

hike to the hook

20km road walk

27th April 2024

Participant Briefing

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





Teach Solais
Centre for Children with Autism
Scoil Mhóidhig, Poulfur



Dear Participant,

We are looking forward to seeing you at Hike to the Hook, on Saturday 27th April 2024 for the By Hook or By Crooke Walk. Below is important information relating to the event.

Please share this information with any additional walkers on your booking.

If you have any questions or queries, please contact Hook Tourism on 051 389 496 or email events@hooktourism.com

Maps are provided at the end of the document or the interactive Google Map can be found [here](#).

If anyone wishes to join the walk not at the two starting locations fill out the online form linked [here](#). This form MUST be filled out on the day or check in at a registration point, failure to do so will mean you are not considered part of this event. (A ticket must be purchased in advance for this option)

Timetable for walk

8:00am	Parking and Registration opens at Passage East Hurling Club and Hook Lighthouse.
8:30am	Shuttle Bus leaves Hook Lighthouse for Ballyhack
9:00am	Walk Officially Starts
9:00am	Shuttle bus leaves Ballyhack for Hook Lighthouse
1:30pm	Return Shuttle bus between Ballyhack and Hook Lighthouse Starts
2:30pm	Final Course Cut Off Time

NOTE: Foot passage ONLY on the Passage East Ferry is included in your ticket, **vehicles will be charged**

IMPORTANT: Please note the course cut off time 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 time indicates when we will be removing marshals from the route.

Also note that the shuttle bus service is between Ballyhack and Hook Lighthouse only.

Participants ending their walk at another location are encouraged to make their own arrangements but if you really need a lift one can be arranged.



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Preparing for the walk

- **IMPORTANT:** Participants are asked to bring their own High Vis Jackets this year. Very limited supplies will be available at the two registration points.
- 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 at the rest stops in Duncannon and at Templar's Inn 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.
- Participants should follow the rules of the road at all times while walking on roads and should use any footpaths where available to ensure safety for them and others.

Registration/Parking/Facilities

- All participants must arrive in plenty of time to register.
- **Registration** at Crooke and Hook Lighthouse opens at 8:00am and closes at 9:30am.
- Toilets are provided at the Passage East Hurling Club, Duncannon Community Hall, Templar's Inn and Hook Lighthouse.
- Tea, Coffee and snacks will be available at Hook Lighthouse and refreshments will be provided at The Estuary Café in Passage East.
- Water and limited refreshments are available at the two rest stops of Duncannon Community Hall and Templar's Inn.

Please Note that this year the finish location for the Crooke to Hook walk is **The Estuary Café in Passage East (X91 FD85)**, there will be a shuttle bus from here to the car park for those who require it.



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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).



