

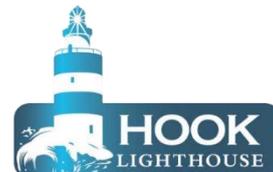
# hike to the hook

20km road walk

23<sup>rd</sup> April 2022

## Participant Briefing

This event is made possible with the generous support of the following:





Dear Participant,

We are looking forward to seeing you at Hike to the Hook, on Saturday 23<sup>rd</sup> April 2022. Below is important information relating to the event. As there are three walk options, we have provided three timetables below detailing all you need to know. Please read through the timetable for your chosen walk option carefully and share with any additional walkers you added to your booking.

If you have any questions or queries, please contact Hook Tourism on 051 389530/ 051 262900 or email [events@hooktourism.com](mailto:events@hooktourism.com).

### Timetable for 20km walk

7:00am	Parking opens at the Boortmalt Grain Store in Saltmills (see map).
7:00am	Registration opens for the 20km walk at the Boortmalt Grain Store.
7:15 – 8:15am	Participants make their way from registration to outside Tintern Abbey.
8:15am	Registration closes for the 20km walk.
8:20am	Participants briefing, Group photo taken at Abbey
8:30am	20km walk commences
11:00am	Course cut off time for walkers between Tintern Abbey and RNLI station
1:30pm	Final course cut off time
3:00pm	The car park at Boortmalt Grain Store will be locked – all cars must be removed by this time

### Timetable for 12.5km walk

9:30am	Registration opens for 12.5km walk at RNLI Station in Fethard on Sea – Parking will be provided for participants at St. Mogues GAA grounds (see map).
10:15am	Registration closes for 12.5km walk
12:15pm	Course cut off time for walkers between RNLI Station and Loftus Hall
1:30pm	Final course cut off time

### Timetable for 3.5km walk

11:00am	Registration opens for 3.5km walk from Loftus Hall.
11:30am	Registration for the 3.5km walk from Loftus Hall closes
1:30pm	Final course cut off time

**IMPORTANT:** Please note the three course cut off times in the above timetable. The Hike to the Hook route will be marshalled by volunteers to alert traffic to participant's presence. The cut off times indicate when we will be removing marshals from each route.

### Preparing for the walk

- We advise all participants to plan ahead, take note of **weather forecasts and dress appropriately**. Light layers that can be removed easily are ideal.
- Participants should wear **suitable footwear** that provides good **ankle support** and should be previously **well worn**. It is not recommended walking long distances in new footwear.
- If the weather forecast is for warm sunshine participants should wear **sunscreen** and a **sun hat**.
- **Water** will be provided **7.5km** into the walk at the RNLI station in Fethard on Sea and again at a **water station 4km** from the finish but we advise participants to **carry extra water** themselves also.
- We suggest that participants carry **plasters** during the walk as **blisters** are the most common problem experienced during long distance walking



- **IMPORTANT:** Please note there will be **NO** bus service this year. **Participants must make their own arrangements.**

### Registration/Parking/Facilities

- All participants must arrive in plenty of time to register and receive their Hi Vis vest
- **Registration** for the **20km** walk will open at **7:00am** at the **Boortmalt Grain Store**. All participants should register by **8:00am**.
- Participants of the 20km leg walk must **park at the Boortmalt Grain store**, parking at Tintern Abbey is **strictly prohibited** for participants of the event.
- There will be **toilets provided** at the **Boortmalt Grain Store**. Participants are advised to make use of these before making their way to Tintern Abbey as there only one near the abbey.
- Toilet availability on route will be at Poulfur Church, Fethard Village, Fethard RNLI station and Templetown Church.
- **Registration** for the **12.5km** walk will open at the **RNLI Station in Fethard on Sea at 9:30am**
- Participants of the **12.5km** walk must **park at St. Mogue's GAA club** approximately 500m south from the RNLI station, there is no parking at the RNLI station.
- The RNLI station will be the first water stop on the route and participants will also be provided with a piece of fruit here.
- Registration for the **3.5km** walk will open at **11:00am near Loftus Hall**
- The gates to parking at the Boortmalt grain store will be locked at **3:00pm**. All cars must be offsite by this time.

