



for **FOCUS**Ireland

supported by  HORIZON.

**Limerick Greenway Cycle
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 Limerick Greenway Cycle.



Event Details

- **Event Type:** Cycle
- **Date:** Saturday, 15th July 2023
- **Starting time:** 9:00 am
- **Meeting point:**
Limerick Greenway Car Park
Rathkeale, Limerick, V94 NR12
- **Distance:** 37km
- **Duration:** 5–6 hours
- **Difficulty level:** Moderate
- **Registration fee:** €50



Route

Built along the former Limerick to Tralee railway line, the Limerick Greenway weaves through West Limerick's traditional agricultural landscape, starting in Rathkeale, on through Ardagh, Newcastle West, Barnagh, Templeglantine and finishing in Abbeyfeale, with a perfect view of the Allaghaun River. You will be passing through a Victorian-era railway tunnel, visiting several ancient castles and abbeys, basking in the solitude of a native forest, and so much more!



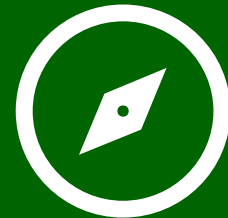
Image:
Limerick City and
County Council

Health & Safety

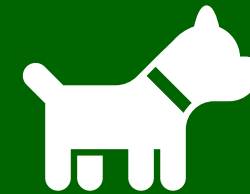
It is our utmost priority to ensure the safety and well-being of everyone, and we're here to help you get ready for the day. Here's a few reminders before your challenge begins.



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



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



No dogs/pets allowed.



Please do not litter and dispose of waste properly.

Leave no trace – only footprints.

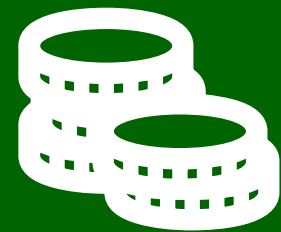
Event Checklist

What to pack	What to wear
<ul style="list-style-type: none">✓ Snacks, a packed lunch & water✓ Waist pack or small backpack✓ Sunglasses✓ Sunscreen✓ Cool-weather jacket or rain jacket✓ Mobile Phone (fully charged)✓ Any medication you use (please do not share this medication at any time with other members under any circumstances)✓ Shoes or sandals, and comfy clothes to change into post-ride✓ A zip lock bag to store your food & waste✓ Tissues	<ul style="list-style-type: none">✓ Bike shorts✓ 'On the move' t-shirts (to be supplied by Focus Ireland)✓ Cycling helmet (to be supplied by Focus Ireland)✓ Bike gloves✓ Socks (wool or synthetic)✓ Comfortable shoes for biking and walking ✓ Bikes will be provided by Focus Ireland✓ Event accessible to wheelchair users – participants to provide their own equipment

Parking & Facilities



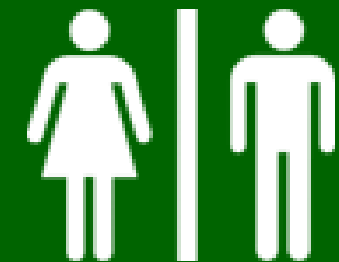
Rathkeale Greenway
Car Park
V94NR12



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 accessible 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!

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

