CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

YORKSHIRE 3 PEAKS CHALLENGE UK

Fri 07 Sep - Sun 09 Sep 2018

In aid of your choice of charity

07 Sep - 09 Sep 2018

3 DAYS | UK | CHALLENGING

This exciting and rewarding challenge will have you trekking over the famous Yorkshire Three Peaks within a period of just 12 hours.

These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble in the Yorkshire Dales National Park. The route is extremely scenic and provides spectacular views over the Yorkshire countryside.

While it lasts just one day, this challenge should not be taken lightly as the terrain is extremely varied involving some steep ascents and descents. Participants can expect to almost cover a marathon distance by foot – but in just a matter of hours.

- Iconic UK challenge in the heart of the Yorkshire Dales
- Summit Yorkshire's three tallest peaks in one day
- Accomplish an ascent of 1,532m – higher than the UK's largest mountain
- Take in the wonderful scenery of Yorkshire Dales National Park
- A marathon distance trek – but with three hills!

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 07 Sep*

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Day 1: Arrival and briefing

Arrive no later than 8pm at Ingleton to meet the team and for a full introduction briefing about the event. Dinner is not included, but is available at the hostel if arranged in advance.

DAY 2 *Sat 08 Sep*

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Day 2: The challenge day!

And we're off! After a very early start and a good breakfast it's time to start trekking. The plan is to tackle Pen Y Ghent (691m) as the sun is still rising, enjoying some fantastic views across the mountain landscape en route.

After lunch, next up mighty Whernside (728m) beckons. You are now midway through the challenge, with just one more peak to complete before the end of the day!

Ingleborough (723m) is the third hurdle and the most challenging of the trio. Once at the top, take in the awesome panoramic views across the Yorkshire Dales National Park.

What goes up must come down so it's time to descend back to Horton in Ribblesdale. After completing our epic challenge, you will be transferred back to your accommodation where you will have time to freshen up before a celebration meal!

DAY 3 *Sun 09 Sep*

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Departure

We have a final breakfast together and then you make your own way home with an epic sense of achievement.

If you to book yourself extra nights at a hostel/hotel,
visit www.visittheyorkshiredales.co.uk for lots of accommodation options.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

SELF FUNDER

Pay a registration fee of **£100** when you book.

Kingston Smith will be covering the remaining costs.

Raise a minimum of **£500** for MIND.

100% of your fundraising will go to MIND.

THIS IS A GROUND ONLY CHALLENGE

This challenge is ground only. This means you will need to organise travel to arrive at the starting point of the itinerary in the host country and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

WHAT'S INCLUDED?

BEFORE YOU GO

- Discount on personal equipment from Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Public liability insurance

ON YOUR CHALLENGE

- All challenge management before, during and post event
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

ON YOUR CHALLENGE

- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

TYPICAL GROUP SIZE

The typical group size is 25 - 40 participants

Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from hostel accommodation, early morning breakfast, and plenty of lunch and snacks whilst on the trek.
- The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Ethical consideration. For every participant we donate money to the 'Three Peaks project' in order to protect the beautiful route that we use. We also stay in local accommodation, which helps us to put money back into the local area.
- The highest quality Yorkshire 3 Peaks experience on the market!

Level of Difficulty

The Yorkshire 3 Peaks challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Yorkshire 3 Peaks Challenge you will be:

- Trekking for around 12 hours in a single day.
- Covering 24 miles of undulating terrain. Almost a full marathon, but with 3 hills!
- Ascending a total of 1532m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting 3 of the highest hills in the Yorkshire Dales, Pen Y Ghent (694m) Whernside (736m) and Ingleborough (723m)

Clothing and Equipment

Good quality, durable equipment could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof and well-worn in boots will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Trainers are not suitable. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that **jeans should not be worn** on this challenge. A full kit list for this challenge can be found here. Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Training

The Yorkshire 3 Peaks Challenge is a long, sustained event over 12 hours, therefore requiring a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking. However, if you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge.

There is no substitute for walking in the hills so try if possible to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it. Also see your Charity Challenge

Fitness Training notes.

Money

During the trek there will be opportunities to purchase an ice cream, some extra snacks or a cup of tea, for which approximately £20 should be sufficient, which excludes your joining and returning home travel costs.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation. You can read our cancellation policy within our terms and conditions here, and if you wish, you could look into your own policy that covers cancellation for travel within the UK.

Group Size

Our minimum group size for this challenge is 20 and the maximum is 40. There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

Leadership

We employ experienced and fully qualified mountain expedition leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts up to ensure that you bring clothing suitable for warm and sunny temperatures as well as strong winds and downpours.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is predominantly on good paths, but it's the variation of good walkable limestone and bogs that makes this challenge a unique and fun experience.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the Yorkshire Dales National Park to make sure that we minimise our impact on the local environment.

Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support the 'Three Peaks Project' who maintain the excellent footpaths we will be walking on. The Three Peak Project offers an excellent and informative mobile phone app that will add to your knowledge and preparation for the challenge. The app can be downloaded from all good app stores! (For more information click here.) We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area.

For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.

Challenge Timings

Your challenge begins on the evening before the walk, and you should arrive at the confirmed accommodation by approximately 8pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your evening briefing.

On the day of the trek itself, you will have a very early start for your hearty breakfast. You will be walking for approximately 12 hours, which makes your trek a very long day. You will be transferred back to the hostel and can expect to arrive around 20.00. Delays *can* happen, and the return time will all depend on the speed of your group.

Getting There

Your accommodation will be at Malham YHA. Visit www.yha.org.uk/hostel/yha-malham/directions for directions. This town is not conveniently served by a nearby train station. If you would like to travel by public transport, then a bus does run from Settle. Settle is easily accessed by train from Leeds.

Accommodation

For the challenge you will be sleeping in same-sex dormitories for two nights with typical hostel services and shared bathroom facilities. If you would like to book any extra pre-or-post accommodation, there are several options in the area. Visit www.visittheyorkshiredales.co.uk for lots of accommodation options.

The challenge begins and ends in the village of Horton-in-Ribblesdale where there are two good pubs in Horton-in-Ribblesdale that can provide accommodation, The Golden Lion Hotel and The Crown Hotel. Alternatively, there is an excellent campsite in Horton-in-Ribblesdale.

The slightly larger towns of Skipton, Settle and Ingleton are all within 30 minutes drive and have a wider choice of accommodation.

Food and Drink

Meals while on the challenge include breakfast, and a packed lunch and snacks during the trek. We strongly encourage you to bring additional sweets and snacks if desired.

Dinner is not included on the night before the challenge. Dinner is available if ordered in advance at the hostel and details about arranging this will be provided one month before your challenge date. If you wish to eat elsewhere on the evening before then that is fine but the drinking of alcohol is strongly discouraged for your own health and safety during this tough challenge.

A celebration dinner will be provided on the day of the challenge.

Toilets

There will be bathroom facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- The ascent of Ingleborough, your last peak, is particularly steep and does involve the use of your hands to a small extent.
- 12 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking

abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within 12hrs. If we find that you are unable to trek at all, then we will arrange for you to be collected and taken back to the hostel.

CHARITY CHALLENGE

Any more questions?

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