



Hike For Hope is back. So, lace up your boots and let's get hiking! This year Hike For Hope is working with Jigsaw to raise vital funds for their services to help support good mental health and wellbeing of young people.

Overview

Last year local communities supported Hike for Hope by raising €45,000 for Pieta House. This year we are asking for that same support in aid of Jigsaw, the National Centre for Youth Mental Health.

Mental health supports are an essential service right now. Jigsaw needs vital funds to ensure that the ever changing and complex challenges facing young people in Ireland are met by the continued growth and development of Jigsaw supports. For more information on Jigsaw's services and supports, please visit www.jigsaw.ie/

Scouting Volunteers across Ireland will endeavor to raise critical funds for Jigsaw by Hiking for Hope but we need YOU, our friends and our communities to help us.

Anyone can Hike for Hope. Hike for Hope with a family member or create a challenge with friends. Whatever you choose, it will raise urgent funds for young people's mental health in Ireland.

Who is Jigsaw?

Jigsaw is a youth mental health charity that believes a better life is possible for the hundreds of thousands of young people across Ireland facing mental health difficulties. Jigsaw offers a listening ear, and gives expert advice and support to young people aged 12 – 25 years-old. Jigsaw gives families, teachers, and those who support young people's mental health ways to cope and skills to be there for young people. Using their collective power to change attitudes, Jigsaw makes sure that youth mental health is a national and local priority.

Jigsaw's vision is for an Ireland where every young person's mental health is valued and supported.
Charity Number: 20064846

Email: Fundraising@Jigsaw.ie

Contact: Saoirse Hackett

Additional Information - How to Hike for Hope:



How to get involved?

- Decide if you're going to Hike for Hope as an individual, with your family or form a team
- Choose a trail listed below, or your favourite trail. It can be anywhere in the world
- Go to iDonate.ie/HikeforHope and create a fundraising page or alternatively, make a donation at Jigsaw.ie referencing Hike for Hope.
- Complete the steps over the weekend in your own time and at your own pace.

How much does it cost to Hike for Hope?

As guide we would appreciate the following donation for those participating. Once you make your fundraising page, you can then encourage others to donate on your behalf.

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

Who can I Hike For Hope with?

You can Hike for Hope as an individual or as part of a team. You can get anyone involved. Teams can be made up of 2 or more people and can include your family, friends, club members, work colleagues, school friends, or maybe even your entire school. Teams can virtually climb a mountain or walk a trail of their choice. You can take on the challenge as a collective and divide up the distance between your team.

How can I help Hike for Hope?

You are helping simply by joining our Hike for Hope community. You can help further by sharing your involvement with your friends, family and peers online.

- When you create a fundraising page on iDonate.ie/HikeforHope, you will receive a Hike for Hope frame from the Jigsaw team. Share it online challenging others to get involved #HikeforHope.
- If you choose to [make a donation](#) in lieu of fundraising, please reference Hike for Hope in the donation. The Jigsaw team will then send you a Hike for Hope frame that you can share online. #HikeforHope

How do I track my Hike for Hope?

If you create a [fundraising page](#), you can choose to connect a fitness app to automatically update your distance travelled. Alternatively, you can manually enter the distance on the page itself.



Some apps that will help you realise your goal are Map my Run, Run Keeper, Nike Run Club, Strava, map 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.

How does iDonate work?

iDonate.ie is an Irish run fundraising platform that allows supporters to create fundraising pages for their chosen charity. iDonate is free and secure to use. All donations are transferred from iDonate to Jigsaw on a monthly basis. The supporter does not need to worry about carrying cash or transferring funds, iDonate does it all for you!

You can download the iDonate app from the app store too!

You can find more information [here](#).

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.

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

Hike for Hope between 12pm on 28th May and midnight 30th May



Virtual Hikes and Trails

Hike for Hope challenge can be done or adapted in any way that works for you. Below is a list of trails that can be done within the current restrictions of your home. We would encourage you to get a team set up if you think you can do a larger trail between you over the weekend. We have also a list of mountains and the number of times you have to go up and down a set of stairs at home to complete one of the mountain challenges which again you can break up between a patrol or team.

To find trails in your local area visit www.alltrails.com/

Trail	Distance	Steps
Howth Cliff Path Loop Trail, Dublin	6km	7,872
Glendalough Spinc Trail, Wicklow	9km	11,808
Benbulbin Loop Trail, Sligo	14km	18,368
Cliffs of Moher Coastal Walk, Clare	18km	23,616
Cuilcagh Mountain Boardwalk (Stairway to Heaven), Fermanagh	20km	26,240
Bangor Trail, Mayo	24km	31,488
The English Channel	33km	43,296
Inca Trail, Peru	42km	55,104
The Great Western Greenway, Ireland	46km	60,352
The Ballyhoura Way, Limerick	90km	118,080
The Burren Way, Clare	114km	149,568
Hadrian's Wall (England)	135km	177,120
The Western Way, Galway - Mayo	179km	234,848
The Ring of Kerry, Kerry	200km	262,400
Great Ocean Road (Australia)	243km	318,816

HIKE FOR HOPE



28TH - 30TH MAY FUNDRAISER FOR JIGSAW

Extreme Trails for Team Challenges		
Route	Distance	Steps
Malin Head to Mizen Head	601km	788,512
Camino de Santiago (France to Spain)	780km	1,023,360
The Wild Atlantic Way	2,500km	3,280,000
The Appalachian Trail	3,500km	4,592,000
Route 66 (America)	3,940 km	5,169,280

Mountain + Location	Height	No. of Steps to Summit	Flights of stairs
Little Sugar Loaf - Wicklow	342m	1,710	122
Diamond Hill - Connemara	442m	2,210	158
Slieve League - Donegal	601m	3,005	215
Croagh Patrick - Mayo	764m	3,820	273
Slieve Donard - Ulster	850m	4,250	303
Carrauntoohil - Munster	1,038m	5,190	371
Snowdon - Wales	1,085m	5,425	388
Ben Nevis - Scotland	1,345m	6,725	480
El Capitan - Yosemite, America	2,307m	11,535	824
Mount Olympus - Greece	2,918m	14,590	1,042
Mount Fuji - Japan	3,776m	18,880	1,349
Mont Blanc - France	4,810m	24,050	1,718
Mount Kilimanjaro - Tanzania	5,895m	29,475	2,105
K2 - Pakistan	8,611m	43,055	3,075
Mount Everest	8,848m	44,240	3,160

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