



Transition Year Hiking program

Day 1: 09.00-12.00/12.30 – 15.30 – Location TBC

- Introductions to staff and program
- Looking at the map in a new light –
 - Map scales/symbols/conventional signs.
 - Ordnance Survey maps
- Hike in the locality – Skills worked on during the hike
 - Map orientation
 - Locating where you are
 - Gear talk while on route

Day 2: 09.00-12.00/12.30 – 15.30 – Location TBC

- Leave No Trace
- Hike in the local area – Skills worked on during the hike
 - Map orientation
 - Encourage access to local walking trails and finding your way
 - Safety on the hills

Day 3: 09.00-12.00/12.30 – 15.30 – Location TBC

- Hike – in the Galtees/bigger mountains if possible but would work in the local area
 - Map orientation
 - Local information about the area/walk
 - Encourage access to local walking trails and finding your way
 - Weather and the implications that it can have on us as hikers



Day 4: 09.00-12.00/12.30 – 15.30 – Location TBC

- Hike in the local area
 - How to plan your day/hike
 - Grid References
 - Use orienteering maps (Depending on location)
 - Terminology /features (e.g. corries, spurs, ridges, aretes etc.)

Day 5: 09.00-12.00/12.30 – 15.30 – Location TBC

- Hike with location TBC
 - Leading sections of the walk
 - Encourage confidence/trust in skills they have picked up

Day 6: 9am – 4pm – Galtee Mor

- Full day hike to Galtee Mor

Guide Price:

Cost per student - €15 per student per session

Note:

Session can be tailored to meet the needs of the specific school. The program can be run over 4-, 5- or 6-week blocks or longer depending on the schools wishes. It can also be run over longer days however it is advisable to have at least 2.5hrs sessions at a minimum.

Feedback from other schools has been very positive and has been noted to have a strong benefit socially and mentally just from being outside in the forests and mountains and engaging with each other as well as fitness.

Costs will vary depending on the length of program, location and group sizes so get in touch to discuss this with us if you are interested.