Maps are provided at the end of the document for the three joining points or checkout the Google maps link on our website ([www.HikeToTheHook.com](http://www.HikeToTheHook.com)).



### Terms of Participation

The following is a reminder of the terms of participation that you agreed to when booking your place:

- Walk Options:

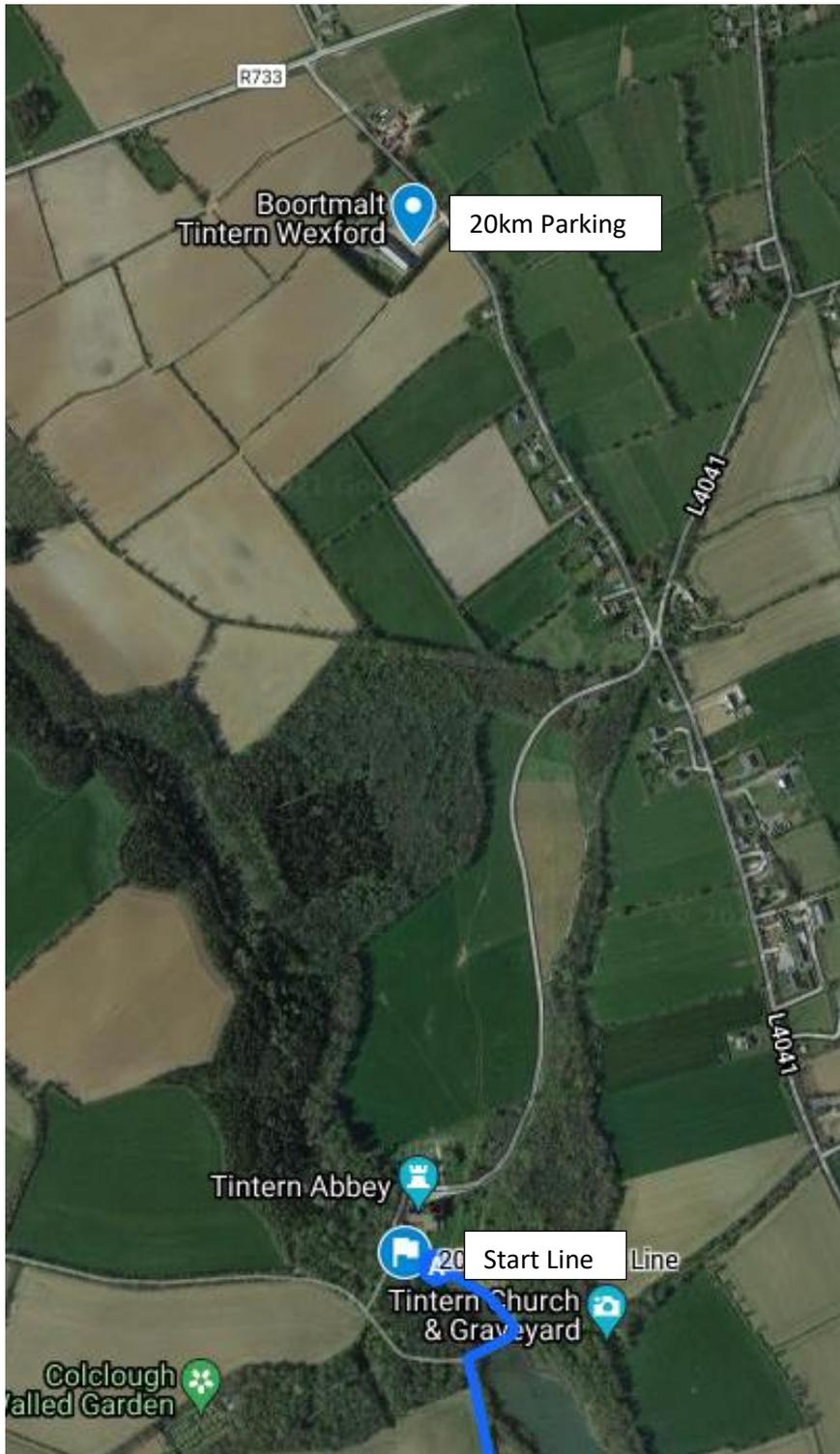
20km – Tintern Abbey to Hook Lighthouse	12.5km – Fethard RNLI Boat House to Hook Lighthouse	3.5km – Loftus Hall to Hook Lighthouse
Over 18's only.	Over 12's only. All participants under the age of 16 must be accompanied by a responsible adult at all times.	All ages. All participants under the age of 16 must be accompanied by a responsible adult at all times.

