



St Mary's  
Hospice



**Lakeland Mountain Guides**  
Live for the Now



THE THREE PEAKS  
YORKSHIRE DALES

# THE YORKSHIRE THREE PEAKS CHALLENGE INFORMATION PACK

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Congratulations on signing up to take on one of the UK's most famous walking challenges – The Yorkshire Three Peaks. In 12 hours you will try and walk up and down Pen Y Ghent, Wharfedale and Ingleborough – which will entail a total of 39km's of walking, and over 1,600m of ascent. We've put together this information pack to aid final preparation towards the event, and then help your event go as smoothly as possible.

There is no doubt about it, this is a hard challenge which will require both physical and mental strength to get through, and time and time again we've seen challenges fail due to small simple things. Digest the information in this pack and prepare appropriately. It will be one of the hardest hill days you'll have ever done, but it will certainly be worth it. By signing up and fundraising for St Mary's Hospice you'll also be making a huge, life changing impact on those that benefit from the work of the charity.

*St Mary's Hospice  
& Lakeland Mountain Guides*

# Your Yorkshire 3 Peaks Challenge

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**Challenge Date:** Saturday 4th May 2024

**Meet Time:** 6:45pm for a 7:00pm start

**Meet Location:** Car Park in the Middle of Horton-in-Ribblesdale (BD24 0HF) – Please keep noise to a minimum.

<https://goo.gl/maps/rkVfS3An25eZ3PJt9>

**Parking Advice:** There is some free on street parking, alternatively the car park we meet at is P&D (£5, cash only). Similarly, there are other P&D spots, such as a local field and at the campsite. Please be considerate to the locals when parking.

**Event Leader:** Matt Le Voi - -07557022362 **St Mary's Hospice:** Mel Dixon 07834547991

**Support Vehicle:** There will be a support vehicle on your challenge which means you can bring a small separate bag containing additional food, fluids and clothes. This will also provide an option for injured or tired participants to drop out of the event.

**Dogs on the event:** Dogs are indeed allowed on this event .

**Medical Form & Risk Waiver:** <https://forms.gle/BzR8Vq1MwoJ65m2f9> Please Complete Asap.



## Event Preparation - Fitness

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More often than not teams that take on the Yorkshire 3 Peaks challenge are not regular hillwalkers, so walking up one of these mountains in a day would be a hard enough challenge, let alone three. But don't let this put you off, as good preparation can go a long way. You will of course need to develop a good base level of fitness. In order to complete the challenge within 12 hours the pace has to be pretty swift and the amount of stopping on the hill is kept to a minimum. This means that you need to be able to exercise at a steady pace for a good length of time. We're not suggesting going out for 4 hour runs, but getting out for walks for a few hours will certainly help prepare you. If you can add in some small hills then fab, but if you are just walking on flatter grounds, keep the pace high. Without a doubt the best preparation you could do for the challenge is getting yourself up some mountains. They do not have to be huge or impressive, but going through the motions of walking uphill will engage those muscles that we use to ascend; the ones that most people only find out exist whilst on the Yorkshire 3 Peaks! An additional and less obvious advantage of getting into the hills is getting used to travelling across undulating mountainous terrain. Walking in the hills is not just physically draining, but also mentally. You have to watch your step and constantly adapt it to ensure efficient travel. This is something that comes with experience, so the more experience you do have on hill or mountainous terrain before your challenge the better.



## The Challenge – Top Tips to Success

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- **Faffing** is an absolute challenge killer. Every year we meet teams who then spend too much time faffing either at the road junctions or whilst on the hill. Those additional unnecessary 5 minute stops soon add up.  
Get your **Food right** as explained above.  
Be **strict** with your stops on the summits. Again, there is no point in rushing up the hill to spend more than 10 minutes on the summit. Get your photos and have a small celebration, but get moving down as soon as possible.  
**‘Be bold, start Cold’** When you start at each mountain you will be cold, but after just 5 or 10 minutes you are likely to warm up and be too hot, this then causes the group to stop.  
Be bold and don’t put on that extra layer.



- **Know your kit.** Wear in boots and know how to use kit before embarking on the challenge, it all saves time and a lot of pain. A spare pair of socks are always a welcomed treat.  
Carry a good **medical kit**. Your guide’s will have some supplies but it is good as a team to have supplies of paracetamol, ibuprofen tablets, deep heat gels and of course, blister plasters.
- **Watch the Weather.** Have a good idea of what the weather is going to be like over your challenge and prepare accordingly.
- **Be a Team Player.** Throughout the challenge everyone will have their ups and downs. Instead of rushing off ahead and then standing around getting cold, why not stick with the team and provide encouragement.  
Likewise though, if you are injured or tired, maybe make the decision to pull out rather than holding up the rest of the team.

## The Challenge – Target Times

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In order to complete the Yorkshire 3 Peaks Challenge in 12 hours a steady pace will have to be kept all day. Below are some target times to the top of each peak. You will be going anti- clockwise on your challenge

**Pen Y Ghent (694m)**– 1.5 Hours

**Whernside (736m)** – 6.5 Hours

**Ingleborough (724m)**– 9.5 hours

## The Challenge – What to Bring

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Walking Boots (or a walking shoe)  
Waterproof clothing (Jacket and trousers)  
Suitable clothing for walking (no jeans)  
Warm tops  
Food & Fluids  
Hat & Gloves (Sunhat if required)  
Head Torch (plus some spare batteries!)  
Survival Bag & Whistle  
Optional: Walking Poles are very useful.

All members **MUST** be appropriately equipped for this challenge or they may not be able to participate.

