

The Three Peaks Challenge Briefing

Sponsored Walk - 6th May 2018

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Background

The Yorkshire Three Peaks is a 25-mile circular walk and a challenge capable of being completed by those with little hiking experience. The walk is signposted but it is best to have map and compass handy to assist your navigation. Maps of the area are readily available in Horton and we have one available to download from our Facebook and Festival sites. The average walker can complete in less than 12 hours.

Being a circular walk, it can be started in any location on-route. We have chosen Horton on Ribblesdale as it provides easy access to parking and local facilities. Below you will find a suggested kit bag (map, food, warm and waterproof clothing etc.) though breaking them in with a few practice walks is always a good idea.

Given the nature of the challenge we would recommend you matching up with friends/colleagues to complete the walk together and provide mutual support. We don't want anyone to walk alone at any point.

Many digital maps are available for smart phones and battery lives may last the day, we don't want any groups that do not have a paper map and compass. The walk will be supported by volunteer friends and colleagues who will check everyone in and out and provide contact and backup services to the walkers.

This we plan as the final and closing charitable fund raising event for Y N&ER Festival 2018. The walk will take place on Sunday May 6th 2018. Commencing from 6.30am with a staggered start.

You are asked to make your own way to the start on this day. Some may wish to stay overnight. This is your choice. To help you we have provided some telephone numbers of local hostels.

Before the event several training sessions will be arranged which you are welcome to take part in. These will be advertised on our facebook and Festival web sites. Please register your interest, download the sponsor form and let's get started.

How do I register interest?

Registering your interest is the first step. We can firm up the details later but it could not be simpler. Just send an email with the subject header YNER 3 PEAKS CHALLENGE to John Murphy. Let him know if you'd like to be a walker or helper. Give him your names, addresses, contact details and walking experience, if any. The key to our event is a commitment from those walking to support our charitable aim in support of the MSF. By email you will be advised of training events local to you at which your participation is recommended. Why not also, separately, request to join our Facebook group, see below. This is a what Facebook call a closed group, available only to those requesting to join. We intend to use this to share hints, tips, latest information, training photos and to shared experiences. The YN&R Festival 2018 web site will also have the latest must knows in case you are not a facebook follower.

We are asking everyone walking to raise at least £300 for the Masonic Samaritan Fund which will be included in the total raised during the Yorkshire North and East Ridings Festival 2018. A sponsor form can be downloaded from our Festival site or Facebook pages. Family members and friends are most welcome as either walkers or helpers.

We are hoping to raise between £10,000 and £15,000 from our walk on the 6th May. If the sponsor money were collected as the form was signed and Gift Aid were agreed, we may be able to declare as much as £20,000 at the Convocation in York on 12th May following the event.

Contact details:



or



Email the Walk Organiser: John Murphy

jsm.masonic@outlook.com

Festival Secretary: Andrew Popely

secretary@festival2018.org.uk

Site and Info pages: Jeff Adamson

webmaster@festival2018.org.uk

We will confirm we have your details. Then at regular intervals, before the event, we will give you an update, in particular about training options. Please feel free to add your own photos and comments.

How long does it take?

You don't need to be a regular walker though some training would be useful. Always best to have shoes that are worn in than new ones on the day. The grid below gives an indication of the expected times to complete the walk. The average person takes between 10 and 12 hours.

Checkpoints – assuming Start at 6.30am

	8 hours	10 hrs	11 hrs	12 hrs	14 hrs	%time
Pen-y-Ghent Summit	07:25	07:35	07:45	07:50	08:05	11%
Whernside Summit	10:40	11:50	12:25	12:55	13:55	42%
Ingleborough Summit	12:45	14:30	15:15	15:05	17:35	26%
Finish: Horton-in-Ribblesdale	14:30	16:30	17:30	18:30	20:30	21%

Sunset in May is around 21:00

Start: Pen-y-ghent Cafe, Horton on Ribblesdale, BD24 OHE

Parking: NCP Car Park. 150m from the Pen-y-ghent Cafe

Toilets: At the car park

What clothing and footwear do I need?

Good walking shoes or boots and socks. Make sure these are comfortable. Typical places to purchase these are Go Outdoors or Mountain Warehouse. There are many other places you can find to purchase these, but the 2 mentioned are more popular.

Suggest taking a good pair of trainers. On the long flat parts and if dry, you may want to change into your trainers.

Clothing - You have to cater for both cold and warm weather in May in the UK. So definitely water proofs. Maybe a hat and gloves, especially when you reach the top of each of the 3 peaks. Walking poles for those of us that may require assistance coming down the peaks, like me.

Comfortable walking trousers. Two thin breathable walking tops.

Fleecy top. Waterproof jacket. Hat and gloves?

Suitable walking socks, again must be comfortable.

Ruck sack – If you are walking with someone as a pair, please take one each, then you can share the load.

Food and Drink

Water – Absolutely essential. Each walker should carry 3 litres. This should be geared to how hot it is on the day. Energy bars, Flask of coffee, Sandwich, Fruit.

Local Hotels / B&Bs – Horton-In-Ribblesdale.

Crown hotel – Tel No. 01729 860209 – Approx cost for a room is £89 which includes full English breakfast.

Golden Lion – Tel No. 01729 860206 – Approx cost for a room is £89. The Golden Lion does have a bunk room that will sleep 15.

Holme Farm Camp site – 01729 860281.

Pen – y – ghent B&B - £90 including full breakfast – Tel No. 01729 860165

Top Farm B&B - £90 including breakfast – Tel No. 01729 860370

Game Cock Inn Austwick - £95 – Tel No. – 01524 251226