- Hike to the Hook entry fees are non-refundable except in the circumstance where the event date or time is changed by the organisers; or cancellation of the event.
- Bookings for participants under the age of 18 must be completed by and with terms of participation being agreed to by a parent or guardian and where a person under the age of 18 has been booked, event organisers will assume this to be the case.
- In the event of an extreme weather warning being issued by Met Eireann, Hike to the Hook organisers will assess conditions the day before, as well as the day of the event, and decide in the interest of participants' safety if the event should proceed.
- Hike to the Hook High-vis vests will be available on a first come, first served basis.
- We encourage you to register early on the morning of the walk to help ensure you receive your preferred size as we cannot guarantee that every participant will receive their chosen size.
- Participants are to ensure they wear suitable clothing and footwear for the event.
- By purchasing a place on the walk participants are confirming, to the best of their knowledge, that their general health and fitness is good and that they take full responsibility for themselves while taking part in the walk.
- Participants are responsible for their own medical conditions. If participants are in any doubt about their physical ability to take part in the Hike to the Hook, then they must consult their doctor prior to the event. Accompanying adults are responsible for medical conditions and physical abilities of any participants under the age of 16 who they are accompanying.
- Hook Tourism will be organising this event following best practice guidelines and health and safety standards. Participants enter the Hike to the Hook at their own risk and Hook Tourism and associated companies shall not be liable for any injury or loss to participants or their property, which may occur as a result of their participation in the Hike to the Hook event, other than where such injury or loss is a result of Hook Tourism's negligence.

