



JULY 2020



HOME HIKE PROVINCIAL CHALLENGE

About the challenge

The goal of the challenge is for scouts to increase the number of steps they take each day by 'virtually climbing' well-known mountains across the world. The challenge will take place over the month of July – set your own personal challenge and see how many mountains you can climb during the month.

All participants who take part will be awarded a unique Home Hike 2020 badge and certificate. The badge will be a Special Events badge that can be worn on your uniform for one year.



Instructions

Have fun, increase the amount of activity you do a day, and help your health.

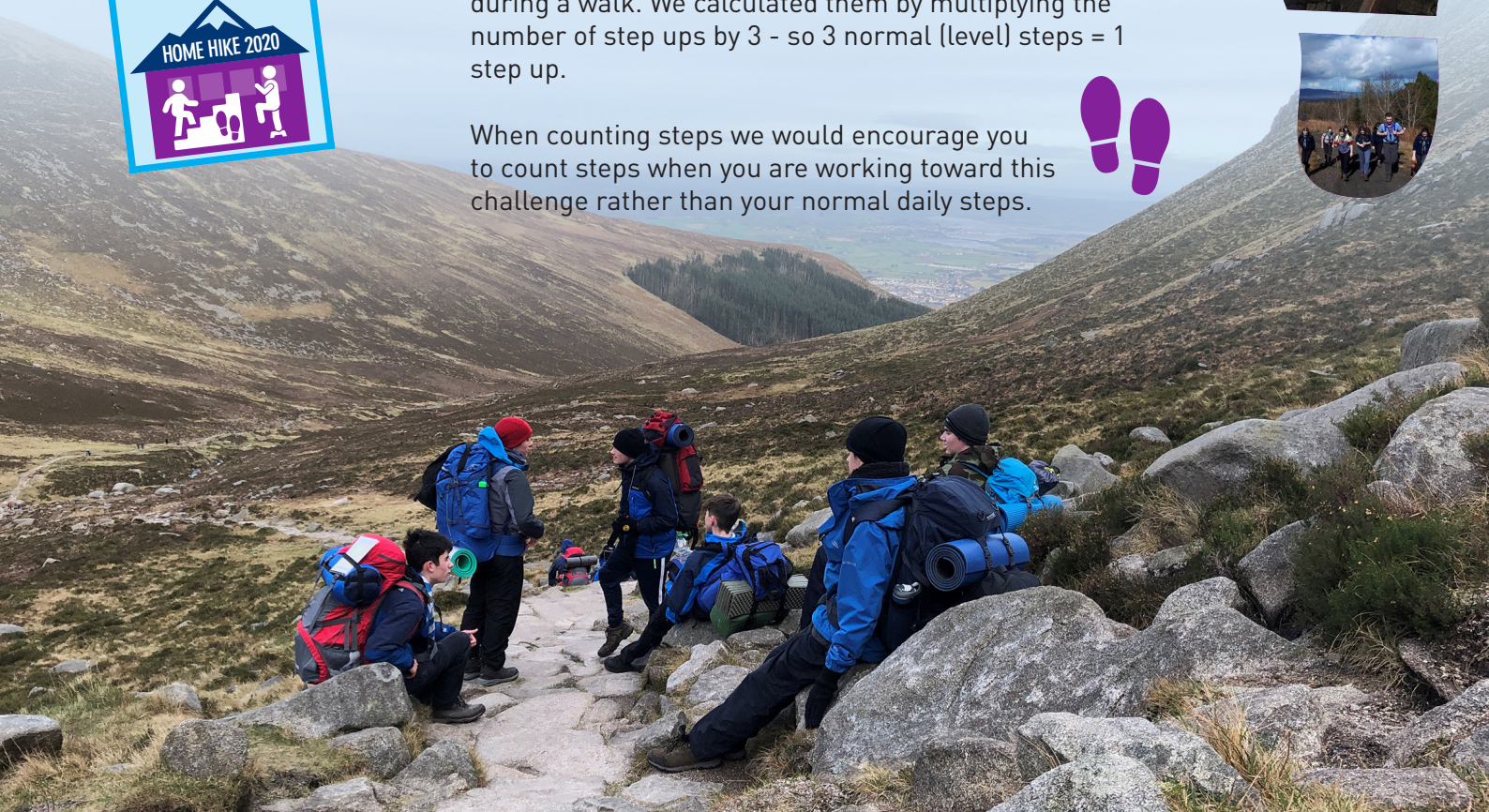
You can choose to virtually climb the mountains by either doing step ups or level walking. Complete the challenge in a way that works best for you.

Step Ups - These can be done on an aerobic step, the bottom stair, or on a curb stone, whatever works for you. We have calculated the number of step ups needed for each mountain based on the step being 20cm.

An easier way to count your step ups is to count the **Flights of Stairs** rather than the individual step ups. The average staircase is 13 stairs. Therefore, we calculated the number of flights by dividing the number of step ups by 13 (if you are using a much larger or shorter set of stairs then you may need to recalculate – if you need help contact si@scoutfoundationni.org.uk).

