



# Expeditions: Waymarked Trails

**Scouter's Edition**

## ***The Crean Award:***

### **Discovery:**

Patrol Activity  
Skills

### **Terra Nova:**

Patrol Involvement  
Patrol/Troop Activity  
Skills

### **Endurance:**

Patrol/Troop Activity  
Skills

### **Polar:**

Patrol/Troop Activity  
Skills

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## ***SPICES***

Physical & Intellectual

## ***Special Interest Badges***

Adventure/Journey

## ***Chief Scout Award***

Expedition

## ***The Activity:***

### **Objective:**

To go on a patrol expedition on a waymarked trail.

### **Activity Type:**

Patrol Activity

### **Roles:**

Activity Leaders  
First Aiders  
Photographers





# Plan: Waymarked Trails

## What are waymarked trails?

The trails are routes that are signposted with waymarkers - a yellow arrow showing direction and walking person symbol. They are public routes which are great facility. While the waymarks help you navigate, you should take a map and guidebook to help you along the way.

## Waymarked trails in your programme:

There are 44 waymarked trails in Ireland that offer patrols different opportunities to go on expeditions. These include:

- A journey for a Special Interest Badge
- An expedition for a Chief Scout Award
- As part of a standing camp
- As a weekend activity

## Advantages

- A pre-determined route to walk on
- Easily planned
- Facilities and suggested sections
- Flexibility to walk a section or the whole trail
- Great as an introductory expedition
- Opportunity to practice navigation and hillwalking skills

## Choosing a way:

Pick the route that is accessible to you and which suits your needs. Some routes can be mountainous, others are along waterways, and others on the coast. Consider why you are undertaking this expedition, the abilities of all those involved, and your means of access the trail.





# Do: Waymarked Trails

- |  |  |  |
|--|--|--|
| <a href="#"><u>1. Ballyhoura Way</u></a>                 | <a href="#"><u>2. Barrow Way</u></a>                 | <a href="#"><u>3. Beara Way</u></a>        |
| <a href="#"><u>4. Avondhu Way</u></a>                    | <a href="#"><u>5. Duhallow Way</u></a>               | <a href="#"><u>6. Bluestack Way</u></a>    |
| <a href="#"><u>7. Burren Way</u></a>                     | <a href="#"><u>8. Cavan Way</u></a>                  | <a href="#"><u>9. Sli Chonamara</u></a>    |
| <a href="#"><u>10. Croagh Patrick Heritage Trail</u></a> | <a href="#"><u>11. Sli Corca Dhuimhne/Dingle</u></a> |  |
| <a href="#"><u>12. Sli an Earagail</u></a>               | <a href="#"><u>13. Sli Cholmcille</u></a>            | <a href="#"><u>14. Sli na Finne</u></a>    |
| <a href="#"><u>15. Sli na Rosann</u></a>                 | <a href="#"><u>16. East Clare Way</u></a>            |  |
| <a href="#"><u>17. East Munster Way</u></a>              | <a href="#"><u>18. Grand Canal Way</u></a>           | <a href="#"><u>19. Kerry Way</u></a>       |
| <a href="#"><u>20. Leitrim Way</u></a>                   | <a href="#"><u>21. Lough Derg</u></a>                | <a href="#"><u>22. Mid Clare Way</u></a>   |
| <a href="#"><u>23. Miners Way</u></a>                    | <a href="#"><u>24. Monaghan Way</u></a>              | <a href="#"><u>25. Nore Valley Way</u></a> |
| <a href="#"><u>26. North Kerry Way</u></a>               | <a href="#"><u>27. Offaly Way</u></a>                | <a href="#"><u>28. Royal Canal Way</u></a> |
| <a href="#"><u>29. Sheep's Head Way</u></a>              | <a href="#"><u>30. Slieve Bloom Way</u></a>          |  |
| <a href="#"><u>31. Slieve Felim Way</u></a>              | <a href="#"><u>32. Sligo Way</u></a>                 |  |
| <a href="#"><u>33. SouthLeinster Way</u></a>             | <a href="#"><u>34. Suck Valley Way</u></a>           | <a href="#"><u>35. Tain Way</u></a>        |
| <a href="#"><u>36. Tipperary Heritage Way</u></a>        | <a href="#"><u>37. Western Way (Galway)</u></a>      |  |
| <a href="#"><u>38. Western Way (Mayo)</u></a>            | <a href="#"><u>39. Westmeath Way</u></a>             |  |
| <a href="#"><u>40. Wicklow Way</u></a>                   | <a href="#"><u>41. Dublin Mts Way</u></a>            | <a href="#"><u>42. Multeen Way</u></a>     |
| <a href="#"><u>43. Hymany Way</u></a>                    | <a href="#"><u>44. Sli Gaeltacht Mhuscraí</u></a>    |  |