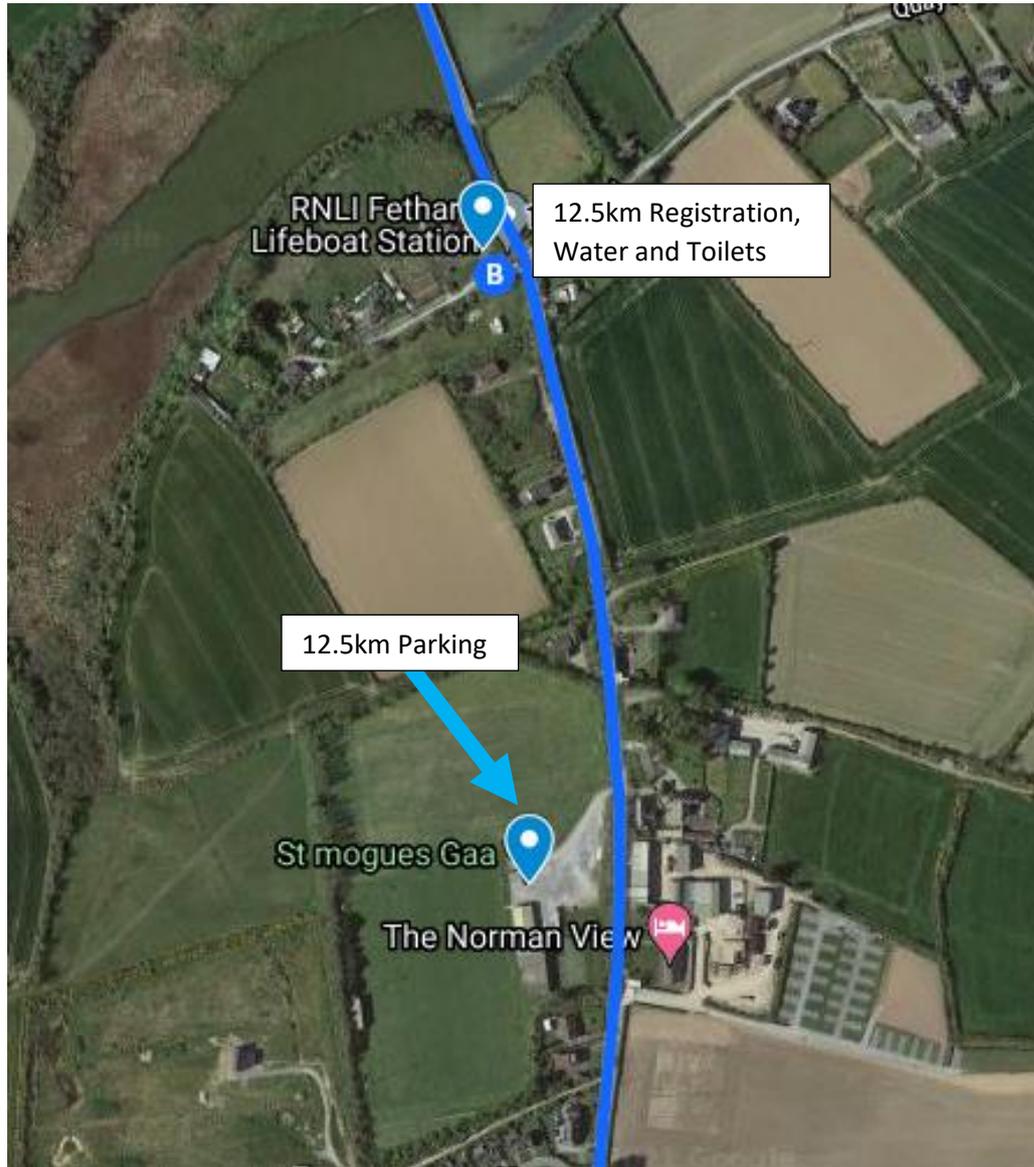


- Hike to the Hook is a non-competitive walking event and participants are encouraged not to run the route for their own safety as our risk assessment and event safety plan does not factor in runners. Anybody running the course during the event are assumed to have withdrawn their participation and Hook Tourism accepts no liability for any injury that may occur to any such person.
- Hook Tourism takes all reasonable steps to minimise the risk of injury to participants during the event. By taking part in this event, all participants acknowledge that there may be conditions or circumstances beyond our control that can lead to unforeseen risks. If you have any concerns or queries, please contact us before agreeing to take part in this event.
- In the case of an emergency, Hook Tourism may pass personal details provided by each participant to the emergency services, health care professionals, and for the purposes of contacting individuals' emergency contact.
- Participants are asked to respect the fact that the walk is being held in a public place and on public roads and footpaths. Members of the public will also be using the route and respect is to be given to them at all times.
- Hike to the Hook is a non-spectator event. All spectators at the Hike to the Hook event do so entirely at their own risk and Hook Tourism shall not be liable for any injury or loss that might occur as a result of their attendance, other than where such injury or loss is a result of Hook Tourism's negligence.
- Spectators are not permitted to walk the route with participants. Everyone taking part in Hike to the Hook must be a registered participant.
- Hook Tourism reserves the right to change or reduce any of the Hike to the Hook routes.
- Hook Tourism reserves the right to refuse entry if, for whatever reason, it is deemed unsafe for the participant to take part.
- Hook Tourism operates a no smoking policy at events, and respectfully asks all participants along with their supporters to refrain from smoking at the event.
- We ask all participants to follow "leave no trace" guidelines regarding the disposal of litter.
- By providing personal data when you book your place in Hike to the Hook, you confirm that you consent to such data being used by us for the purpose of organising, staging and administering the event. If you provide personal data on behalf of additional participants, you also confirm that you have obtained their consent for such data to be used for the same purposes.
- In the case of an emergency, we may also pass personal details provided to the emergency services and healthcare professionals, and also use them for the purpose of contacting your emergency contact.
- By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in the Hike to the Hook to be used to publicise events and Hike to the Hook generally, including television broadcasts, publications, marketing material and other documents that may be made available to the public. Hook Tourism will not provide your details to third parties.
- No photographs of children will be taken without written consent of a parent or guardian aged over 18. Subject to this rule, by registering a participant under the age of 18 you or the participant's parent/legal guardian (as applicable) are happy for their images to be used as described above.

## Map 1



Map 2



Map 3

