

# Knockmealdowns / Mount Melleray



## Contents

Hike Location .....	3
Times\ buses.....	4
Safeguarding .....	4
Beaver hike .....	8
Cub hike .....	9
Scout hike .....	11
Venture hike .....	12
Costs .....	13
Roles .....	13
Gear list.....	14
Risk .....	15
Hiking badge competencies .....	16
On the move .....	17
Leave No Trace .....	18



# DRAFT

This is draft plan because we need to verify that the trails in the woods behind the monastery are still usable. Based on the numbers from groups we will issue a timetable and location for bus collection/drop off. All other aspects of this plan have been agreed and will not change.

When the trails and numbers have been confirm an updated plan will be sent out again.



# DRAFT

County Hike 2024

## Hike Location

### Date

County hike will be on Sunday 20<sup>th</sup> of October. All sections will be hiking on that day.

### Location

Mount Melleray

Eircode – P51 KD28

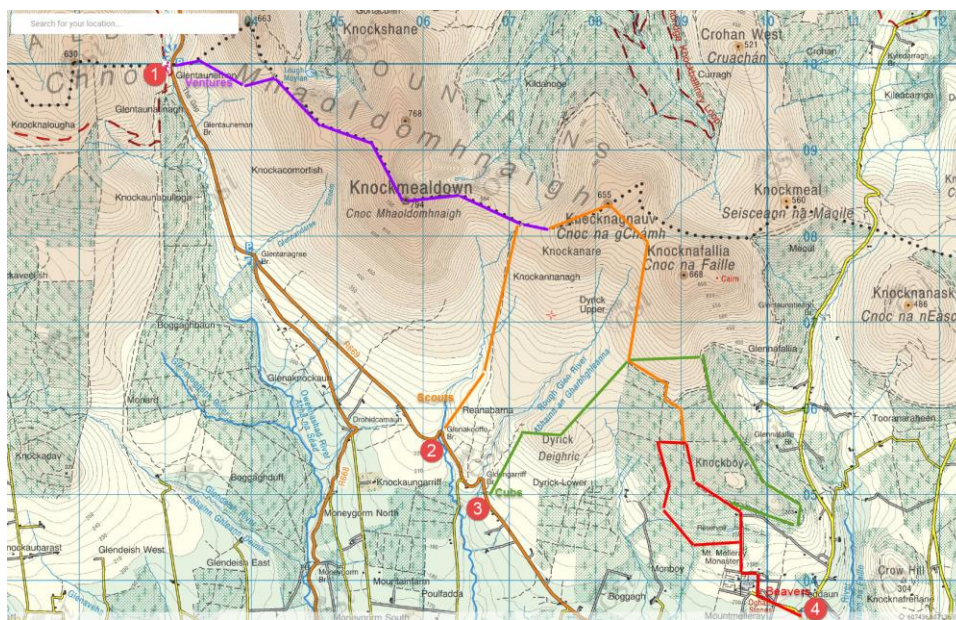
Google maps link - [Map location for Mount Melleray Scout centre](#)

It is 1hr 40min drive from Cork city centre. Coaches will park near Mount Mellary scout centre along the road and up towards the Monastery (NO PARKING IN THE MONESTERY). We will base ourselves outside the Scout centre (unfortunately the Scout centre has been closed, we are not allowed to use any of the grounds). We will have use of the toilets in the community centre on the main road at the entrance to the Scout centre/Monastery.

This hike is slightly different to previous years as most hikes are not a loop, the start and end are in different places. Scouts and Cubs start points do not have car parks. Therefore it is suggested that everyone travel on the county buses.

### Hikes

1. Ventures will have a 12Km hike up to Knockmealdown and finish on the Scout route.
2. Scouts will have a 9.2km hike higher into the hills and finish through the woods.
3. Cubs will have a 7.3km hike across open hillside and finish through the woods.
4. Beavers will have a 6.5km hike into and out of the woods behind the Monastery.