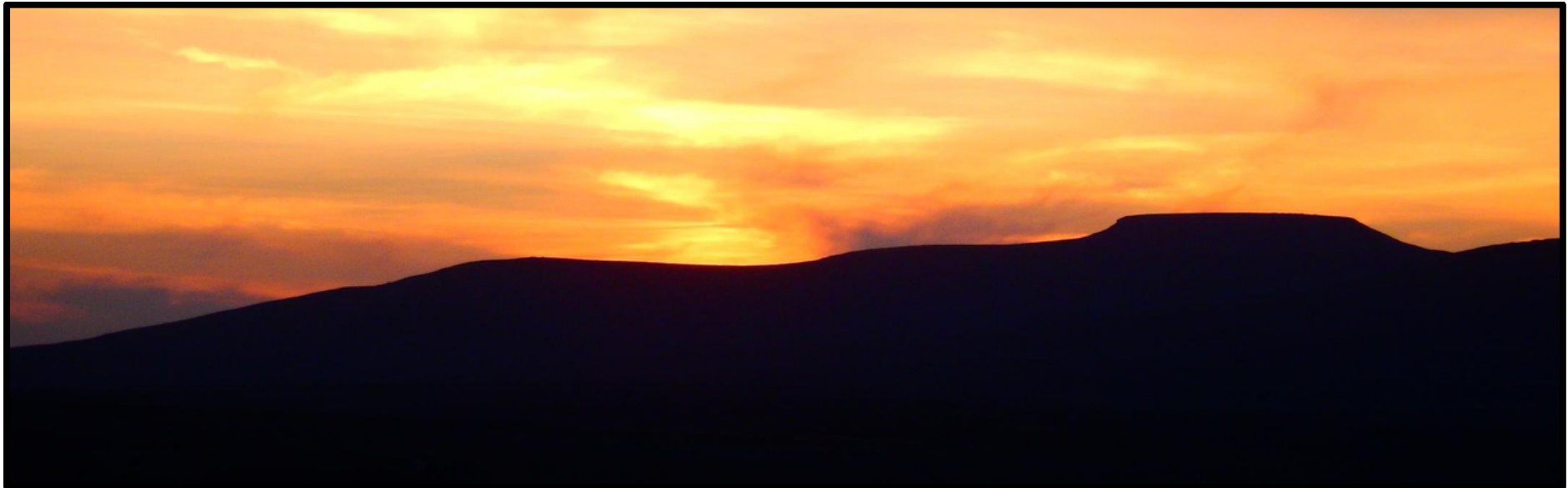




effects of walkers on the landscape. Please try to stick to made paths and worn paths where possible and not start making a new scar on the landscape which will cost one of these charities money to sort at a later date.

**Toilet Responsibly:** Use toilets where possible and avoid going on the hills if it can be helped. If you need to go for a wee please do so well away any water sources and pack any tissue used away into your bag. If you are caught short please ask your guide and they will provide advice on how to go responsibly.

**Keep noise to a minimum:** The locals in the various locations are starting to get pretty irate with the way some challengers behave in their area. Please keep the noise down in order to not disturb the locals, especially when setting off early.





## ABOUT ST MARY'S HOSPICE

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St Mary's exist to make a positive difference to people's lives, often in their darkest hour. We understand the importance of respect, dignity and time.

Through embarking on this challenge you are not only taking on an immense personal challenge to complete the Yorkshire 3 Peaks Challenge at night, but you are also helping us to climb our very own virtual mountain. The reality is that St Mary's needs to raise a staggering £4.9m every year to keep our doors open, that's just shy of £13,000 a day. It's hard to convey how important you are to us, but when the inevitable happens, and the going gets a little tough during your ascent we hope you take courage and strength by knowing that you are helping to create moments that truly matter. With each step, with each breath you are making a difference. We are honored to welcome you on board and we are honored to call you a hospice hero. Thank you.

By signing up for this challenge, you have committed to raise a minimum of £250 (excluding gift aid for St Mary's) by far the easiest way to fundraise is to set up a Just Giving page (<https://bit.ly/SMH-3-peaks>) as soon as you can You can then share this page via your social media pages, and the monies ~~filter~~ directly to ourselves.

Alternatively, we encourage you to think of fun ways to fundraise for example, maybe in your workplace you could organise a bake sale, tuck shops etc.... you could arrange a bucket collection in a local supermarket event in your community, all these ways are classed as fundraising and therefore, you may find this easier than asking family/friends..... If you do prefer the good old paper form, then please do not hesitate to pop Mel an email...

[melissa.dixon@stmaryshospice.org.uk](mailto:melissa.dixon@stmaryshospice.org.uk)

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**All we ask is that 50% of your total is with us 4 weeks prior to the challenge (4.04.24)**



**St Mary's  
Hospice**

## About Lakeland Mountain Guides

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Lakeland Mountain Guides is a multi-activity provider which operates UK wide. We specialise in providing premium experiences and challenge events, one of which is the Yorkshire 3 Peaks Challenge. As a company we provide qualified and experienced leaders who are extremely good at what they do – many of which will have completed the challenge dozens upon dozens of times. We are here to help you through your challenge, have fun with you, and hopefully teach you a bit about the area you'll be walking through. Every leader you'll meet has an interesting story – some have climbed Himalayan peaks and others have completed ultra-marathons, so don't be shy – get to know them.



We will do our utmost to help you through your challenge, whether it is within 12 hours or not. However we do have a few house rules:

- Treat the Leaders with respect. **What your leader says is final.** Any decision your leader makes is based on years of experience, so whether it be them telling you that you cannot continue due to injury, or having to cut an ascent up a mountain short due to time or weather, listen to them. Anyone who fails to listen is effectively removing themselves from the responsibility of Lakeland Mountain Guides.
- All medical issues must be made aware to our leaders.
- Respect the environment.