

# Hillwalking Events

## MPC's

MPC's (Mountain Pursuit Challenges), hillwalking and backpacking weekends for Scouting Ireland. These are lightweight wild camping weekends for Scouts between 13.5 and 15.5. We hold four events a year, one in each of the provinces, Munster in April, Leinster in May, Connaught in September and Ulster in August. The Teams consist of four scouts and 1 Leader who remains with the Scouts for the full weekend.

## Peak

It is a weeklong training adventure for Scouts run over **Easter week** in Cappaulea Outdoor Education Centre in Kerry. For any scout over the age of fourteen with hiking experience who wishes to be challenged this is a unique opportunity. It is an intense roller coaster of a week; from Good Friday to the following Friday, participants are immersed in a week of challenge and adventure. The climax of the week is an overnight expedition in the heart of the Reeks, which every other aspect of the week has been preparing them for: team building, leadership, navigation, orienteering, initiative exercises, route planning, mountain skills ...

Teamwork, self-reliance, problem solving, a spectacular setting facilitated by experienced and enthused staff all contribute to a unique personal development experience. PEAK veterans have more than just a deserved reputation; they are, the ones who take the initiative, the ones willing to take the lead, willing to share their skills with others. But most of all they are not afraid to make mistakes and learn from them. They know what it is like to be in the dirt and to have to recover!

## Sionnach

The Sionnach Adventure is an opportunity to backpack in some of Ireland's mountains and islands. Sionnach also offers you an opportunity to develop your navigation, lightweight backpacking, personal development, and teamwork skills in wild countryside, and most of all to have fun.

Patrols of about 4 Scouts in the 13 to 16 age range, accompanied by a leader. Open to patrols who have: Basic experience in hill walking. All the required equipment. Who are physically fit Who can persuade a Leader to join them! The cost of each Sionnach Adventure includes the information booklet and administration costs of the adventure but not transport to and from the event. Each Sionnach Adventure is limited to twenty patrols (a patrol being four Scouts and one adult Leader) so it is necessary to book well in advance to avoid disappointment.