

# ➡➡ On the move ↗

for **FOCUS** Ireland

## EVENT GUIDE: CARRAUNTOOHIL



BE ACTIVE FOR CHANGE

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## » WHY DO WE NEED YOUR SUPPORT

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

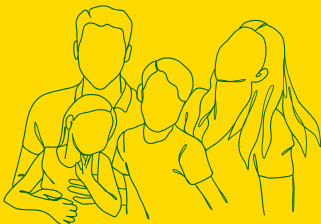
Focus Ireland is driven by the fundamental belief that homelessness is wrong. We work to prevent homelessness and find sustainable long-term solutions to help people leave homelessness forever.



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 homeless and relying on emergency homeless accommodation. There are **13,841 people** currently experiencing homelessness in Ireland.



**1,994**

Number of families



**4,170**

Number of children



**1,665**

Number of young adults  
(18-24)

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## » ON THE MOVE

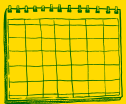
"On the move" is an exciting series of fitness and adventure challenges taking place across the country to raise funds for Focus Ireland.

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 Carrauntoohil hike.



## EVENT DETAILS «



**Date:** Saturday 15th June 2024



**Registration:** TBC  
**Starting Time:** TBC



**Meeting point:** Cronin's Yard, Mealis, Beaufort, Killarney, Co. Kerry, V93 HK71



**Registration fee:** €50 per person



**Parking:** Paid parking at exit – €2 (€2 coins needed).



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## ➡ CARRAUNTOOHIL



**Level: Difficult**



**Distance: 11km**



**Elevation: 1039m**

Carrauntoohil is Ireland's highest peak at a lofty 1039 metres. This climb is a fully guided tour with experienced guides from Kerry Climbing. You will take the Devil's Ladder route, with the steep ascent eventually rewarded with stunning panoramic views from the summit.



Image: [Kerry Climbing Website](#)

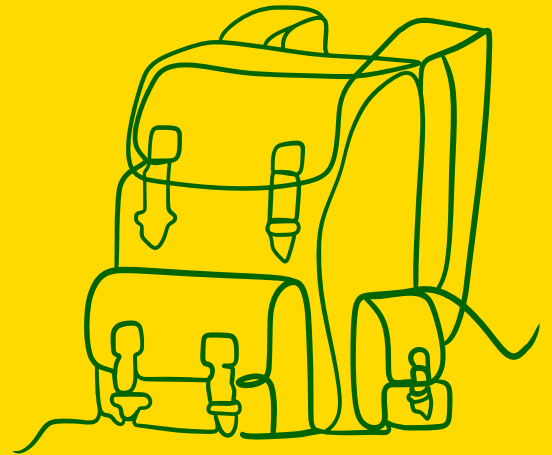
Whilst taking a well-deserved rest at the top you will take in the spectacular views of the three U-shaped valleys, each one containing its own lake. Refreshments of soup, tea & coffee will be provided post climb at Cronin's Yard café.

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## » WHAT TO PACK

- 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 at any time 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*

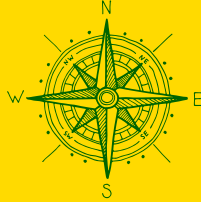
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## » HEALTH & SAFETY



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

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

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

**BE ACTIVE FOR CHANGE**

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