

 **On the  
move** 

for **FOCUS**Ireland

supported by  HORIZON.

**Westport to Achill 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.

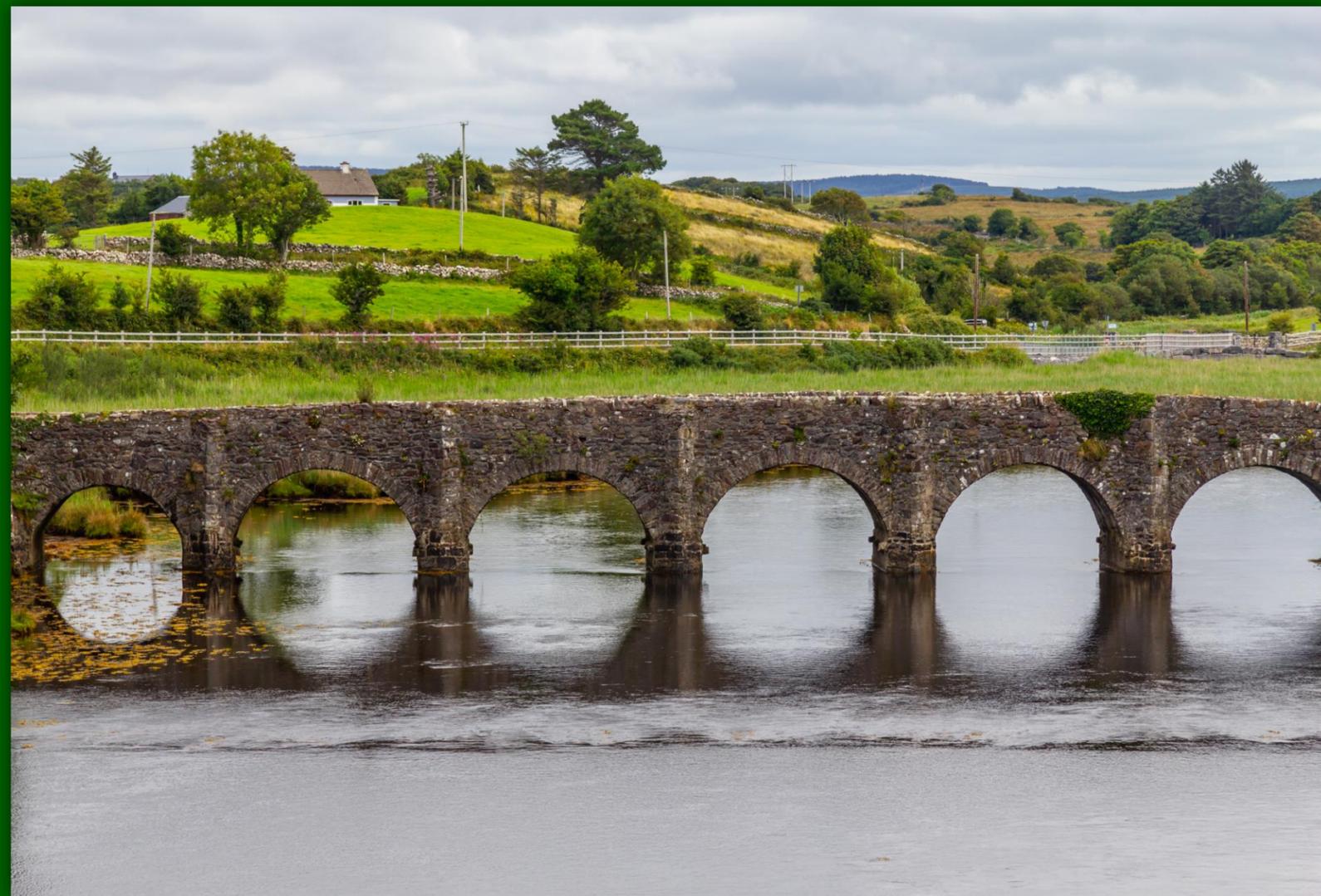
Take part in a selection of events in locations nationwide, discover the natural beauty of Ireland, and fundraise to support homeless services.

This is a complete guide for you to get ready to take on The Westport to Achill Greenway Cycle.



# Event Details

- **Event Type:** Cycle (Accessible for wheelchair users)
- **Date:** Saturday, 9th September 2023
- **Starting time:** 9:00 am
- **Meeting point:** Westport Bike Shop Ltd,  
Newport Road, Carrowbeg, Westport,  
Co. Mayo, F28 P8Y4
- **Distance:** 42km
- **Duration:** 6 hours
- **Difficulty level:** Moderate
- **Registration fee:** €50



# Route



The World Class Great Western Greenway is a traffic-free cycling trail which follows the old railway route from Achill Island through picturesque towns of Mulranny and Newport into Westport. As you take this route, you'll get the chance to admire breath taking views off the west coast of Mayo and Achill Island.

An Ostan Acla Hotel is our final destination, where we will have tea/coffee and sandwiches before our return journey back to Westport. All participants will travel by bus, with the bikes brought along on trailer.

# 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

- ✓ Snacks, a packed lunch & water
- ✓ Waist pack or small backpack
- ✓ Sunglasses
- ✓ Sunscreen
- ✓ Cool-weather jacket or rain jacket
- ✓ Mobile Phone
- ✓ 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
- ✓ Tissue

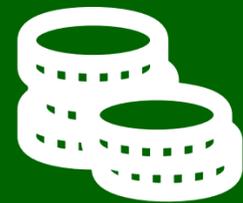
## What to wear

- ✓ 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 & helmets will be provided**
- ✓ **Event accessible to wheelchair users - participants to provide their own equipment**

# Parking & Facilities



Westport Bike Shop  
Newport Road  
Carrowbeg  
Westport  
Co. Mayo  
F28 P8Y4



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!

T: 01 881 5900

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

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

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