This map is an illustration of all the routes. This is not a route card the route card is another section of this plan



# DRAFT

## County Hike 2024

Ventures, Scouts and Cubs will be dropped on the road side and must enter the hills quickly. Please have your scouts ready to leave the bus and enter the hills. There will not be time for checking bags, changing clothes etc on the road side. Please ensure that each scout has their day bag with them when seated. Bus will travel onto the Scout centre and will be waiting for you on arrival. Any extra gear (shelters if you bring them) can be retrieved from the buses when you get to Mount Melleray.

Scouting Ireland national camp sites were contacted about using the grounds in the Scout centre and we were told that the ground are not to be used.

Mount Melleray monastery have been informed we will be going through their land. The land the Scouts and Cubs are crossing is owned by the Lismore Estate. Please respect their land, close all gates and leave no trace.

## Times\ buses

Time	
8:30am	Arrive at pick up point and load up buses
9am	Buses leave pick up point in Cork (Ventures, Scouts and Cubs will be on mixed buses, Beavers will be on dedicated buses)
11am	Arrive at Mount Melleray area. Venture, Scout and Cubs disembark on road side.
2:30pm	Beaver, Cubs finish hike
3:30pm	Scouts finish hike
5:00pm	Ventures finish hike
4:00pm	Buses start to leave, Beavers first
5:30 pm - 6:30pm	Buses drop off in Cork

Section	Hike start	Hike end	Duration
Venture	10:45am	5:00pm	6 hours
Scouts	11:00am	3:30pm	4.5 hours
Cubs	11:15am	2:15pm	3 hours
Beavers	12:00pm	2:30pm	2.5 hours

All times are estimates, groups may be finished earlier or later. Buses will leave when last group is ready. For this hike the buses will probably queue along the road to drop off Scouts and Cubs. It could take up to 30/40 minutes to unload buses on the road side and get groups up into the hills.

## Safeguarding

All Scouters attending need to have valid Garda vetting and have current safeguarding training or refresher training completed. This is the responsibility of each group.



# DRAFT

Potential risk of harm & abuse to children	Likelihood of it happening Rate as L/M/H	Rationale for the Risk Rating chosen.  Outline Scouting Ireland policy/procedure that applies	Who's responsible?	Further Action Required at Group Level
<b>Risk 1 - A child being harmed, or at risk of harm, during Scouting activities</b>				
Harm caused by: - Child to child - Scouter to child - Visitor to child	L	CS/CPPP Section 12 & Appendix 1  Safeguarding Training  Code of Behaviour	All Scouters	<i>Contact Safeguarding Team in National Office for Support</i>
Bullying of a child	L	CS/CPP section 4.4  SI Anti Bullying Guidelines  NYCI Lets Beat Bullying	All Scouters	<i>Ensure all scouters are familiar with the documents  Normally dealt with by group leadership  Contact Safeguarding Team in National Office for Support</i>
Scouters not trained adequately for overnight activities	L	CS/CPPP  Code of Behaviour  The Wood badge Training /Pathway	Group Leader, Section Team Leads and all Scouters	<i>All Scouters must have completed Being a Scouter training, at least 1 Scouter must have completed the Overnights Module and at least 1 Scouter must have. completed the Youth Led Programme training</i>



# DRAFT

County Hike 2024

Potential risk of harm & abuse to children	Likelihood of it happening Rate as L/M/H	Rationale for the Risk Rating chosen.  Outline Scouting Ireland policy/procedure that applies	Who's responsible?	Further Action Required at Group Level
Failure to deal appropriately with a Member of Scouting Ireland who is the subject of any investigation in respect of any act, omission or circumstances in respect of a child	L	CS/CPPP Section 5	All Scouters  National Office / CEO /MSFGS  Safeguarding Team	<i>Ensure all personnel are aware of SI Policy and Procedures</i>  <i>Breaches of all Scouting Ireland Policy and Procedures will be dealt with through the disciplinary channels</i>
Recommended and appropriate supervision ratios not met	L	Code of Behaviour: pgs. 7 to 10  SID-YP05 - Camping and Adventures in the Out of Doors Policy  Membership Policy BOD-MA-001	Group Leader, Section Team Leads and all Scouters	<i>Scout groups must plan to ensure appropriate ratios are met.</i>  <i>Any adult facilitating must have vetting, and Safeguarding training completed this will include Rovers and Adult Supports</i>
Garda Vetting / Access NI  Vetting not complete for all adults	L	CS/CPPP  Garda Vetting Policy SID39B/10	All Scouters	<i>Ensure relevant forms are completed, references checked and no further interaction until clear Garda/ Access NI vetting completed.</i>  <b><i>Scouters must not partake in any scout activity until their vetting has been processed.</i></b>  <i>Re vetting for all scouters every 3 yrs.</i>



