

The logo for St Luke's, featuring the name in a stylized, pink, cursive font with a smiling mouth underneath the 'e'.

**Yorkshire
Three Peaks Challenge**

Walkers' Guide

Saturday 8 June 2019



Kindly supported by



Yorkshire Windows



Hello...

Thank you for registering to walk the Yorkshire Three Peaks in support of St Luke's. We are so pleased that you have joined our ultimate team of energetic supporters, you're a hero!

The funds you raise allow us to continue caring for Sheffield people living with a terminal illness and their families. This guide is designed to bring all the information you need to take on the Yorkshire Three Peaks Challenge together in one place.

We're here for you every step of the way, so if you need any further information or support, do get in touch with the Fundraising Team on fundraisingevents@hospicesheffield.co.uk or 0114 235 7553.

The Challenge

Walking the Yorkshire Three Peaks is a real challenge. Covering 26 miles and 5,000 feet of climbing, you'll be faced with rocky terrain, steep climbs and uneven surfaces, but will be rewarded with some stunning views and an incredible experience supporting St Luke's.

Most people with an average level of fitness can complete the walk however, it is a long way, so the more preparation you can do the better. You need to build up your general fitness as well as your endurance and stamina. Please remember that this is an endurance challenge that will test your physical and mental fitness and you should train for this accordingly.

Raising sponsorship

In order to take part you need to raise a minimum of £200 sponsorship by the date of the event. Our tips and tricks guide to fundraising is designed to help you easily reach and succeed your goal.

Don't forget, we are here to help every step of the way with your fundraising journey. If you have any questions or need ideas on how to raise funds, just get in touch via the methods highlighted in this guide.

Setting up your Just Giving Page

To help you raise your sponsorship and keep track of how amazing you are doing, we would highly recommend setting up a JustGiving page. JustGiving makes it easier than ever to share your page on social media sites and with colleagues, friends and family via email.

1. Type www.JustGiving.com/stlukeshospicesheffield into your web browser.
2. Follow the step by step instructions given by JustGiving to set up your page.

That's it! If you do have any problem with setting up your page, feel free to contact us on 0114 2357 553 or email fundraisingevents@hospicesheffield.co.uk



Fundraising Top Tips:

- **Make it your own;** personalise your page and messages. Let the world know why you are raising money for St Luke's and what it means to you.
- **Don't be shy;** make your page as interesting as possible by adding photos and videos of your fundraising journey.
- **Why not** ask close family and friends to donate first? Donations on your page should encourage other sponsors and can look less intimidating than a blank page.
- **Be personal.** Tell people as much as you can about why you're taking part and personalise your automatic thank you letter sent by JustGiving on your behalf. Thank your donors your way.
- **Keep it updated.** Regular updates, especially with posts about training, remind people what you are doing and why. It can also encourage people to donate again or to send your page on to their friends.
- **Be persistent and follow up.** Often it takes more than one round of emails to reach your target. People may mean to donate but they don't always get round to it on the first request.
- **Think about timing.** It's a great idea to send out regular updates, but try to remember people are much happier to make a donation at different times in the month. Payday is a great time to do a reminder post for your friends!
- **Keep up the good work.** Around 20% of donations come in after people finish their event, so keep fundraising once you've crossed the finishing line. It's a good chance to email an update and final appeal!

On the day

Registration will take place in the main car park, 100 metres north from the Pen-Y-Ghent café (Postcode: BD24 0HE). There will be a team from St Luke's there to greet you and introduce you to the event guides.

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6.20am	Walkers' arrival time at the car park
6.30am	All walkers register and complete kit inspection
6.40am	Safety briefing
6.45am	The Challenge starts
7pm approx.	The Challenge finishes

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Please have a fully charged mobile phone with you, enclosed in a waterproof bag, and be ready to provide the correct number to the registration team. If you do not have a mobile phone you must make sure you walk and stay with a fellow walker who does.

Due to the length and extreme nature of the walk and in order to manage the Challenge safely, the registration window is very strict.

Please take care to arrive on time, as the Event Guides will strictly adhere to the timings above and latecomers will not be registered.



Please note:
No Jeans! No Trainers!

Travel, parking & accommodation

Registration point postcode: **BD24 0HE**

Closest train station: **Horton-in-Ribblesdale**

Please allow plenty of time for your journey on the morning of the event as roads are narrow and traffic can be slow.

