



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 to your social media accounts to raise awareness and endorse 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 hastah #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 Ballyhours 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).