Walking Steps - these are the steps you would take during a walk. We calculated them by multiplying the number of step ups by 3 - so 3 normal (level) steps = 1 step up.

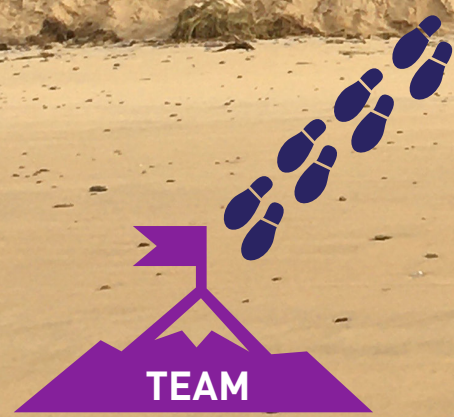
When counting steps we would encourage you to count steps when you are working toward this challenge rather than your normal daily steps.





Set yourself a challenge (but keep it realistic) you might decide to pick a mountain to climb or a series of mountains or you might just see how many steps you can do an work out what mountains you have climbed towards the end of July.

- Keep track...and keep going!
- Keep a record of the number of steps you climb each day.
- Have you reached the top of your mountain?
- If you miss your goal, don't stop. Think of ways to increase the number of steps you climb.
- If you reach your goal, challenge yourself to climb a higher mountain.
- Continue to record the number of steps you take so that you can see the progress you're making.



You might decide to take part in the challenge as a team - this could be your group, sections, patrol, or as a group of friends or family. You can pick a mountain, several mountains or a continent or more to complete. Pick one person in your group to gather everyone's step totals each week so you know if you are on track.

Your progress

We would love to see videos and photos of you completing the challenges. You might decide to

- wear fancy dress
- climb the real Slieve Donard
- wear something from the country where the mountain you are virtually climbing is
- climb your stairs with walking poles or a backpack
- step in your garden, in the street or at a famous landmark.



Whatever you do we would love you to share your photos and videos. We might even have some awards based on the best photographs we receive (but remember to stay safe).



We will post any photos on our Scout Foundation NI webpage and Facebook pages.



How to get your badge

At the end of July just send your completed CHALLENGE RECORD SHEET to si@scoutfoundationni.org.uk and we will post your badge and certificate to you.



Use this record sheet to see the progress you are making. Enter your weekly walking step / step up / flight goal (just pick whichever one of these you're doing) and then record your daily and weekly walking step / step up / flight totals.

When you reach your goals, reward yourself! Think about how much you have accomplished.

	Week 1	Week 2	Week 3	Week 4
Weekly walking step goal				
Weekly step up goal				
Weekly flight goal				
Virtual Climb				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total number of walking steps this week				
Total number of steps ups this week				
Total number of flights climbed this week				

On completion of the Home Hike 2020 challenge please complete your details below and then return this CHALLENGE RECORD SHEET to si@scoutfoundationni.org.uk

Name:



Group:

Section:

Home Address (to post your badge and certificate to):

Mountains I climbed (list):



 	Height (m)	Number of Step Ups	Number of Flights of Stairs	Number of Walking Steps (Km)
Ireland and GB				
Slieve Donard, NI	850m	4,250	327	12,750 (9km)
Scafell Pike, England	978m	4,890	376	14,670 (10km)
Carrauntoohil, Ireland	1,038m	5,190	399	15,570 (11km)
Snowdon, Wales	1,085m	5,425	417	16,275 (11.5km)
Ben Nevis	1,345m	6,725	517	20,175 (14km)
Europe				
Mt Olympus, Greece	2,917m	14,585	1,121	43,755 (31km)
Mt Blanc, France	4,809m	24,045	1,850	48,090 (34km)
Mt Ararat, Turkey	5,137m	25,685	1,976	77,055 (55km)
Africa				
Mt Baker, Uganda	4,844m	24,220	1,863	72,660 (52km)
Mt Kenya, Kenya	5,199m	25,995	2,000	77,985 (56km)
Mt Kilimanjaro, Tanzania	5,895m	29,475	2,267	88,425 (63km)
Asia				
Mt Fuji, Japan	3,776m	16,880	1,298	50,640 (36km)
K2, China	8,611m	43,055	3,312	129,165 (92km)
Mt Everest, China/Nepal	8,848m	44,240	3,403	132,720 (95km)
South America				
Machu Picchu, Peru	2,430m	12,150	935	36,450 (26km)
Iru Phutungu, Chile	5,163m	25,815	1,986	77,445 (55km)
Nevado Sajama, Bolivia	6,542m	32,710	2,516	98,130 (70km)
North America				
Volcan Tajumulco, Guatemala	4,220m	21,110	1,624	63,330 (45km)
Mt Logan, Canada	5,959m	29,795	2,292	89,385 (64km)
Mt McKinley, USA	6,140m	30,700	2,362	92,100 (66km)
Oceania				
Mt Wellington, New Zealand	1,271m	3,175	244	9,525 (7km)
Te Manga, Cook Islands	652m	3,250	250	9,750 (7km)
Uluru, Australia	863m	4,315	332	12,945 (9km)