Parking is available in the car park where we will meet to register and there is further parking in Horton, north of the Pen-Y-Ghent café. Please use a dedicated car park as street parking in Horton is very difficult and can cause problems with organised events. If you have arranged accommodation, you might be able to leave your car there for the day.

Important note about accommodation...

Accommodation will not be provided as part of the Challenge. We recommend that you do not drive yourself home after the Challenge as you will be very tired. Please do think about your need for overnight accommodation before and after the Challenge and try to book this as early as possible as the accommodation does get full early.

The Think Adventure website has a list of suggested accommodation near to the challenge site. Just search: '[think adventure three peaks accommodation](#)'

Essential Kit

Our event guide company, Eight Point Two, have provided us with an essential kit list which you will need to ensure you have on the day in order to participate in the challenge. Please note that the Eight Point Two guides have the right to disallow participants if their essential kit is incomplete.

Small Rucksack (25-30 litres is ideal) with a rucksack liner or dry bag inside

Footwear - a fairly flexible pair of walking boots with good lateral stiffness and well-kept strong soles, adequate for hill walking. They should have a high ankle support and should not be smooth-soled.

Clothing – we advise a base layer (dryflo wicking top), a mid-layer (microfleece), and a good quality outer layer (fleece). Stretchy tracksuit trousers are perfectly adequate, as are shorts and walking trousers. If you are prone to feeling the cold, thermal leggings may also be useful. Please also bring additional layers of clothing suitable for both warm and cold weather conditions.

Waterproofs - fully waterproof jacket and over-trousers. Good quality (e.g. gore-tex) is essential.

Warm weather kit – sunglasses, sun cream and sun hat.

Cold weather kit – woolly hat, gloves and scarf.

Food and drink – water (2 litres), flask and packed lunch. We will have some water available to top up walkers. You should also carry enough food to keep you going for the duration of the walk. High calorie snacks like chocolate and nuts are good sources of energy.

Mobile phone

Rubbish Bag - Please carry a rubbish bag with you in your rucksack to take your personal rubbish home with you after the event.



Suggested Kit

Walking or ski poles - These are recommended for support and stability, especially in descent.

Equipment - compass/torch and spare batteries.

Survival bag and whistle – person-sized plastic survival bag, available in outdoor shops.

Personal first aid kit - including rehydration tablets, plasters, blister plasters, sterile gauze dressings, crepe rolled bandages, safety pins, tweezers, scissors, alcohol-free cleansing wipes, painkillers such as paracetamol, aspirin or ibuprofen, sticky tape, cream to relieve insect bites and stings

Map – Ordnance Survey map of the area.

Portable phone charging bank - Recommended to ensure that your phone holds its charge for the full duration of the day.

Any medication you might need on the day

In registering for this event you have declared you are prepared physically for the walk. If you are in any doubt about your health or fitness following registration you should contact your GP for advice.



Fitness & training

This is a challenging event and it's important that you're prepared physically for the walk. We encourage you to do regular weekly exercise in the run-up to the event. People with heart disease, high blood pressure, chest problems and pregnant women should not attempt this walk.

For those relatively new to mountain walking, it's certainly worth organising a practice walk to assess if you have any specific weaknesses. These might commonly be:

- Aching calves when walking uphill
- Back ache possibly caused by a backpack
- Weak thighs when walking uphill

Any specific muscle issues that may show themselves can be addressed by gradually increasing the level of physical activity, either by organising regular practice walks, or as a quicker method, targeted and planned weight training.

Try not to train on aching muscles - at this point in the muscles' development they should be left to recover and repair. This process makes the muscles stronger and will allow you to push them harder and further than you could before.

In training you should wear the gear that you plan to wear on the challenge itself. Provided all equipment is fitted correctly, there should be no rubbing or painful areas.

To avoid blisters on the day, it's best to wear a good quality pair of walking socks and make sure your boots are broken in. Don't worry, If you don't have a pair of walking socks, wearing two pairs of socks (one thick, one thin) will be better than one pair of non-walking socks. If you are prone to blisters please pre-plaster the points which suffer most on the day and carry extra plasters.

Due to the demanding nature of this challenge, we recommend that you eat lots of foods rich in carbohydrates, such as rice, pasta and potatoes, in the days prior to the event. You should also get a full night's rest before the event.

For more tips to help you with your training for the challenge, search '[mountain warehouse three peaks challenge](#)'

FAQs

Q: What time do I register on the day?