# DRAFT

County Hike 2024

Potential risk of harm & abuse to children	Likelihood of it happening Rate as L/M/H	Rationale for the Risk Rating chosen.  Outline Scouting Ireland policy/procedure that applies	Who's responsible?	Further Action Required at Group Level
No Safeguarding Training completed and or no refresher training completed	L	CS/CPP Section 9 Code of Behaviour	All Scouters	<i>Book Scouter on Being a Scouter course and ensure no further interaction until Being A Scouter training is completed.</i>  <i>Ensure all scouters complete refresher safeguarding training every 3 yrs.</i>
Unauthorised access to scouts' changing rooms, showers, toilets etc.	L	Code of Behaviour:	All Scouters	<i>We will have access to toilets in the community centre. These are the only toilets available so they will be shared with scouters and scouts.</i>
Scouts sharing facilities with adults e.g., toilets, showers. etc.	L	Code of Behaviour	All Scouters	<i>We will have access to toilets in the community centre. These are the only toilets available so they will be shared with scouters and scouts.</i>
Inadequate Sleeping Facilities	L	Code of Behaviour: SID-YP05 - Camping and Adventures in the Out of Doors Policy SID-YP06 Guidelines	All Scouters	<i>There is no overnight.</i>



- 6.5km loop, this loop will take approximately 2 hours walking
- 9.5km loop, this loop will take approximately 2 3/4 hours walking