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Terms of Participation

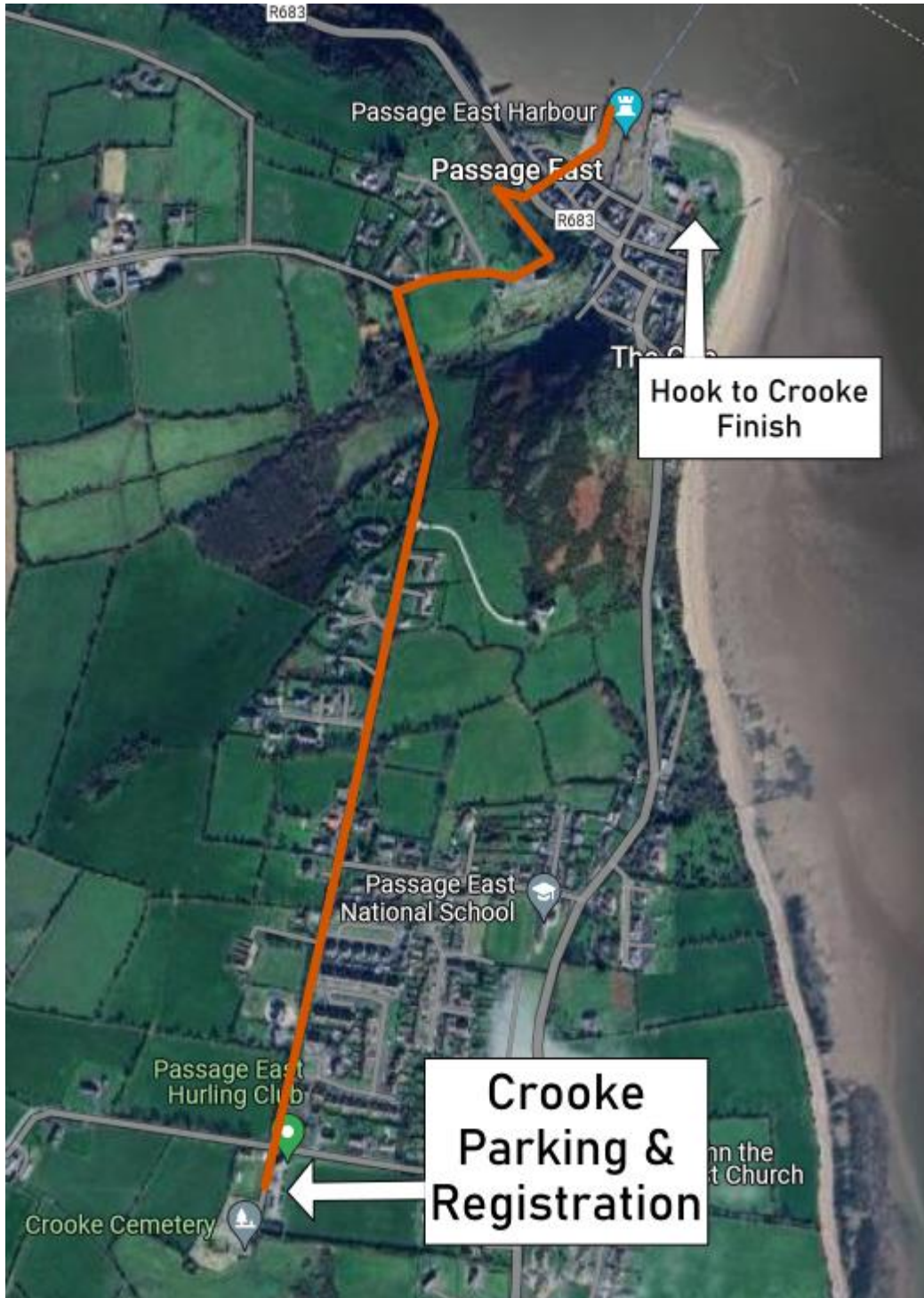
The following is a reminder of the terms of participation that you agreed to when booking your place:

When booking a place in Hike to the Hook “By Hook or By Crooke” walk each participant is agreeing to the following terms of participation

- In these terms of participation the terms “Hike to the Hook” and “By Hook or By Crooke” are interchangeable as they refer to the 2024 event organised and run by Hook Rural Tourism Clg.
- 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.
- Hook Tourism reserves the right to change or reduce any of the Hike to the Hook routes at any point.
- Hook tourism reserves the right to add or amend these terms of participation at any time.
- Hook Tourism reserves the right to refuse entry if, for whatever reason, it is deemed unsafe for a participant to take part.
- 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.
- Participants are encouraged to bring their own High Visibility apparel however Hook Tourism will endeavour to have a limited number of High Vis vests available to all participants. Any participant not wearing a Hi Vis Vest, or similar, for the walk will be deemed to not be a part of the event.
- 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 the control of Hook Tourism 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.
- Participants should follow the rules of the road at all times while walking on roads and should use any footpaths where available to ensure safety for them and others.
- Hike to the Hook is a non-spectator event. All spectators at the Hike to the Hook events 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.
- Registration must be done at one of the three registration points or via an online form on the day.
- Hook Tourism reserves the right to change or reduce any of the Hike to the Hook routes at any point before 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. Either by bringing it home with them or disposing of it at either aid station or in a public bin.
- 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 event to be used to promote, but not limited to, Hook Tourism, the Hook peninsula and Hike to the Hook, including television broadcasts, publications, marketing material and other documents that may be made available to the public.
- 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.
- Hook Tourism will not share your personal data with third parties, except where already identified in these terms of participation

Map 1



Map 2



Map 3



Map 4



Map 5

