

The International Service Yorkshire 3 Peaks Challenge

Saturday 26 June 2010



Thank you for signing up to take part in our 2010 Yorkshire 3 Peaks fundraising challenge! And thank you for supporting our work, and being part of our fight against poverty and inequality.

The challenge takes in Yorkshire's three highest peaks in under 12 hours. The walk is 24.5 miles long and covers a variety of terrains. It's demanding but also incredibly rewarding.

The peaks

Pen-y-ghent: 694 metres/2277 feet



Whernside: 736 metres/2415 feet



Ingleborough: 723 metres/2372 feet



Further information about the 3 peaks

There's lots of information on the web about Yorkshire's 3 peaks, but the Yorkshire Dales National Park Authority is a great place to start.



www.yorkshiredales.org.uk/threepeaks

Getting sponsored

Online

Getting friends, family and colleagues to sponsor your challenge couldn't be easier!



Simply go to www.justgiving.com and click on 'Make your page.'

Follow the instructions, and you'll have your very own fundraising page within minutes. You can choose the look of your page, add your own text, and upload photographs.

Once you've created your page, all you need to do is email, text, write, blog, tweet or facebook your news to all your family, friends and colleagues and get them to sponsor you!

It's quick, easy, and 100% secure for them to support you online via your JustGiving page. Tax-payers can also Gift Aid their donation at the same time, which means their donation is worth even more to us.

And you can start getting sponsorship now - you don't have to wait until the event.

The traditional way

So that you don't miss out on supporters who prefer not to use the internet - there is a sponsorship form at the end of this pack for you to use.

However, collecting sponsorship money this way does mean that we can't benefit from Gift Aid.

There are two ways to send any sponsorship money collected offline to us:

- Send a cheque payable to 'International Service' for the total amount of your sponsorship to:

3 Peaks
International Service
Hunter House
57 Goodramgate
York
YO1 7FX

- Visit www.justgiving.com/internationalservice and select 'Make a donation'. You can then pay in your sponsorship money through a secure online transaction, but you won't be able to add Gift Aid.

Registration on the day

The route is circular. It begins and ends outside the Pen-y-ghent Café in Horton-in-Ribblesdale.

Registration is at 6.30am, and the International Service team will be there to get all our walkers checked in. We will have checkpoints throughout the route - including at the summits - so make sure to check-in with our team throughout the day.

You must check-in with our team at the end of your walk. This is essential for everyone's safety.

Preparation

The challenge is not a race. Walk at your own pace and take time to rest. The duration of the walk will depend on your own fitness level, and most people are able to complete the challenge in 10-12 hours.

Some hill walking experience is beneficial. Swimming, cycling, jogging or other regular physical activity will also help you prepare for the challenge.

Do not attempt the walk if you suffer from heart disease, high blood pressure, chest problems or are pregnant.

If you are in any doubt about your level of fitness, please contact your GP for advice.

Walkers aged 17 years or under must be accompanied by an experienced adult hill walker.



What to take

- High energy rations like nuts, dried fruit, flapjack, and sweets.
- Plenty of water and energy-drinks.
- Plasters to help ward off, or look after, blisters.
- Light and waterproof clothing. Thin layers of vests, t-shirts, long-sleeved tops, gloves, waterproof trousers, and a waterproof jacket are best. **Do not wear jeans.**
- Walking boots with firm soles and ankle support. Trainers are not suitable.
- Extra pairs of socks - keep them dry in plastic bags in your backpack.
- Keep supplies in your backpack dry by either using a waterproof liner, or wrapping everything in plastic bags.
- Anything else you need to make your walk comfortable. Try to be prepared for all types of weather - even in summer. The weather is changeable on the route, especially at the summits.
- Loose change, as there is a couple of tea/snack bars on the route.
- Your camera!

Getting to Horton-in-Ribblesdale

By train:

Horton-in-Ribblesdale train station is situated on the Leeds-Settle-Carlisle line.

Approximate journey times - Leeds: 1hr 10mins, York: 2 hrs, Manchester: 2hrs 20mins, Birmingham: 4hrs, London: 3hrs 50mins

Visit www.nationalrail.co.uk for local travel information

By car:

From the A65, take the turning for the B6479. Pass through Settle, and Horton-in-Ribblesdale is approximately 8 miles along this road.

There is a large pay-and-display car park in the village.



Accommodation:

Depending on the length of your journey to Horton-in-Ribblesdale (and bearing in mind the early start) you may want to arrange accommodation for the night before the walk - and possibly for the night once you have completed the walk.

Whatever you decide to do, we recommended that you book as soon as you can.

Campsites near Horton:

- Langcliffe Park, 3 miles north from Horton www.langcliffe.com
- Knight Stainforth Park, 3 miles south from Horton www.knightstainforth.co.uk

Campsites in Horton:

- Holme Farm, Horton In Ribblesdale, North Yorkshire, BD24 0HD
Tel: 01729 860281 No website but reviews can be found here:
www.ukcampsite.co.uk/sites/reviews.asp?revid=3651
- Cragg Hill Farm, Horton In Ribblesdale, North Yorkshire, BD24 0HW
Tel: 01729 860266 No website, but reviews can be found here:
www.ukcampsite.co.uk/sites/details.asp?revid=5557

Hotels/Inns in Horton

- The Golden Lion Hotel www.goldenlionhotel.co.uk
- The Crown Hotel www.crown-hotel.co.uk

Other towns within an hour's drive from Horton are: Settle, Ingleton, Skipton and Ilkley. You may also wish to search the internet for accommodation there.