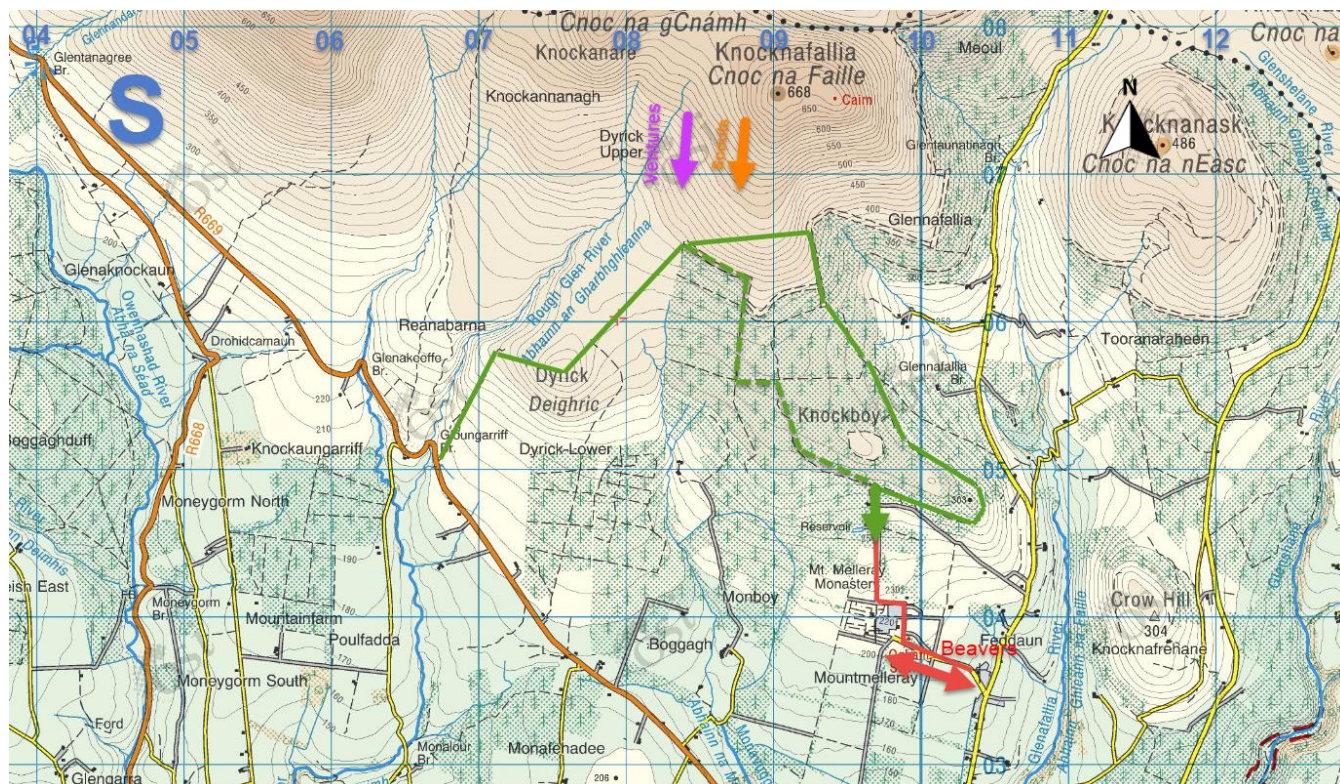


## Cub hike

The Cubs hike is a mountain hike, starting with a trail and then open hillside. It is a 7.5km hike with options to make it shorter if needed. It starts in the hillside and finished in the woods. To make it slightly shorter you can join the trail in the woods at the “Corner of woods” and walk to the Scout centre from there (dashed green line)

### Route Card

Use Discovery series 74



Location	Grid Ref	Bearing	Distance	Walktime @ 3 km/h (100m in 2 mins)	Assend @ 1 min per 10m	Walk + Assend	Breaks
Gloun Garriff Bridge	S067051	24	700	14	10	24	
End of trail (on map)	S071058	93	400	8	8	16	
Dynck/Deighric	S076057	38	1100	22		22	10
Corner of woods	S084065	90	900	18	5	23	
Follow trail in woods to the Scout centre			4200	84		84	10
		Distance	7300		Minutes	189	
					Hours	3.15	

