Yorkshire Three Peaks Challenge

Welcome!
Thank you for joining us for your Yorkshire Three Peaks Challenge. We’ve put together a brilliant event for you, and we do hope that you enjoy it.

About this information pack
This information pack aims to answer any questions you have about the challenge that you’re taking on, and exactly what is involved.

We’ll cover:
• How the challenge works
• What you need to organise
• Equipment
• Timing
• Clothing
• Food and drink
• Training

Included with this pack is a personal details and medical form, which we require to be completed by each participant. We’ve also included a sponsorship form for those who are raising money for a charity, which includes all requirements for Gift Aid.

About Three Peaks Challenge Ltd
Three Peaks Challenge Ltd brings together years of event organisation experience, and the most informative Three Peaks Challenge websites, to form one company. Our strong popularity allows us to invest regularly in our business, providing great quality and value on all our events.

We always welcome any feedback, positive or negative, to help us improve.

Any questions? Get in touch at threepeakschallenge.uk or on Twitter @3peakschallenge
About the Yorkshire Three Peaks Challenge
The Yorkshire Three Peaks Challenge includes around 25 miles of hill walking, taking in the three highest peaks in the Yorkshire Dales National Park.

The triangular route is often completed in less than twelve hours but is a great achievement over any timescale.

How the challenge works
We begin our challenge next to The Old Hill Inn in Chapel le Dale, about 15 minutes’ drive from Horton-in-Ribblesdale, as this helps to avoid the crowds who start from there.

The Old Hill Inn is located on the B6255, between Ingleton and Ribblehead.

The postcode here is LA6 3AR. Free parking is provided here for our walkers.

We meet at 6.15am, ready for our briefing at 6.30am — please arrive promptly — aiming to return to the finish within twelve hours.
Our Yorkshire Three Peaks event also includes support vehicles, which can carry your overnight bags, and provide water top-ups, hot drinks and refreshments in-between the mountains.

Our professional Mountain Leaders will accompany you throughout the challenge, providing navigation and expert knowledge, as well as safety equipment.

We expect the earliest group members to return to Chapel le Dale by around 5pm, and others continuing to arrive until about 8pm.

**Mobile phone reception**
Mobile phone reception in the area is often poor or non-existent – particularly, in Chapel le Dale, there is no phone reception.

Please make allowances for this if planning for meeting friends and family.

**Litter**
Please take all your litter with you while walking – including banana skins and orange peels, as these take a long time to degrade on cold mountains.

We provide rubbish bags at each meeting point with our support vehicles, for you to dispose of any litter from your backpack.

**Toilets**
Public facilities will be available at our first brief stopping point in Horton (approx. 3 and a half hours in, around 10am).

**Paths**
The route of the Yorkshire Three Peaks is mostly a stone and gravel track, with some short, rocky sections. Between each of the mountains, there are long sections of quite flat paths.

You may consider using walking poles, as walkers find these to be an advantage when ascending, and to aid balance on uneven ground.
What you need to organize
Our Yorkshire Three Peaks Challenge is a fully supported event, but you’ll need to organise a few things (tick boxes provided):

- Transport to and from the area
- Food and drink
- Kit list
- Clothing
- Accommodation close by (optional)
- Training
- Participant form (online)
- Sponsorship (optional, template available on request)

Kit List
Each walker will need to bring the following. Walking boots, rather than trail shoes or trainers, are mandatory.

Mandatory items
- Walking boots with ankle support
- Waterproof jacket and trousers
- Walking socks and spares
- Suitable walking clothes
- Backpack
- Gloves
- Hat
- Jacket
- Head torch

Food and drink
You’ll need to keep yourself supplied with snacks, sandwiches and any other drinks during the challenge. Foods high in complex carbohydrates, like whole meal bread and pasta, are recommended to keep your energy levels up. Little is available to buy during, and to avoid delays, we suggest bringing everything you’ll need.

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**Clothing**

It’s important to be fully prepared for a range of conditions, as weather in mountainous areas can change quickly.

Dressing in layers is recommended, as below.

**Base layer**

Your thermal base layer should be made of synthetic material, not cotton, so that it wicks away moisture and keeps you comfortable.

**Mid layer**

A comfortable layer, with or without sleeves, depending on the temperature. Micro-fleece is ideal.

**Outer layer**

Bring a windproof and rainproof jacket, and a set of waterproofs. You can then wear either your jacket, or your waterproofs if not cold. Waterproof trousers are essential, as well as a waterproof top.

Suitable walking trousers are particularly important – jeans or tracksuit trousers won’t be suitable. Walking trousers should be light so that they dry quickly and are comfortable to be worn for a long time.

**Accommodation**

A range of local accommodation is available. Booking early is recommended as it’s a very popular walking area in the summer.

For our recommended accommodation, please see our website.

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Training

We get many questions about training for the Yorkshire Three Peaks Challenge. Everyone’s abilities vary, so we’ve provided an overview below of what is required on the day, and how training can be used to build up to this.

Requirements

The challenge includes around 25 miles (40 km) of hill walking. None of the routes include any scrambling, and no running is required to complete the challenge in 12 hours, although this doesn’t allow for much rest time.

Training structure

Training can be divided into two parts; general fitness, and mountain endurance fitness.

General fitness

Three times a week, for 30+ minutes

If not part of your routine, including several regular exercise sessions will make a big difference to your overall health and fitness. You can include a range of sports, like cycling, tennis, football, or any exercise which you can do regularly.

Endurance fitness

Once a week, for 3+ hours

We recommend a longer, weekly training session, taking in a local walking route, or one that you can easily travel to. A great time for your group to train together, these sessions can gradually increase in difficulty – the more hilly or mountainous the better, but don’t go beyond your comfort zone.

During a training walk is the ideal time to wear in new boots, and try out new gear.

Training timeframe

We recommend gradually increasing your weekly exercise over the course of around three months. If you already have an active lifestyle, you’ll be well placed to take on the Yorkshire Three Peaks, but don’t underestimate the endurance required.

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