

MY LIFE YORKSHIRE THREE PEAKS CHALLENGE



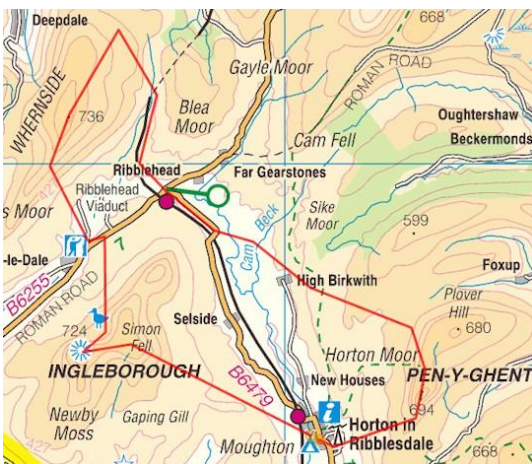
Hello!



If you are reading this, you have decided to take part in the My Life Yorkshire Three Peaks Challenge! (or at least shown an interest). Either way, thank you! You are in for a treat of a day, where you will meet some great people, have a good adventure and most importantly... go to the pub afterwards!

What have I signed myself up for?!

You are going to be taking part in a 24.5 mile hike that will take you up and down three different peaks in Yorkshire. The three peaks are named: Pen-y-Ghent (694 metres), Whernside (736 metres) and Ingleborough (723 metres). In total you will climb 1600m.. which is more than Ben Nevis! The route is a mixture of fields, rocky ascents and road and should take around 12 hours, although of course this depends on your fitness level, and walking speed. However! This is not to say that you need to be super fit, or even have any walking experience, every year thousands of people with all kinds of abilities complete the challenge, and believe it or not, some of them even come back for seconds!



Go on then, what's the plan?

The plan is this:

On Saturday the 30th of June:

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| 6:30am | Arrival in Horton in Ribblesdale where breakfast will be provided. |
| 6:45am | Checking in and safety briefing. |
| 7:00am | Walking begins. |
| 6:00pm | Cut-off for beginning Ingleborough (you must start the last mountain before this time else you will be stuck out in the dark before you finish.) |

If you have not had a look at the registration form yet, have a look. You will see that there are three payment options, that is because there is an option to stay over and avoid having to get up at the crack of dawn to drive to Yorkshire! Here are the three options you have:

1. Stay over in the 3 Peaks Bunkroom. We have booked out the entire 3 peaks bunkroom for both Friday and Saturday, which is two 20 bed dorm rooms. You are welcome to stay in this for the price stated on the registration form, however be aware that you will be sharing with other people!
2. Camp. You can camp nearby to the 3 peaks bunkroom, again for the price detailed on the booking form, but please note you will have to provide your own camping equipment!
3. Wake up at approx. 4am and drive up, and drive home after the challenge has finished... not everybody's cup of tea but the option is there if that's what you want to do!

We will be meeting at the 3 Peaks Bunkroom in Horton-in-Ribblesdale (BD24 0HB) to start the walk, there may be parking available here, if not there are nearby fields you can park in for the price of £3 for the day.

What stuff do I need?

In the mountains, the environment can change in a second and there is no other way to prepare than to be prepared! Some of you may have been up Snowdon and seen people tackling it in jeans and trainers. Do not assume that this is the same scenario, the Yorkshire Three Peaks is a whole different kettle of fish and you need to be properly equipped.

You should have the following at an absolute minimum:

- Walking boots or shoes (already broken in) NO trainers.
- Waterproof jacket
- Suitable walking clothing (no jeans, no trainers)
- Warm top or fleece
- Hat & Gloves (yes even in June, when have you ever known us to have a sunny day in June?!)
- Food
- Suncream
- At LEAST 2 litres of WATER, ideally 3. By all means bring a bottle of pop to enjoy, but please do not rely solely on sugary drinks and pop to hydrate you as these will cause you to get big bursts of energy followed by a crash, so bring water.
- Torch
- A LIGHT packed rucksack that is packed LIGHT, you'll notice that I said LIGHT twice, that is to emphasise that you should be packing LIGHT. Do not rock up with a 10kg rucksack with a full change of clothes for you and all your family and 4 sets of water and meals! Get everyone to carry their own!
- Sleeping bag (they do not provide blankets in the bunkhouse)
- Towel
- Pillow (they do not provide pillows in the bunkhouse)

Recommended Extras

- Spare socks
- Blister pack
- Sweets/trail mix
- Mobile phone
- Walking poles (good idea for those with sore knees)
- Lip balm
- Music/podcast to listen to
- Hydration bladder to carry your water

Alright, I've got all the gear, but no idea.. how do I train?