**DRAFT**







# DRAFT

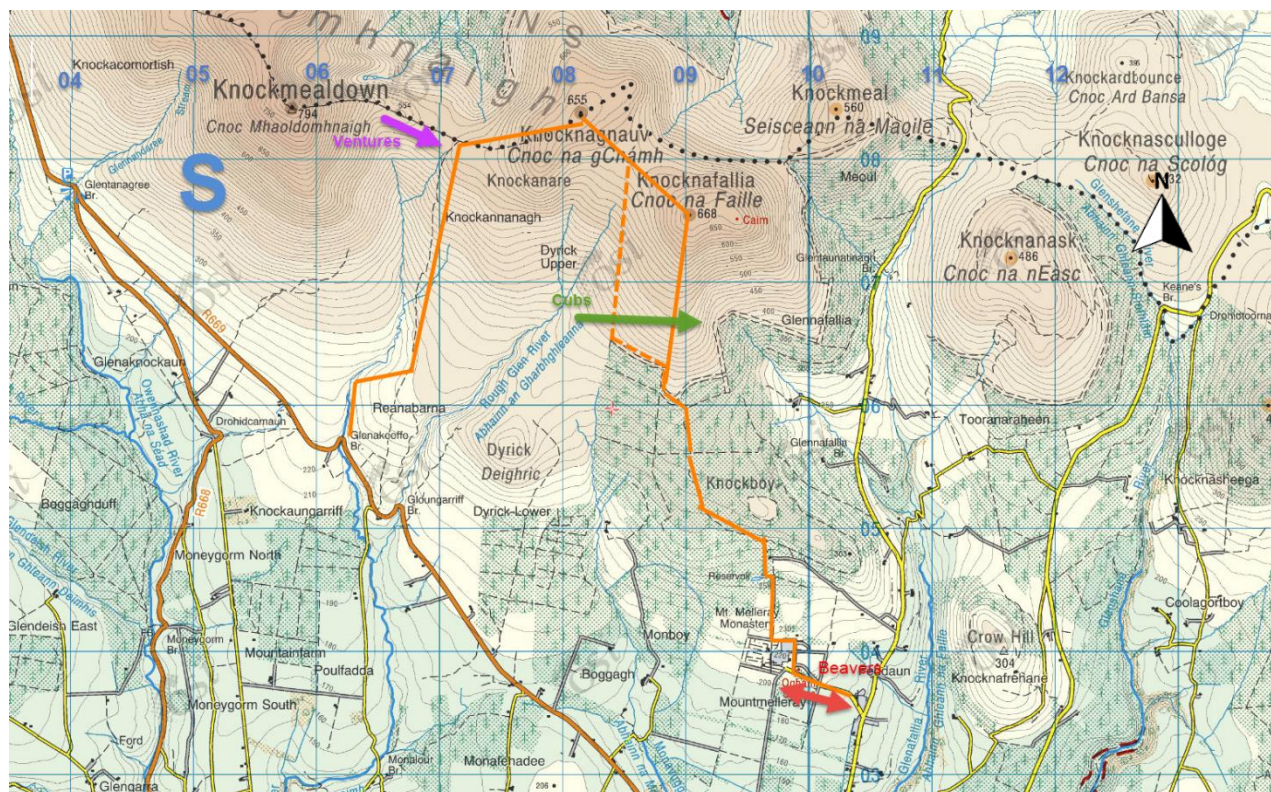
County Hike 2024

## Scout hike

Scouts will be dropped by bus at Glenakeeffe bridge. Hike will end at Mount Melleray Scout centre. The hike is 9.2km hike. At Check point 2 (CP-2) there is an option to head downhill to the woods. This is marginally short but there is no assent involved, therefore you will save approx. 30mins hike time. Dashed orange line on the map.

### Route card

Use Discovery series 74



Location	Grid Ref	Bearing	Distance	Walktime @ 3 km/h (100m in 2 mins)	Assend @ 1 min per 10m	Walk + Assend	Breaks
Glenakeeffe Bridge	S063058	10	400	8	5	13	
Stream to the right	S064062	60	400	8	4	12	
Trail	S068064	10	1700	34	24	58	10
Col (between spots 554 & 655)	S071082	80	1000	20	13	33	
Spot 655	S081084	135	900	18	10	28	10
Spot 655	S081084	135	400	8	0	8	
Col (between spots 655 & 668)	S086079	193	1600	32	0	32	
Spot 668	S090076	189	1300	26	10	36	
Follow trail in woods to the Scout centre			3500	70	0	70	
		Distance	9200		Minutes	270	
		Shorter	9000		Hours	4.50	
					Minutes	234	
					Hours	3.90	





