



for **FOCUS**Ireland

supported by  HORIZON.

**Full Moon Sliabh Liag Hike  
Event Pack**

# What is 'On the move'?

'On the move' is an exciting series of fitness and adventure challenges taking place across the country to raise funds for Focus Ireland.

Take part in a selection of events in locations nationwide, discover the natural beauty of Ireland, and fundraise to support homeless services.

This is a complete guide for you to get ready to take on The Full Moon Sliabh Liag Hike.



# Event Details

- **Event Type:** Full moon hike
- **Date:** Saturday, 5th August 2023
- **Starting time:** 6:00 pm
- **Meeting point:** Sliabh Liag Visitor Centre, Teelin, Co. Donegal, F94 W8KC
- **Distance:** 13km / **Elevation:** 601m
- **Duration:** 5 hours
- **Difficulty level:** Moderate
- **Registration fee:** €50



# Route

The starting point will be the Sliabh Liag Visitor Centre – from it you will make your way to climb Bunglass. Upon reaching the summit, you can expect to enjoy views that stretch all the way to Sligo and Mayo. Following summit celebrations, you will descend as the sun sets across the famed ‘One Man’s Pass’ before making your way towards the centuries old Pilgrim’s Path. The Pilgrim’s Path will take you down on the opposite side of the mountain with fresh views of the rising Moon appearing to light the last hour of the trek.

Tea/coffee and pastries will be provided once you're back in the Visitor Centre.



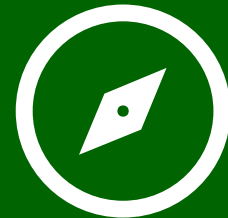
Image: MED Rural Development Company Ltd

# Health & Safety

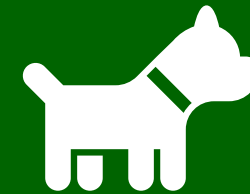
It is our utmost priority to ensure the safety and well-being of everyone, and we're here to help you get ready for the day. Here's a few reminders before your challenge begins.



Flag any health concerns to the Focus Ireland team before the challenge begins.



Always stay on the path/with your group and follow the guide's instructions.



No dogs/pets allowed.



Please do not litter and dispose of waste properly.

Leave no trace – only footprints.

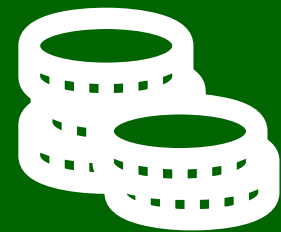
# Event Checklist

What to pack	What to wear
<ul style="list-style-type: none"><li>✓ Snacks, a packed lunch &amp; water</li><li>✓ Backpack</li><li>✓ Waterproof Jacket &amp; trousers</li><li>✓ Sun Hat</li><li>✓ Sunglasses</li><li>✓ Sunscreen</li><li>✓ Extra layers, hat, spare hiking socks</li><li>✓ Mobile Phone (fully charged)</li><li>✓ Any medication you use (please do not share this medication at any time with other members under any circumstances)</li><li>✓ A zip lock bag to store your food &amp; waste</li><li>✓ Tissue</li></ul>	<ul style="list-style-type: none"><li>✓ Sturdy hiking boots or shoes</li><li>✓ Hiking socks</li><li>✓ Beanie hat</li><li>✓ Base layers (avoid cotton clothing as it absorbs sweat)<ol style="list-style-type: none"><li>1. 'On The Move' t-shirt (Short-sleeved top to be provided by Focus Ireland)</li><li>2. Long sleeved thermal/polyester base layer</li><li>3. Warm fleece/down layer</li><li>4. Waterproof jacket</li></ol></li><li>✓ <b>Torches will be provided</b></li></ul>

# Parking & Facilities



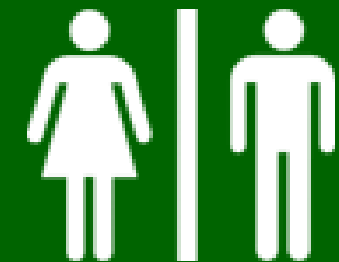
Sliabh Liag  
Visitor Centre  
Teelin  
Co. Donegal  
F94 W8KC



Free parking



Please park closely together to maximise space. Do not park in front of gates or barriers. Do not leave any valuables on display in your car.



Toilets available on site

# Get in touch!

The Focus Ireland team are here to help. If you have any questions, please feel free to contact us. And don't forget to check out our other resources on the 'On the move' website!

T: 01 881 5900

W: [onthemove.focusireland.ie](https://onthemove.focusireland.ie)

E: [onthemove@focusireland.ie](mailto:onthemove@focusireland.ie)

Together, we have moved one step closer to ending homelessness.

