

 **On the  
move** 

for **FOCUS**Ireland

supported by  **HORIZON.**

**Waterford 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 Waterford Greenway Cycle.



# Event Details

- **Event Type:** Cycle
- **Date:** Saturday, 29th July 2023
- **Starting time:** 9:00 am
- **Meeting point:**  
Waterford Greenway Bike Hire,  
Hanover Street, Waterford,  
X91 RY2Y
- **Distance:** 46km
- **Duration:** 6 hours
- **Difficulty level:** Moderate
- **Registration fee:** €50



# Route

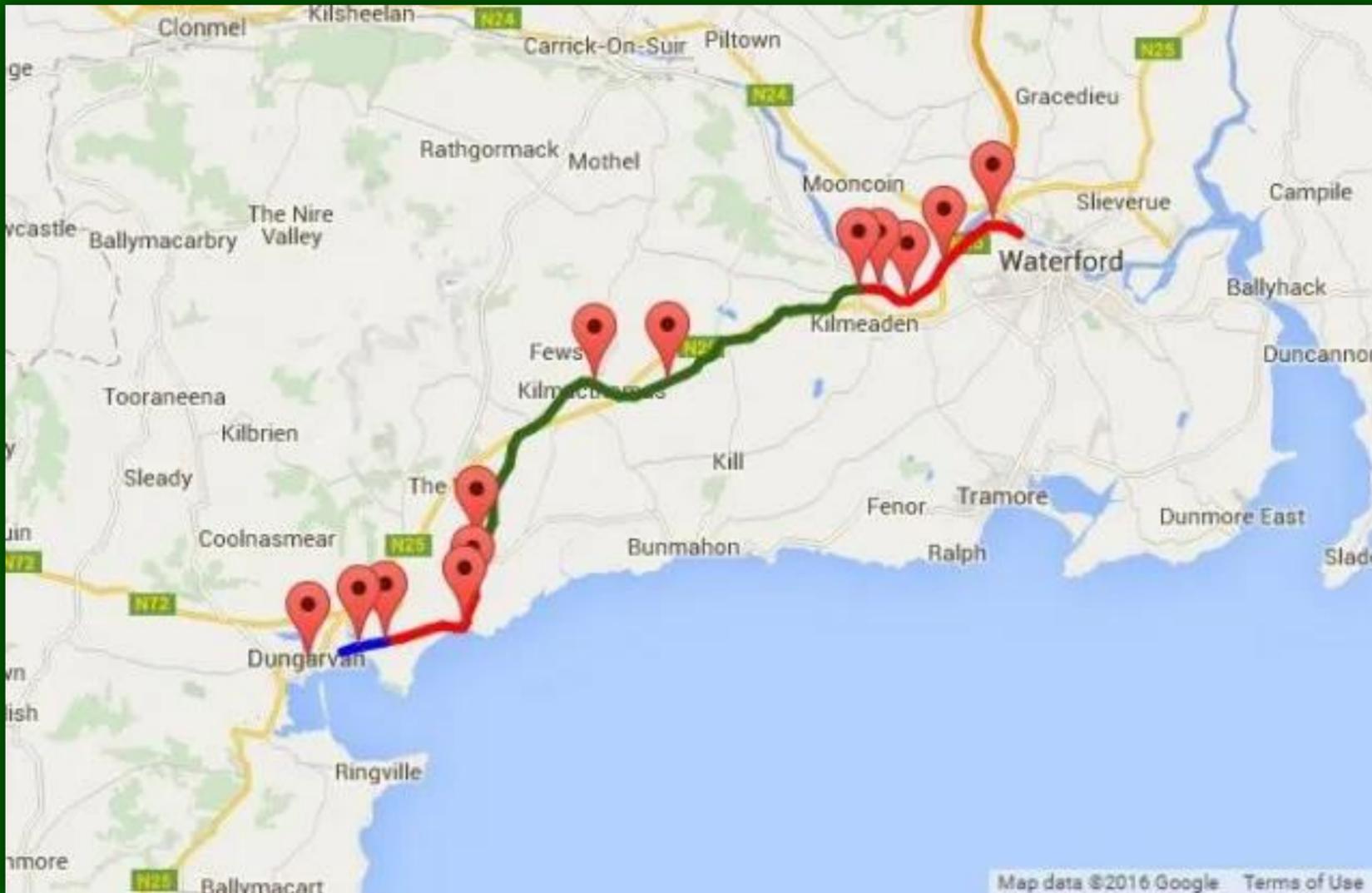


Image: Google Maps

The Waterford Greenway provides 46km of glorious car-free pathway stretching all the way from historic Waterford City to the beautiful sea-side town of Dungarvan in west Co Waterford. The Comeragh Mountains offer a dramatic backdrop to a breath-taking journey across eleven bridges, three viaducts, through a 400m – long tunnel, along the lush banks of the River Suir, all the way to the scalloped beaches of Waterford's famed Copper Coast.

# 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

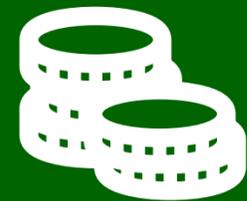
## What to wear

- ✓ 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



Waterford Greenway  
Bike Hire  
Hanover Street  
Waterford  
X91 RY2Y



Parking cost is  
€4.70 for 12 hours.



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.