A: Registration is at 6.30am. Once registered, a kit inspection will be carried out to ensure you have adequate clothing for the weather and terrain. If you arrive after this time we will not be able to register you.

Q: How long does it take to complete the walk?

A: This varies enormously depending on the weather and your fitness level. As a guide, walking at quite a standard pace with photo breaks and a stop for a cup of tea at the summit will take about 10 -12 hours. Please note that if you haven't departed Philpins Lane (before the final summit) by 2.30pm you will not be allowed to continue.

Please remember that we do not operate our event as a time trial or race. We ask that participants treat this walk accordingly and do not push themselves past their capabilities in order to achieve a 'good' time. Completing this walk at all is an achievement in itself!

Q: Will I need to walk in a group?

A: Yes, you will begin the walk in groups of 10. However, once on the mountain, and if the weather allows it, we find it much more enjoyable for people to be able to walk at their own pace in the group size they wish. You will be able to walk with qualified mountain instructors who will be on the mountain with you.

Q: Do I really need to train for this event?

A: This is a physically demanding event. Climbing the Three Peaks is no easy task, so any training you have done before the event will certainly help. The walk requires a certain level of fitness and stamina best acquired through training. See the 'Fitness & training' section for more details.

Q: Do I need to bring water/food with me or is it provided?

A: Food and water are not provided by the event team so it is vital that you carry with you the water and food that you will need for the duration of the walk. We will have a limited amount of water available should you need to top up.

Q: Do I need to bring all the different clothing that you recommend on the list?

A: The weather is notoriously changeable and can be severe in this area regardless of season, therefore we strongly recommend that you come prepared for all eventualities.

Q: Do I have to adhere to the essential items kit list?

A: Yes. The essential items on the kit list are there for your safety. We will not let you take part if you are missing essential equipment.

Q: Can I bring my dog/s with me on the walk?

A: We ask participants not to bring their dogs on their Mountain Challenge. This is due to the presence of local livestock on all routes.

Q: Are there toilets on the route?

A: Yes. However, they are a long way apart!

Q: What happens if I am injured or ill and need to retire from the event?

A: We have full radio communications alongside our marshals/guides that will be with the group, along with mobile first aid cover. In the event of a problem, please alert your marshal/guide and arrangements will be organised for your care or transport back to the registration point.

Q: If I am a parent / guardian accompanying a 16 or 17 year old and have to retire from the event, what will happen to them?

A: It is strict policy for this event that 16 and 17 year olds must be accompanied at all times by the parent / guardian responsible for them, therefore the young person(s) too would have to retire from the event. Unless another adult known to them was present in the group, was an experienced walker and willing to assume full responsibility for them from that point onward.

Q: What will happen if the weather has been very severe leading up to the event – will the event still take place?

A: Our mountain guide company regularly monitors the weather along the route in advance of a trek and they will advise us of any safety concerns before the event goes ahead. Any decision to cancel the event would be based on their expert advice. Should we be advised to cancel the event, all participants would be contacted by telephone immediately.

Q: What will happen if the weather becomes severe on the day?

A: As above, the specialists assisting us on the day will regularly patrol the route and assess the weather and terrain at all times. Any decision to cancel or curtail the event will come from them and will only be taken if they consider the health and safety of the participants to be at risk should the event continue.

Q: What happens upon completion of the event – do I need to sign back in?

A: Every participant must check back in at the registration point, whether you have completed the walk or retired early from the event. If you do not sign back in with us it may result in mountain rescue being called out unnecessarily.

Q: Will I need to know how to use the compass and map?

A: No, the whole route is way marked and marshalled.

Q: How steep are the hills?

A: The ascent on the summits is a steady climb on a mixture of rough and well-kept pathways with the occasional steep section.

Q: Are the pathways clearly marked?

A: Yes, the National Parks Authority has carried out a great deal of work on all the paths. However, there are some points where there is more than one path – here we have put checkpoints at the junctions to ensure you keep to the correct one.

A message from Yorkshire Windows

With you every step of the way will be Yorkshire Windows, who are proud to support the 2019 Yorkshire Three Peaks. The company specialises in uPVC doors and windows, composite doors, bi-fold doors, conservatories, orangeries, garage doors and roofline products.

"This is the perfect example of how a Yorkshire company can support a top Yorkshire charity as it takes on the challenge of a great Yorkshire event. We are delighted to be supporting St Luke's throughout 2019"

- Ian Chester, Managing Director



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www.stlukeshospice.org.uk

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