

# Glen to Glen Walkers' Guidelines



Harold's Cross  
Blackrock  
Wicklow  
*Respite Rehabilitation Reassurance*

## HIKE FOR HOSPICE -GLENDALOUGH to GLENDASSEN Sunday 12<sup>th</sup> September 2021. Guidelines-Information Sheet

**Every step counts! -Enjoy the Hike for Hospice and thank you for your Generosity.**

- Check-in/ registration will be open from 08.30hrs at Laragh, Car Park. Please arrive early. **IMPORTANT:** - All walkers must sign in at the pre-registration.
- Sponsorship cards if not already collected can be handed in at the registration.
- Upon arrival you will be directed to the car parking area. In order for the event to run smoothly we need all walkers to be registered before 09.30hrs. Sinead and volunteers will be available to collect outstanding sponsor cards.
- Toilets and wash room facilities are available at Glendalough Car Park 1 and 2. Let the guides know if you are using these facilities.
- All guides will be wearing arm bands.
- There will be a number of route maps available for distribution.
- The main guide will give a briefing on the walk at the Laragh car Park after which the walk will officially start. The Glendalough- Glendassen hike is 12.5km approx. and will take 3+/- hours.
- All the guides are experienced - Do not walk alone -Stay with your group/ buddy up. Take personal care on the two road crossings.
- Communicate any issues with the guides-Never put yourself at risk-Keep to the walking route. Guide markers will be placed at strategic locations. If necessary wait for a guide.
- Any weather issues will be communicated prior to the walk via social media & messaging services.
- Good footwear for the terrain with ankle support and good fitting socks. Comfortable clothing/ fleece /Jacket /rain gear/hat. Water (hydration). Sandwich/snack (energy). Sunglasses, Sun cream & midget replant!

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- Mobile phone- fully charged - programmed with Emergency numbers Fabian - 087-2306030 & Sinead 087 0954137- What's App is best for commutating any issues.
- Environment & Walkers - The Wicklow Mountain Nation Park is part of our Eco Systems that provides and gives life to all leaving creatures- Respect it and leave no trace (No litter).
- Dogs/pets are not permitted on the Glen to Glen hike.
- At the finish Certificates of Glen to Glen achievement will be issued. Light refreshments will be provided at the carpark for all Glen to Glen Walkers, During the walk spot prizes will be drawn by Wicklow Hospice Staff.
- COVID 19:- HSE preventive guidelines must be adhered too.

## Contact Numbers:

**Fabian - Mobile: - 087-2306030**

**Sinead - Mobile: - 087-0954137**

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