hope is open to everyone; all ages, all abilities can take part and anyone who does not want to hike for hope can support it by donating in the name of someone doing it.

Simply donate and choose your hike of choice - gf.me/u/xyzn4b

How much does it cost to Hike for Hope?

| | |
|-------------------|--------|
| Student/ OAP rate | €10.00 |
| Individual rate | €15.00 |
| Family rate | €30.00 |

How do I Hike For Hope?

Begin by deciding which virtual route you are going to undertake and choose a place that is safe to complete your challenge within the 2km radius of your home. Donate on Hike for Hope on this page: gf.me/u/xyzn4b

Can I do it with my friends?

The Hike for Hope can be done as an individual or as part of a team. Teams can virtually climb a mountain or walk a trail of their choice.

What happens once I donate & sign up for Hike for Hope?

Once you have made the donation, you will be able to download the frame which you can share on your social media accounts to raise awareness and encourage others to support you through donation and sharing on social media. Post the gofundme link [gf.me/u/xyzn4b] to your social media account and let everyone know you are Hiking for Hope using the hashtag #hikeforhope.

How do I track my Hike for Hope?

Try to keep track of your progress over the weekend or between the team so you can post a visual display of the total you achieve. Some apps that will help you realise your goal are: Map my Run, Run Keeper, Nike Run Club, Strava, Map

Go Fund Me Link: gf.me/u/xyzn4b

#HIKEFORHOPE

my Walk by Under Armour or a similar app that will allow you to record your distance without counting the normal steps you take in your day.

Do I need to hike to donate?

No, we welcome all donations large or small. Thank you.

Can I donate more?

You can change your donation amount if you feel you can donate more to this great cause.

What then?

Nominate three people on a social media platform to join you in the challenge with their own Hike for Hope and feel free to donate to their fundraising efforts.

Best of luck in your Hike for Hope. And thank you!

Hike for Hope between 12pm on 8th May and midnight 10th May

Virtual Hikes and Trails

Not everyone has a stairs or a hill within a 2kms radius of their home. Some may just prefer to do their Hike for Hope on flat ground. Below is a list of hikes that you can choose to do virtually over the weekend within the 2km radius of your home.

| Virtual Trail | Distance | Number of steps |
|--------------------------|----------|-----------------|
| 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 | 127kms | 166,624 |

| Virtual Mountains | Height | Number of steps to the summit | Number of flights to be climbed |
|-----------------------------|-------------|-------------------------------|---------------------------------|
| 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 |
| Highest Peaks | | | |
| Virtual Mountains | Height | Number of steps to the summit | Number of flights to be climbed |
| 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 |

(note: climbs are based on 14 steps measuring 20cm each).