



## Raise funds for the St Vincent de Paul Society (SVP) in the “YorkshireThree Peaks Challenge”

The SVP in West Yorkshire invite you to take part in a Sponsored “YorkshireThree Peaks Challenge” on **5th June 2010** to raise funds to support projects in West Yorkshire and to send families on a much deserved holiday in North Wales at the Ozanam Centre [www.ozanamcentre.org.uk](http://www.ozanamcentre.org.uk)

The Yorkshire Three Peaks Walk is a very demanding but rewarding walk, which takes in the summits of...

*Pen-y-ghent (694 metres - 2,276 feet),*

*Whernside (736 metres - 2,415 feet) and*

*Ingleborough (723 metres - 2,372 feet)*

...all in one circular route of approximately 25 miles. Leaving early from the café at Horton-in-Ribblesdale, walkers have to complete the challenge in less than 12 hours, at which point you can become a member of the "Three Peaks of Yorkshire Club".

The Challenge will be lead by experienced walkers who will provide full safety support for the event, suitable water stops and insurance. Insurance is provided through our National Office London and CCIA.



**Transport** - Challengers are responsible for their own travel to and from the starting point (which is at the car park café in Horton-in-Ribblesdale). However a minibus or coach will leave Leeds at a time and location to be advised. This will transport the majority of walkers.



### Event Information

Walking the three highest Peaks in Yorkshire is an exceptional achievement.

Participants will climb:

Penyghent (694m, 2277ft),

Whernside (736m, 2415ft) and

Ingleborough (723m, 2372ft)

and cover approximately 23 - 25 miles with a total ascent of 1672m, 5486ft within 8-14 hours.

The information contained in this document will provide our participants with an overview of the challenge and its requirements.

**Note:** The challenge is commonly completed within 12 hours.



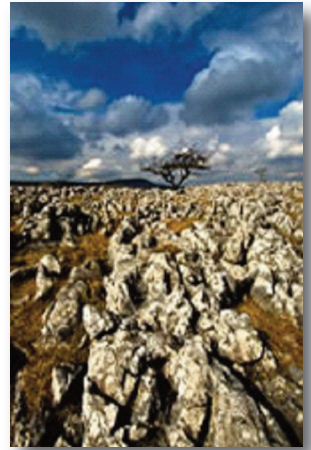
## Itinerary

The teams will meet at a central location near Horton in Ribblesdale (os ref: SD810723). Exact location and challenge start time will be confirmed by SVP, closer to the event. Upon arrival participants will be briefed by their instructors on safety and route aspects.

We will depart and firstly ascend Penyghent, continuing onto Whernside, then climbing Ingleborough, finally finishing back in Horton in Ribblesdale. Where you may decide to have refreshments or a much needed pint or two!!

Participants depart for Penyghent via Brackenbottom ascending through fields until the imposing hill face is reached. Scramble up the hill until the plateau is reached and then head to the trig point. Descend from Penyghent on the due west path and begin the ten mile stretch to Whernside. Stick to the paths as this area can be extremely boggy. Follow a track and the B6255 to Ripplehead Viaduct. Sometimes the flying Scotsman crosses the viaduct. Continue on the long slog past Blea station, up the dales way track before leaving it after Force Gill. The ascent is not hard just monstrous.

Ingleborough can be seen from the trig point on a clear day. Descend the rocky path until Ivescar Farm is reached. Use the duct boarding to cross the marsh and reach the final steep ascent of Ingleborough.



## Environmental Considerations

The popularity of the Yorkshire three peaks challenge can create an increased environmental stress on the beautiful national park that is home to the Yorkshire three peaks. SVP follows the Institute of Fundraising's code of practice and has its own principles on best practice. Operating in small teams with our own transport we reduce the impact of such large events. Initially our teams are walking together, however teams soon spread out, limiting impact along the challenge. All of our teams follow the same route and these are always over well paved footpaths, preventing any further footpath erosion. Our leaders all share a love for the mountain environment. Lead their team to a high standard, including the removal of all litter, controlling impact in sensitive areas and sharing this knowledge and passion with their teams.

## Fitness Considerations

Completing this challenge is no easy ambition, however with the right preparation, support and a heap load of determination the challenge is achievable to most. Participants should plan some pre-event training which should include walking, swimming or cycling. Teams should be made aware that they will be doing a significant amount of cardio vascular exercise during the period. SVP recommends that people with very little experience of training should seek expert advice to develop a suitable programme. Participants will find the challenge much more enjoyable if they arrive having done some form of preparation.

## Medical Considerations

Participants must declare any medical conditions which may affect their safety and ability during the challenge. Participants will be asked to seek their doctors' approval where medical conditions exist. Some participants may think it prudent to speak with a doctor prior to starting any fitness training in preparation. Each group will have a qualified leader, who will be accompanied by an experienced first aider who will be able to deal with the common medical difficulties experienced during the challenge.

## Equipment Considerations

There isn't any great requirement for participants to spend a great deal of money on equipment for the challenge. Participants should look to borrow certain items. Especially if they feel that their involvement with future walking events will be limited. A few items are very important to ensure that participants are able to complete the challenge safely and in comfort:

**Boots** – if there is any one item which is essential it is a well fitting pair of walking boots. They should be in reasonable condition, with a good tread and provide ankle support. Please spend time walking in the boots to ensure that they do not rub, causing the classic problem of blisters.

**Rucksack** – Participants do not require large and expensive rucksacks (An average size is 25 litres). The equipment required for each stage of the event should easily fit into a rucksack of this size. Ideally rucksacks should provide ample shoulder padding with a padded waist belt. Please also protect your equipment by using a rucksack liner or tough plastic bag.

**Waterproof layers** – Participants should be aware that the weather even in June can be wet and windy. A windproof and waterproof jacket and trousers should be carried throughout the event.

**Warm layers** – SVP recommend that all participants follow the principle of layering. A number of clothing layers is preferable to one substantial fleece or equivalent. Participants should carry, as a minimum, one layer of trousers/thermal shirt, with two additional layers for the upper body. This should include at least one light weight fleece. A warm hat and gloves are also essential kit in the rucksack. Spare clothing can be kept in the minibus dependent on the prevailing weather conditions and also spare socks if their feet become wet.

### Further equipment in rucksack – lightweight, 35lts:

Lunch & Spare high energy food (chocolate, etc)

Water containers (minimum 2 litres)

Sun glasses

Sun block

Sun hat (weather dependent)

Flask (optional)

Spare clothing



SVP will endeavour to make the event safe and enjoyable for the participants. However, the conditions found on the mountains in the UK can be unpredictable so we therefore feel it prudent to make you aware of the following participation statement from the British Mountaineering Council; "The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

### Note:

Further information will follow this general event introduction

For information and Sponsor form visit our website [www.svp.org.uk](http://www.svp.org.uk)

We use the Just giving website to help raise funds and this saves you time on collecting sponsorship by enabling donors to contribute directly on line to your account and enables them to Gift Aid their donations which increases the income by 25% at no cost to them.

If you are fortunate enough to work for a company or organisation, which match funds, for their employees who support worthy causes then ask them to match fund your sponsorship. The company can claim tax relief and the SVP benefit enormously.

