

CH>RITY  
CH>LLENGE



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**YORKSHIRE 3 PEAKS AT NIGHT  
UK**

Sat 21 Oct - Sun 22 Oct 2023





## In aid of your choice of charity

21 Oct - 22 Oct 2023

### 2 DAYS | UK | EXTREME

The Yorkshire 3 Peaks is one of the UK's most iconic trekking challenges. Whilst thousands of people take part every year we've upped the difficulty by running the challenge at night! You'll be fully supported by our experienced challenge leaders throughout the night as you complete the classic 38km route from Horton-Ribblesdale. You will tick off the summits of Ingleborough, Whernside and finally Pen Y Ghent before celebrating with breakfast. This is sure to be a tough but rewarding night challenge!

- Iconic UK challenge, with a twist!
- Challenge yourself through the night
- Reach the final peak as the sun begins to rise
- Visit the stunning Yorkshire Dales National Park
- 38km and 1,500m of ascent in one challenging night

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 21 Oct

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#### Arrival and welcome/safety briefing

You will need to arrive at the registration point in Horton-in-Ribblesdale by approx 7:45pm. After meeting the team your challenge leaders will talk you through the important safety briefing before the trek begins.

Your first peak will be the towering Ingleborough, followed by the steep ascent of Whernside. As midnight is passed you will begin the long descent across to your final peak of Pen Y Ghent.

**Please note: Precise details regarding timings and locations will be sent to you one month prior to the challenge.**

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### DAY 2 Sun 22 Oct

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#### Completing the challenge.

The aim of the challenge will be to reach the summit of Pen Y Ghent as the sun begins to rise. From here it is only a short descent back to the village of Horton-in-Ribblesdale where you can celebrate over breakfast.

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## NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

We will aim to complete this challenge by 9am. However, delays can happen, so please make sure you have flexible onward travel plans.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £40.00 when you book  
Then a balance of £169.00  
(9 weeks before your challenge)  
Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £40.00 when you book  
Raise a minimum of £345.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Public liability insurance
- Risk assessment and emergency management planning
- Fitness training notes
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas

### On your challenge

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- Checkpoint snacks and drinks
- Hot breakfast at the end of your challenge

## WHAT'S NOT INCLUDED

### Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

### On your challenge

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- Dinner on the night of arrival
- Accommodation during the challenge

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 05/08/2023), and the remaining 20% within 4 weeks of completing the challenge (by 19/11/2023). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Typical group size

The typical group size is 20 - 50 participants

### Why book with Charity Challenge

- Fully supported night trekking challenge. Including checkpoints, walking leaders and a support vehicle throughout the night.
- Celebration breakfast at the finish.
- The very highest quality Yorkshire 3 Peaks at night challenge on the market!

### Level of difficulty

The Yorkshire 3 Peaks at night Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who have taken part in other trekking challenges and now wish to test themselves in a more challenging environment.

You can tell your supporters that on your Yorkshire 3 Peaks at Night Challenge you will be:

- Covering a distance of 38km.
- Ascending over 1,500m during the night (that's more ascent than Ben Nevis!)
- Testing yourself to the limit by walking without sleep.

### Training

The Yorkshire 3 Peaks at Night Challenge is a long, sustained event of up to 12 hours and covering varied terrain. Therefore, it requires a good level of fitness. The ideal training for this challenge is, naturally, walking along similar terrain. However, if you do not have the luxury of living near the great outdoors, then the gym or walking in your local area are good places to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up. Remember to use the clothes, equipment and especially the shoes that you will be wearing on the challenge in order to get them worn in.

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.

### Group size

Our minimum group size is 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

### Group Management

This is a leader-led challenge and you will be accompanied by our challenge mountain leaders at all times. **These leaders will navigate the route so you can conserve all of your energy for completing the challenge.**

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. **All of our leaders are there to ensure that everyone has the best opportunity to complete the challenge. They are there primarily for your safety so please respect any decisions they make during the course of your challenge.** They will be carrying full safety equipment and mountain first aid kits with them at all times.