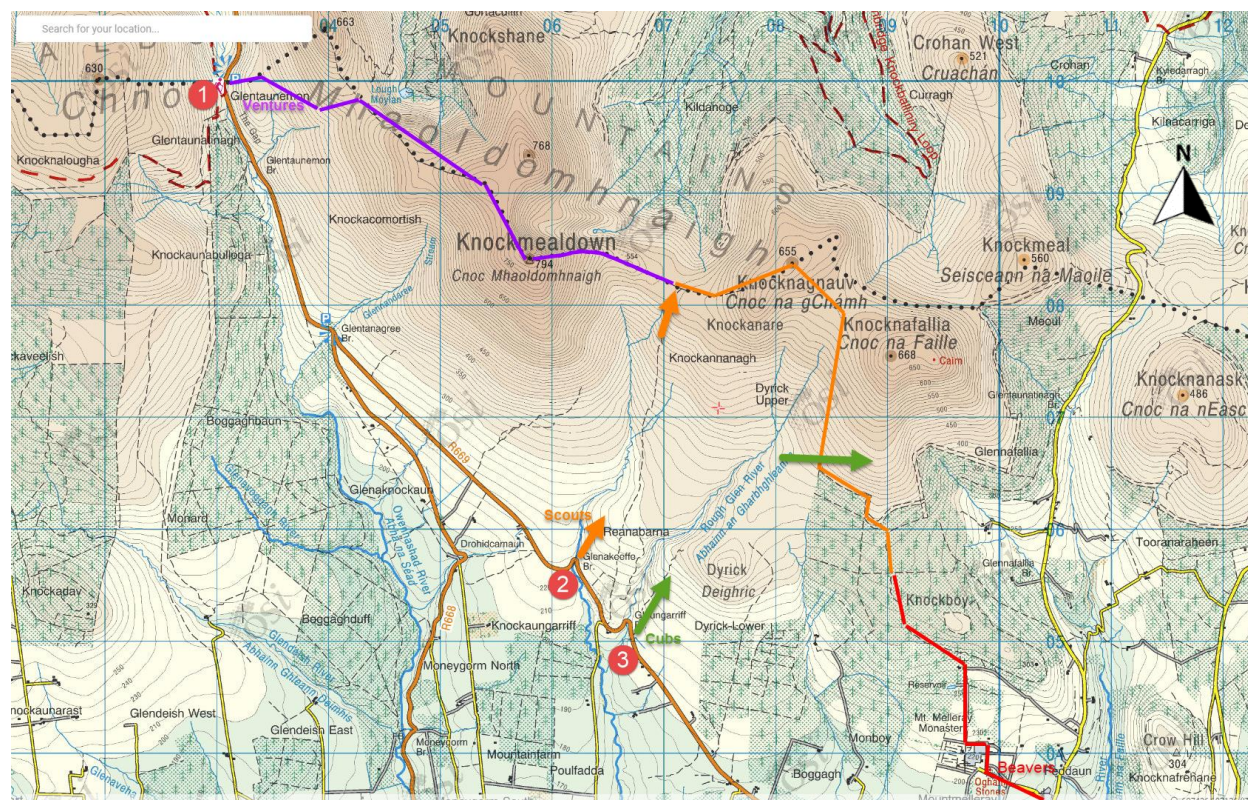
# DRAFT

County Hike 2024

## Venture hike

Ventures will do the longest hike on Sunday. This is a 12KM hike starting at the Bay Lough Car park and finishing in Mount Melleray. They will hike from the west up to Knockmealdown and down to the east to join the Scout hike.

Use Discovery series 74



Location	Grid Ref	Bearing	Distance	Walktime @ 3 km/h (100m in 2 mins)	Assend @ 1 min per 10m	Walk + Assend	Breaks
Bay Lough car park	S032010	90	400	8	8	16	
Trail to right	S035010	125	700	14	17	31	
Turn in trail	S040098	78	500	10	17	27	
Coll	S043098	128	1000	20	17	37	10
Spot on plateau with spot 768	S054091	153	900	18	17	35	
Knockmealdown	S058085	100	1800	36	0	36	10
Col (Scout join here)	S071082	80	1000	20	13	33	
Spot 655	S081084	135	900	18	10	28	10
Col (between spots 655 & 668)	S090076	189	1300	26	10	36	
Follow trail in woods to the Scout centre			3500	70	0	70	
		Distance	12000		Minutes	379	
					Hours	6.32	





# DRAFT

## Costs

Beavers/Cubs/Scouts/Ventures 1 day

Item	Cost
Badge	€1.80
Food and Treats	€4
Hike costs	€ 6 (rounded up)
Bus cost	€16
Total cost per scout	€22

**Payment** – can the groups please have a cheque made out to Lee Valley Scout County for the full amount for your group. This is the amount that you registered for the event, not the numbers that took part. We have to plan costs based on the registered numbers. Thank you in advance.

## Roles

Role	Name	Role	Name
Beaver hike contact	Shane	Buy Soup	James
Cub hike contact	Person road	Buy treat bags	James
Scout hike contact	Person road		
Soup/hot dogs station	Cathrine	Radios	TBC
Treat bags station	Cathrine		
Road warden when unloading and loading coaches	Will Roche did this last year and he will be there.	Venture Ballinora ?	



