



Pilgrim Paths

The Crean Award:

Discovery:
Patrol Activity

Terra Nova:
Task/Role in Patrol
Patrol Activity

Endurance:
Promise and Law
Patrol/Troop Activity

Polar:
Promise and Law

SPICES

Physical
Character
Spiritual

Adventure Skills

Backwoods

The Activity:

Objective:
To walk a pilgrimage route, combining hiking and spiritual reflections

Activity Type:
Patrol/Troop Activity

Roles:
Activity Leaders
Route Coordinators
Reflection Coordinators
First Aiders



Pilgrim Path Waymarker (Ireland) by Joe King on Wikipedia used under a CC BY-SA 3.0 license





Plan...Pilgrim Path



Pilgrim Path map from the Heritage Council:
www.pilgrimpath.ie/pilgrim-paths-day/

What are pilgrim paths?

There is a network of pilgrim routes found across Ireland. These walking routes follow medieval pilgrimage paths. By walking these ancient routes, you can combine a day's hiking, spiritual reflection and some cultural exploration. Some of these routes can be walked in a day and others will require an overnight stay. Along these trails you can easily combine the walk with stories of Celtic saints or reflections on nature, or perhaps the legends of a monastery or a historic site. More information about pilgrim paths can be found on goo.gl/9yK1WV or goo.gl/5Zt7GF

The walking part

Planning the logistics of walking the pilgrim routes is very much like any other hike or hillwalking activity. However, most of the paths are marked walk ways and have guide books available. Choose the route that best suits your needs. As the route is navigationally set out this would make a good activity for a new hike or activity leader to take an active role. Check out our resources on Route Cards (goo.gl/KM2E9u) for helping plan your pilgrimage walk.



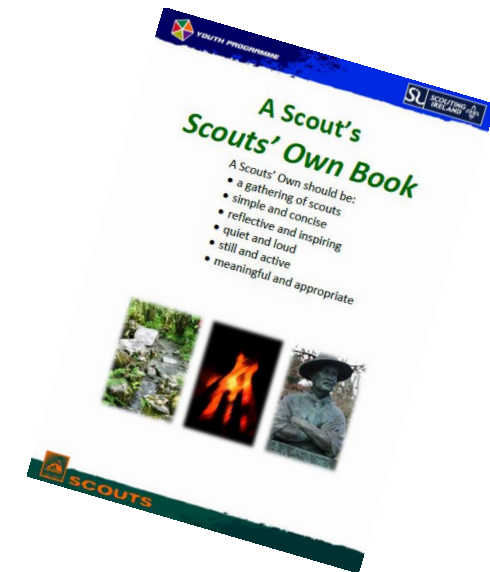
Plan...Pilgrim Path

The Spiritual part

Simple prayers, thoughts, reflections and stories can be part of the spiritual part of the activity. You can adopt whatever format suits you, such as

- A Scouts' Own at a scenic point, near water or at a sunrise/sunset.
- A series of reflections at regular stops along the way inspired by the pilgrim path or the theme of 'The Journey'
- Telling a story about the place or saint associated with it. You can research the path or any saint linked with the place and see what stories you find.
- Having sections of the path that you should walk in silence. Maybe suggest a part of the Scout Promise or Law everyone could think about while walking in silence.
- Get everyone to imagine that they were walking the path in medieval times, what was it like, who would you meet?
- Suggest everyone pays attention to the environment around them and see what they discover, add reflections on nature or the natural world. Many Celtic stories or tales from the Celtic Church have natural themes.

Resource to help:



A selection of prayers, reflections and activities for a Scouts' Own
goo.gl/94Lfi4



Do...Pilgrim Path

When organising the spiritual part of the activity, bear the following points in mind to help you. It should be:

- Relevant to the participants and activity
- Suitable to the location
- Simple and concise
- Still and active
- Meaningful and appropriate

In running this activity, make a special effort to incorporate the walking part and the spiritual part. While walking it may be easy to forget about the organised reflections or the Scouts' Own. The activity leaders should have a clear schedule for when the spiritual elements will be run.

The right atmosphere is important for the prayers, reflections and stories, otherwise they won't work. Explain to everyone what is going on and make sure the group is calm



Glendalough Stream by Matt Rudge on Flickr used under a CC BY 2.0 license

Resources to help:

A guide for organising a Scouts' Own goo.gl/cZFb0S





Review "SPICES"

Social

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

Physical

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

Intellectual

- Achieving Goals
- New Ideas
- Learn from Decisions
- Team Member

Character

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

Emotional

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

Spiritual

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs





Review

Hiking

How was the walking/route?

How did this help in working towards an Adventure Skill or Special Interest Badge?

Spiritual

How did the Spiritual elements work?

Did the walking a pilgrim path or the locations help make a difference?

Patrol Review

What will we do next?