Go to [http://www.irishtrails.ie/National\\_Waymarked\\_Trails/](http://www.irishtrails.ie/National_Waymarked_Trails/) for more details on each trail.



# Do: Waymarked Trails

## Routes and Practicalities:

Your route should allow you to stay in appropriate places and reach facilities when you need.

## Equipment:

If you are going on an overnight expedition you will need the right lightweight camping equipment for all the patrol. Make sure everyone knows who to use it all and you have tested it.

## Emergency

Ensure that your scouts know your planned route and schedule. Have an emergency contact and always have a charged phone with you.

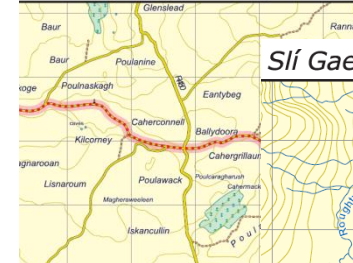
## Transport

How will you get to and from your route? What back-ups have you planned?

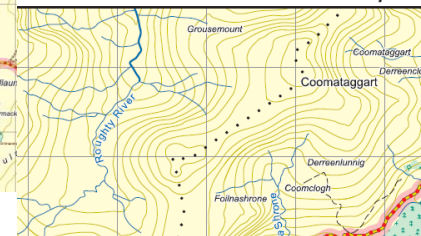
## Walking Routes:

Each of the trails has suggested sections that you can follow or modify on your expedition. They can be helpful guides to the routes.

*Burren Way : Map 8 Kilcorney to Carran*



*Slí Gaeltacht Mhuscraí : Map 2*



## Leave No Trace

Remember the principles of Leave No Trace while walking on the route. Only camp in suitable places and be conscious of other walkers and members of the public on the trails.





# 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/Creativity
- 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

## **Expedition**

How did your expedition go? What went according to plan? What didn't?

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## **Patrol Review**

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## ***What can we do next?***





## Scouter Notes

Scouters may need to assist patrols in the planning and organisation of the expedition. As the route is pre-determined, it offers a good introduction or training ground for patrols. Choosing the route and making sure the equipment and logistics are in place is also very important.

If a scout is doing the Chief Scout Award or a Special Interest Badge, they should take the lead in planning the expedition and leading on the activity. Scouters should support them in this role and make sure they learn from the process.

In reviewing the activity, learning objectives from the **Physical** and **Intellectual** areas of the **SPICES** maybe relevant to this activity. Discuss different areas with the scouts, see which one resonates most with them.

From the **Physical** area, discussion on diet, active lifestyle, and awareness of physical capabilities are all relevant to expeditions. In organising the expedition, the Scouts will have to consider the physical activity and the practicalities of carrying and cooking while walking on the route. Also, in choosing the route and while on the expedition, each scout and activity leader should be conscious of capabilities and needs.

In terms of the **Intellectual** learning objectives scouts should consider how they achieved their goals and how they played their part in the patrol. Talk to the activity leader about the choices made, the planning process, and how the expedition worked out. Also, discuss with each scout the role they played in the patrol and expedition.