# DRAFT

County Hike 2024

## Gear list

### Beavers/Cubs gear list

- Rucksack
- Necker
- Rain Gear
- Hiking Boots or runners
- Hat & gloves
- Lunch & snacks
- Water bottle

### Scouts gear list

- Rucksack
- Necker
- Rain Gear
- Hiking Boots
- Layers of clothes
- Hat & gloves
- Lunch & snacks
- Water bottle

### Venture Overnight gear list

- Rucksack
- Necker
- Rain Gear
- Hiking Boots
- Hat & gloves
- Water bottle
- Torch and spare batteries
- Head lamp and spare batteries
- Layers of clothes
- Sleeping Bag
- Sleeping Mat
- Utensil kit (knife, fork, and spoon)
- Mess kit (plate, bowl, and cup)
- Clothes for sleeping
- Clothes for Sunday
- Food for Saturday night and Sunday lunch (breakfast will be provided)

### Group gear list

- First aid kit
- 2 maps
- 2 compasses
- Fully charged phone
- Light weight tents
- Stove & fuel
- Waste bags
- Trowel – this is vital to ensure that the event complies with Principle 3 of the Leave no Trace guidelines. We will be actively checking that each group has a trowel at check in. More information available here:

<https://lnt.org/why/7-principles/dispose-of-waste-properly/>



# DRAFT

County Hike 2024

## Risk

The safety of each member of Scouting Ireland is paramount, the importance of this fact is enshrined in Article 9 of the Constitution of Scouting Ireland, which states; “Scouting Ireland recognises the safety and welfare of its members and leaders as a foremost priority.” Scouters should endeavour to ensure: that the activity being planned, or undertaken, is suitable for the age, experience and ability of the member(s) concerned.

<b>Risk</b>	<b>High, medium or low</b>	<b>Risk mitigation</b>
Scout and Cub roadside drop off will block local road when disembarking	Low	Will need Scouters to steward the road and manage a fast transition from buses to the hillside
that activities are led by suitable persons with the necessary skills	Low	Groups must provide the appropriate number of trained leaders
that Scouters follow the guidelines for all activities in place by Scouting Ireland	Low	Groups must provide the appropriate number of trained leaders
that youth members leading activities are competent and are supported in doing so	Low	The County hasn't put any youth members in a leadership position
The management of risk and safety should be a priority of all Scouters engaged in Scouting activities	Low	Activity has been planned and plan shared with all groups. Groups must provide the appropriate number of trained leaders
Risks to activity (Location, environment, weather, resources)	Low	Location and environment and resources are suitable. Weather will be monitored and decisions made based on Met Eireann warnings

For a county event the assessment of risk is ultimately the responsibility of the groups attending. The county will facilitate the event. If any member feels there is a risk they should avoid that risk.



## Hiking badge competencies

You may want to evaluate your Beavers, Cubs, Scouts to award them a Hiking badge. Below are the competencies required

### Competency Statements

#### Stage 1

- I can pack my rucksack for a day hike.
- I know what to wear and what extras I need to bring on a hike.
- I know what food to bring on a hike.
- I know how to behave safely while hiking.
- I can read a simple map.
- I can point out and name the main features of a map.
- I can be responsible for myself while we are hiking.
- I can recognise the main distress signals.
- I know about the Buddy system.
- I understand why I should follow directions from an instructor.
- I have attended at least two hikes.

#### Stage 2

- I know what gear I need depending on the weather.
- I know why you bring certain foods and drinks on hikes.
- I can point out the main parts of the compass.
- I know how to get help if someone is hurt.
- I can point out the different symbols and colours on a map and I know what they mean.
- I can be responsible member of my team while we are hiking.
- I can get a weather forecast.
- I have attended at least three hikes.

#### Stage 3

- I know how to treat simple cuts and scratches.
- I know why you bring certain clothing on hikes.
- I know the main principles of "Leave No Trace".
- I know how to cross boggy ground.
- I know how and when to use the main distress signals.
- I can use a compass to find direction.
- I can point out the features of a map.
- I can be responsible for myself and aware of my surroundings while hiking.
- I can follow a route on an orienteering map.
- I have attended at least three hiking activities and been on the top of a mountain.

#### Stage 4

- I know how to pack a rucksack for weekend hikes.
- I can care for all my personal hiking equipment.
- I know what team equipment to bring and why.

- I know how to treat simple sprains and blisters.
- I know the different emergency services that are available and how and when to call them.
- I can follow our route on a map and find the main points using a compass.
- I can be responsible for younger members of my team while we are hiking.
- I have led a leg of a hike.
- I have attended three hikes including an overnight.

