

## Yorkshire 3 Peaks Challenge



### Climb Yorkshire's Highest Peaks in 12 hours!

Dominating the skyline above the western Yorkshire Dales, these spectacular and distinctively shaped fells tower over the surrounding moors and countryside of Settle, Clapham and Ingleton.

In order to successfully complete the challenge, you have to conquer Whernside, Ingleborough and Pen-y-Ghent, covering 39km and over 1700m of ascent within 12 hours...

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### Included in the Trip

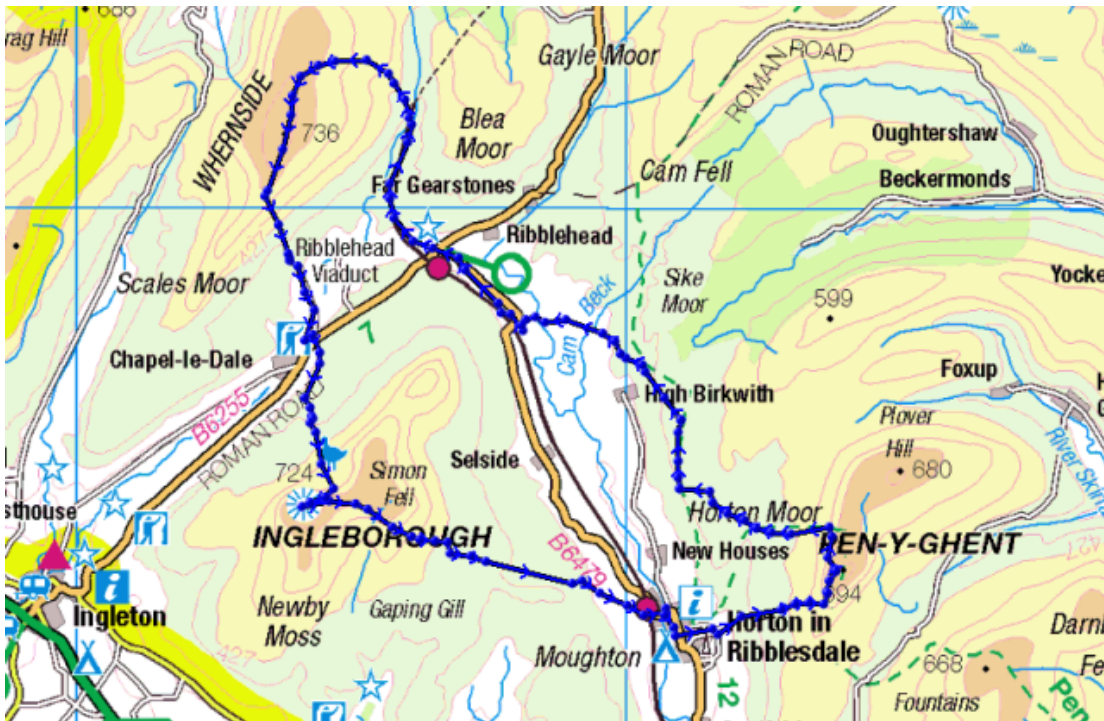
- Pre-event support, advice and training walks.
- 2 nights accommodation.
- Yorkshire 3 Peaks Challenge day walk with a mountain leader.

### To book your place:

1. Complete and return the entry form below.
2. Make a £99 registration donation via your JustGiving page.
3. At least one month before the event either:
  - a) Raise a minimum of £300 for Rosie May.
  - or b) Pay the £100 remaining cost and raise £200 for Rosie May.

# Yorkshire 3 Peaks Challenge

## Route Map



## Timetable

### Friday - Pre-Challenge Evening

19:00 Meet at accommodation

### Saturday - Yorkshire 3 Peaks Challenge

06:30 Breakfast.

08:00 Begin Challenge.

20:00 Expected end of challenge.

21:00 Dinner.

### Sunday

Optional walk and/or check out and return home.

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### Health and Fitness

You need to be in fit physical condition to withstand sustained activity up and down hilly terrain over this long 12 hr challenge. Stamina and cardiovascular strength are necessary, along with a positive mental attitude to cope with continued physical effort. This tough event will test your limits! Contact Get Outdoors to discuss any personal issues about fitness and medical conditions prior to the event. Minor injuries are common while trekking; blisters, twisted ankles, minor grazes etc. Pack plenty of food and water.

### Weather

Hill and mountain walking can be hazardous! Yorkshire's northern position means it is generally much cooler (and sometimes wetter!) than the south of England. Not being prepared for rapidly changing weather conditions can lead to over exposure or heat stroke. Layers are key, allowing you to easily adjust your level of warmth. We will experience some rain, so for your safe enjoyment bring the items specified on the equipment list.

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### Necessary Kit List

- Sturdy walking boots with ankle support – broken in ready to use.
- Suitable walking socks.
- Windproof/waterproof trousers and jacket.
- Suitable walking trousers (NO JEANS!!!) and optional shorts.
- Gloves and warm hat.
- Base layer/t-shirt (not cotton – plus spare)
- Spare fleece; layers are key, allowing you to adjust your temperature easily.
- Rucksack (with liner or bin bag cover) - min 25 litres
- Head torch (with spare batteries) and whistle.
- Sun cream (and sunglasses?)
- 4 litres of fluid (bladder hydration system or bottles to refill)
- Blister protection (plasters/Compeed) & painkillers (e.g. Ibuprofen)
- Sports supports – if needed
- Trekking poles – recommended
- Warm, dry layer for car journey
- Journey and evening clothes
- Camera – good idea!

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### Food, Drink

You will be walking for 12 hours. You will consume body fat reserves, expel water and salts that need replacing to prevent muscle cramps, dehydration and fatigue. Each walker should carry a minimum of 2 litres of fluid; water and sugary drinks. It is important to bring plenty of high energy food and snacks. You need to provide your own food and water for the duration of the Challenge, but we do aim to stop at two cafés along the route and will have a back up team meeting us there to check progress.

### Insurance

You must take out Personal Travel Insurance to cover such instances as where injury would curtail your ability to work.