All Charity Challenge events are operated as a team challenge. We encourage all participants to work together to complete the challenge. We believe that your experience is always enhanced by taking time to talk to your fellow challenger's and learn about their inspiring stories. Our challenges are not designed as a race, and the route will not be marked with arrows for you to follow.

### Weather

This is a UK challenge so please come prepared for all types of weather! There is a very good chance that you may experience all 4 seasons in one day! Whilst we would encourage everyone to check the weather forecast before travelling we would remind everyone to make sure you always carry with your warm tops and waterproofs during the challenge.

The weather during the night can be much colder than during the day and you should take this into account when choosing your clothing for the challenge.

### Terrain

The terrain on the Yorkshire 3 Peaks at Night challenge is a mixture of footpaths and some stretches of country roads. There are several sections of the route that can be wet and slippery. The descent from Ingleborough, and ascent of Whernside are the steepest sections of the route and should be taken with care, especially at night.

### Challenge timings

**Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

You will need to be at the registration point by approx. 7:45pm on the day of arrival. There will be a short safety briefing before beginning the challenge. The challenge is expected to take between 10-12 hours and we will be aiming to have everyone finished by 9am the next morning.

**Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.**

### Getting to and from the challenge

The start and finish point for this challenge is the village of Horton-in-Ribblesdale. The village is served by the train line between Leeds and Carlisle. Pay and pay-and-display car parking is available in the village.

**Please note: We will send you precise instructions about how to get to the registration point, and the timings of the event, one month prior to the challenge.**

### Accommodation

No accommodation is provided on this challenge.

We would encourage everyone to book a couple of nights' accommodation in the local area to fully recover from the challenge and to appreciate the beautiful countryside of the Yorkshire Dales. There are lots of accommodation options in the local area. Please check out the [Yorkshire Dales National Park website](#) for more details.

### Food and drink

No evening meal is provided on the evening of the challenge. You should make sure that you have already eaten before arriving at registration. Please also arrive with your water bottles topped up. We recommend bringing 2L of water with you.

At each checkpoint between the peaks there will be water and checkpoint snacks available. We would advise that everyone also bring some of their own snacks to keep them going during the day. Breakfast after completing the challenge is included.



## Clothing and equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof and well-worn in boots or walking shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use boots or walking shoes with good grip. Sports trainers are not suitable.

A headtorch is vital for this challenge, and you should make sure that your headtorch has fresh batteries. We would recommend that you test your headtorch before arriving to make sure that it is powerful enough for you to be able to see ahead of you during the challenge. A headtorch is much better than a handheld torch as it allows you to keep your hands free. If you do not wish to buy an expensive headtorch just for this challenge then very good quality ones can be hired for the weekend from our partners at [Outdoor Hire](#).

A full kit list for this challenge can be found [here](#).

Once you book you will have access to kit discounts with our partners Outdoor Hire and Cotswold

## Toilets

There will no toilets available during the challenge. Toilet facilities are limited to the great outdoors!

## Money

During the challenge, there are no opportunities to spend any money. There are pubs and a cafe in the village of Horton-in-Ribblesdale where you might like to buy a drink after the challenge finishes, depending on opening times. The car park is pay-and-display and takes both coins and card.

## 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 few important points that you should be aware of:

- Walking at night can feel very different to walking during the day. Take time to become accustomed to the differences.
- Rocky ground can become even more demanding during a night challenge.
- It can get very cold on the summits, especially during the night, and you should still make sure that you have all

appropriate clothing and kit, especially warm layers and waterproofs.

### 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 10-12hrs. A support vehicle will be available between each peak for anyone who is struggling.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

### 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 see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

### Responsible Tourism

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### Plan ahead to avoid travelling home tired

This is a night challenge that will see you trekking through the night without sleep. We would strongly encourage everyone taking part in this challenge to consider their onward travel plans after the challenge.

If you are driving, then please consider booking a local accommodation option to avoid driving when tired. Alternatively, please try to arrange for family or friends to drive for you.

This challenge is well served by the local train service, so please consider this as an option for travelling to/from this challenge and thus avoiding the problems of driving whilst tired.

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## **Any more questions?**

Contact us:

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