# Get Ready For Your

## Howth Coastal Hike with HOWTH ADVENTURES



# Howth Coastal Hike

## What Will Happen

- 👋 Meet your guide outside Bodega Coffee Shop at Howth Market.
- 🚶 You will walk **8 km** (about 3 hours).
- The first 4 km go uphill.
- The last 4 km go downhill.



# What You Can Expect To Do

## You will see:

- Howth Harbour
- St. Mary’s Abbey
- Woodland paths
- The Ben of Howth (the highest point – great views!)
- The famous Cliff Path back to the harbour.
- Your guide will tell you stories about Howth along the way.



# Where You Will Meet Your Guide

## The meeting point is outside Bodega Coffee Shop at Howth Market .

**Outside the entrance to**
**Bodega Coffee Shop**
**Howth Market**
**Harbour Road Howth**

FIND US ON GOOGLE



# How To Get To Us



## WALK / CYCLE

If you live nearby, bring a bike lock if cycling



## CAR

Parking is available near the West Pier, but it can be busy.



## BUS

Take Bus H3 or 6 and get off at Howth Harbour stop.



## TRAIN

Take the DART train to Howth Station, then walk
5 minutes to the pier.



# Who Will Meet You

- Your Howth Adventures guide will be outside Bodega Coffee Shop. They will be holding a white Howth Adventures flag
- If you can’t find them, **call Zack** at 📞 **+353 86 205 3453**.
- Guides are friendly and helpful — tell them if you need support.
- Please let them know if you need any assistance before or during the tour.



# What To Bring

- 👟 **Comfortable shoes (trainers or hiking shoes)**
- 🧥 **Warm clothes**
- ☔ Rain jacket
- 🧢 Hat and 😎 sunglasses
- 💧 Water bottle
- 🧴 **Sun cream** (put some on before and bring more with you)



# How Long is the Coastal Hiking Tour

## You can expect to be hiking for 3 hrs



# Who Can Come With Me

- If you are an **adult who needs help**, bring a trusted adult.
- If you are a **child**, come with your parent, guardian, or family member.
- Your supporter can **join the hike** or **meet you after**.



# Toilets

## Before and After

- Toilets are at the **entrance to the West Pier,** near Howth Station and Howth Market.
- It’s a good idea to use them **before** the hike.

## During

- There are **toilets at the Summit** (halfway point).



# What If……

## …you feel tired or worried

- Tell your Howth Adventures guide right away.
- You can **leave the hike anytime** — your guide will help you.



# Looking Forward to Meeting You