As we mentioned earlier, people from all walks of life, abilities and fitness levels do the Yorkshire Three Peaks Challenge every year, but there is no getting around the fact that the fitter you are, the easier it will be and the more fun you will have. Think about it, you can either drag yourself up and down for 12 hours, hating every second or, you can enjoy what feels like a nice leisurely stroll, having a chat and taking in the scenery!

The best way to practice for mountain walking is, believe it or not, to walk up mountains! There is a massive difference between walking on flat ground and uphill, so you should be aiming to ascend as much hilly terrain as you can in the build up to the challenge. That being said, if you cannot get into the hills to do any of this, flat ground walking will still help, although you will have to compensate on a 1:4 ratio. (1 hour of hill walking equals 4 hours of flat walking)

Walks are also a great way to wear in any new boots that you have purchased for the event, however we recommend wearing them in the house initially, that way you can still return them!

If you cannot get to any walks, then you should substitute with stair climbing, cycling or gym work.

I'm just coming for a bit of a laugh though!

The event is designed to raise money, and while we encourage people to enjoy themselves, have a laugh and a good time. At the end of the day this is a charity event that you are raising funds for and you as a participant are representing My Life. This means the following:

1. The guides word is final. The guides who will be accompanying you on the challenge will have experience of the mountain and know where to go and what to do, most of them will work directly for My Life as well therefore will have the best interests of the charity at heart. Whatever they say, goes.
2. Absolutely NO Littering. Littering is quite frankly disrespectful, and anyone found purposefully littering around the course will be stopped from participating at the nearest check point.
3. Respect other walkers. Remember that just because we are in a large group, we do not own the mountain, there will be large numbers of other people on the mountain and they have just as much right to be there as us.

FAQ's

Can I bring my dog?

You can, but by bringing your dog, you acknowledge that the two following facts are true:

1. You are not planning to stay over in the bunkhouse, dogs are NOT allowed in the bunkhouse
2. Your dog is capable of completing a 24 mile walk
3. Your dog is of a friendly, subdued demeanour and will not cause problems with other walkers or dogs

What will the terrain be like?

The terrain will consist of grass, gravel, steps, mud, tarmac and rocks.

How long will it take me to complete?

The world record is 2 hours 29 minutes, so you should be aiming for somewhere around that mark.

Only joking, we are starting at 7am and the cut off for starting the final mountain is 6pm, this gives you 11 hours to get to the stage where you are making a start on the final peak.

Can I do it in my trainers?

Technically, yes. In the same way that technically you can swim in your trainers, but you wouldn't ever do it because it would make your life so much harder. We strongly recommend wearing walking boots or shoes for this activity, as wearing trainers will put you in serious risk of an ankle injury.

How much food/water do I need to take?

We recommend carrying a backpack for a full days hike. There will be water at the refreshment stops that you can refill your bottles/camelbaks with, however in the case of a shortage, you should bring at least 2 litres of your own to be safe. At this time of year the weather and temperature needs to be taken into consideration, and you should be drinking at least 3 litres of water during the hike. There will be packed lunches provided at the checkpoints however if you wish to take your own snacks, by all means do so.

Are there toilets on the route?

There will be 2 pubs along the route, at which you should be able to use for their lavatory facilities, everything else you will have to let nature take care of.

Do I need ropes and such?

No. There are no 'technical' climbing spots on the route, this means nothing where you will have to use your hands, you can simply walk.

What if I get too tired and can't make it to the finish?

There are a couple of points on the route that are near pubs and therefore the road, at these points you will be able to exit the course and enjoy a well-deserved pint.