



# Munro Peak Challenge



Climbing a Munro ....this is a major challenge.

The Munro's are all the peaks in Ireland and the UK ( mostly Scotland) over 914.4 metres (3,000 ft). According to the list there are 283 and a further 227 subsidiary tops, so loads to choose from. In Ireland, there are also a large number of peaks over 2000 feet that might be easier to attain.

Things you need to learn

- How to navigate on the hills
- How to hike
- How to be prepared
- To be fit
- How to plan a route

Internet Link 1

The four peak challenge is also a serious undertaking, namely - Ben Nevis, Snowdon, Carrantouhill and Scafell Pike. usually the challenge is completed over a weekend in the shortest time possible. You could also take the easier option and try to complete them over a year and leave all that 'hero' stuff to the real enthusiasts.

So essentially this adventure is all about 'bagging' mountain peaks above 3000 ft. It can be a weekend, an expedition or a year long challenge. You design it to suit your capabilities and desires.

Don't forget the Hillwalking Adventure Skills Badges.