

# ➡➡ On the move ↗↗

for **FOCUS**Ireland

supported by  HORIZON.

**Glendalough 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 Glendalough Hike.





# Event Details

- **Event Type:** Hike
- **Date:** Thursday, 13th July 2023
- **Starting time:** 10:30 am
- **Meeting point:** Brockagh Resource Centre  
Laragh House, Ballard, Glendalough, Co.  
Wicklow
- **Distance:** 15km
- **Duration:** 3 hours
- **Difficulty level:** Moderate
- **Registration fee:** €50





# Route

St Kevin's Way follows in the footsteps of St Kevin through the hills of Wicklow to the haunting and mysterious valley of Glendalough where he spent the rest of his life in solitary prayer. You will be driven by bus to the starting point of the hike, where you'll be free to go at your own pace along the marked itinerary. You will climb towards the spectacular Wicklow Gap, the highest point on the route, spot the flagstones of the old pilgrimage road, and eventually follow the descent of the Glendasan River into the Valley of Glendalough.

Tea/coffee and sandwiches will be provided at the end of the loop.

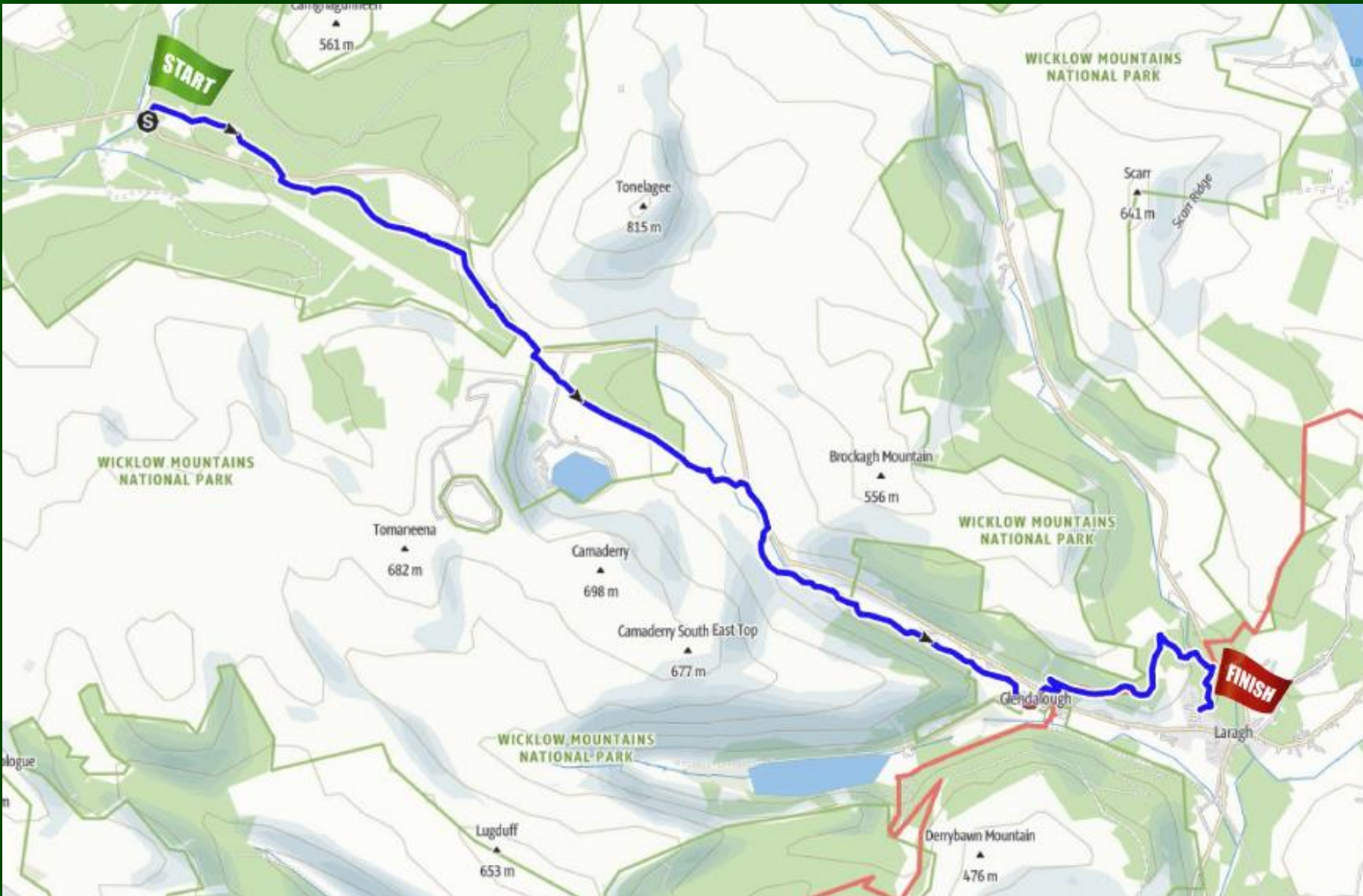


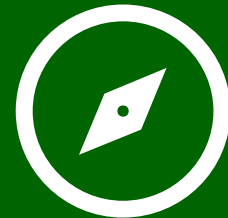
Image: Adventure.ie

# Health & Safety

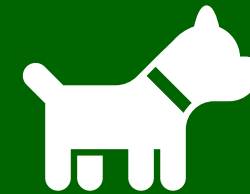
It is our utmost priority to ensure the safety and well-being of everyone, and we're here to help you get ready for the day. Here's a few reminders before your challenge begins.



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.

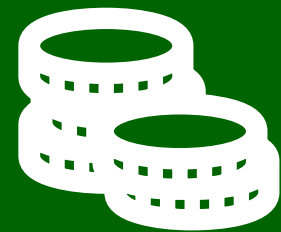
# Event Checklist

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></ul>

# Parking & Facilities



Brocagh Resource  
Centre  
Laragh House  
Ballard  
Glendalough  
Co. Wicklow



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

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

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

