

➡➡ On the move ↗↗

for **FOCUS**Ireland

EVENT GUIDE: CROAGH PATRICK



A HIGHER CALLING

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for **FOCUS**Ireland

» WHY DO WE NEED YOUR SUPPORT

Homelessness affects real people; men, women, children, families, young people, elderly, and people with disabilities.

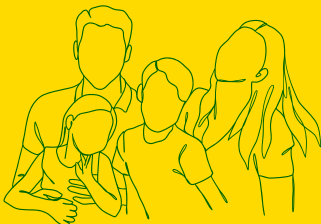
Focus Ireland is driven by the fundamental belief that homelessness is wrong. We work to prevent homelessness and find sustainable long-term solutions to help people leave homelessness forever.



By taking part in *On the move*, you allow Focus Ireland to provide individuals, families and children trapped in homelessness with the immediate and practical support they need.

LATEST HOMELESS FIGURES*«

Official number of people who are experiencing homelessness and relying on emergency homeless accommodation. There are **13,866 people** currently experiencing homelessness in Ireland.



1,981

Number of families



4,147

Number of children



1,660

Number of young adults
(18-24)

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» ON THE MOVE

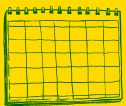
On the move is an exciting series of fitness and adventure challenges taking place across the country to raise funds for Focus Ireland.

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 Croagh Patrick hike.



EVENT DETAILS «



Date: Sunday 16th June 2024



Registration: 10am

Starting Time: 11am



Meeting point: Campbell's Pub at the Reek, Bellataleen, Murrisk, Co. Mayo, F28 H990 (right next to visitor centre car park)



Registration fee: €50 per person



Parking: €3 for 4 hours; pay and display

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➡ CROAGH PATRICK



Level: Moderate



Distance: 7.1km



Elevation: 742m

The Croagh Patrick mountain pilgrim path and hiking trail is a moderate to strenuous 3-4 hour route to the ever popular, spectacular and iconic peak. County Mayo's third highest mountain is known by some as Ireland's Holy and Sacred mountain with up to 100,000 people climbing to the top overlooking Clew Bay.

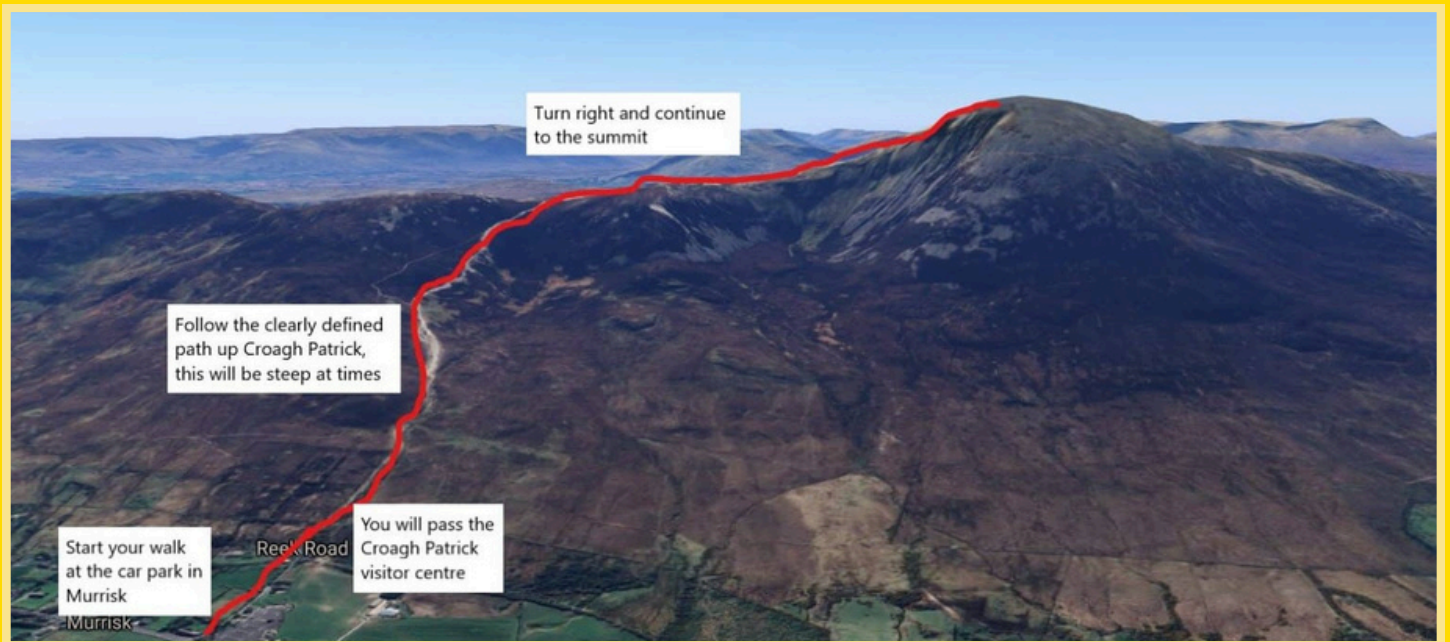


Image: [Ireland Before You Die](#)

This hike will be fully guided by the Focus Ireland team who will take you along the clearly defined path up Croagh Patrick. The trail from the car park is signposted. At times, it will be steep, and at around 900m, the trail levels out for a short distance to help stretch the legs! The cairn will mark the start of the 'cone', the final steep section to reach the summit.

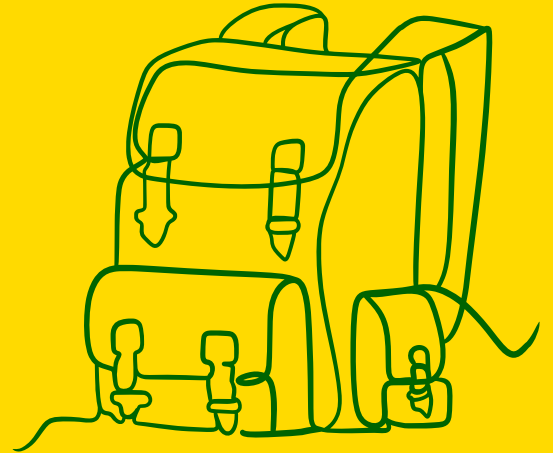
Refreshments will be provided post climb at Campbell's Pub at the Reek.

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» WHAT TO PACK

- Water (at least 1 litre) & snacks
- Backpack
- Waterproof jacket & trousers
- Sun hat
- Sunglasses
- Sunscreen
- Extra layers, hat, spare hiking socks
- Mobile phone
- Any medication you use (please do not share this medication with other members under any circumstances).



WHAT TO WEAR «

- Sturdy hiking boots or shoes
- Hiking socks
- Beanie hat
- On the move t-shirt (short sleeved top provided by Focus Ireland)*
- Long sleeved thermal/polyester base layers*
- Warm fleece/down layer*
- Waterproof jacket*



**Avoid cotton clothing for your base layers as it absorbs sweat*

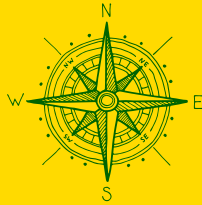
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» HEALTH & SAFETY



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.

FURTHER INFORMATION «

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

E: onthemove@focusireland.ie

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

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