#### Stage 5

- I know the potential dangers of weather on hikes.
- I know how to pack a rucksack for a hillwalking expedition.
- I know when to cross a river and some different methods for crossing.
- I know all about the "Leave No Trace" principles.
- I know the main principles of navigating using a map and compass.
- I can complete and use a route card.
- I can be an active member of my team while hiking.
- I have taken part in three hikes.
- I have taken part in a two night hike in the mountains, based out of one campsite.
- I have written a log for at least two of these activities.

#### Stage 6

- I know the causes of how to recognize and treat hypothermia, hyperthermia, sunstroke, dehydration and asthma, or anything medical relevant to my team.
- I know the limitations of my team.
- I know the limitations of the compass and other navigation tools.
- I can use a compass and map to find my position.
- I know what Group emergency equipment we should carry, and how to use it.
- I can be responsible for myself and my team while hiking.
- I can plan and lead a hike.
- I have taken part in at least six hiking activities, four of which should be over 800m.
- I have taken part in a two night hike in the mountains, including a low and high camp.
- I have written logs for all of these activities.





County Hike 2024

**DRAFT**

## On the move

<http://www.malahideseascouts.ie/wp-content/uploads/2021/04/On-the-Move-ScoutingTrail.pdf>

# On the move



# DRAFT

## Leave No Trace

### Seven Principles of Leave No Trace Ireland

- 1. Plan ahead and prepare**
  - Know the regulations and special concerns for the area you will visit.
  - Prepare for extreme weather, hazards and emergencies.
  - Schedule your trip to avoid times of high use.
  - Visit in small groups, split larger parties into groups of 4-6.
  - Repackage food to minimise waste.
  - Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.
- 2. Travel and camp on durable grounds and surfaces.**
  - Durable surfaces include established trails, campsites, rock, gravel, dry grasses or snow.
  - Protect riparian areas by camping 70 metres from lakes, rivers and streams.
  - Good campsites are found, not made. Alternating a site is not necessary in popular areas.
  - Concentrate on using existing trails and campsites.
  - Walk in single file in the middle of the trail even if it may be wet and muddy.
  - Keep campsites small. Focus activity in areas where vegetation is absent. Disperse use to prevent the creation of campsites and trails.
  - Avoid places where impacts are just beginning.
- 3. Dispose of waste properly**
  - Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover foods and litter.
  - Dispose solid human waste in cat holes dug 15 to 20 centimetres deep and about 70 metres from water, camp, and trails. Cover and disguise the cat hole when finished.
  - Pack out toilet paper and hygiene products.
  - To wash yourself or your dishes, carry water 70 metres away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.
- 4. Leave What You Find**
  - Preserve the past. Examine, but, do not touch, cultural or historic structures, surfaces and artifacts.
  - Leave rocks, plants and other natural objects as you find them.
  - Avoid introducing or transporting non- native species.
  - Do not build structures, furniture, or dig trenches.
- 5. Minimise Campfire impact.**
  - Campfires can cause lasting damage to the countryside. Use a lightweight stove for cooking and enjoy a candle lantern for light.
  - Where fires are permitted, use established fire rings, fire pans, or mounds fires.
  - Keep fires small. Only use sticks from the ground that can be broken by hand.
  - Burn all wood and coals to ash, then scatter cool ashes. Put out campfires completely.
- 6. Respect Wildlife.**
  - Observe wildlife from a distance. Do not follow or approach them.
  - Never feed animals. Feeding wildlife damages its health, alters natural behaviours, and exposes them to predators and other dangers.
  - Protect wildlife and your food by storing rations and trash securely.
  - Control pets at all times, or leave them at home.
  - Avoid wildlife during sensitive times: Mating, nesting, raising young or winter.
- 7. Be Considerate of Others.**
  - Respect other visitors and protect the quality of their experience.
  - Be courteous. Yield to other users on the trail.
  - Step on the downhill side of the trail when encountering pack stock.
  - Take breaks and camp away from trails and other visitors.
  - Let nature's sounds prevail. Avoid loud voices and noises.