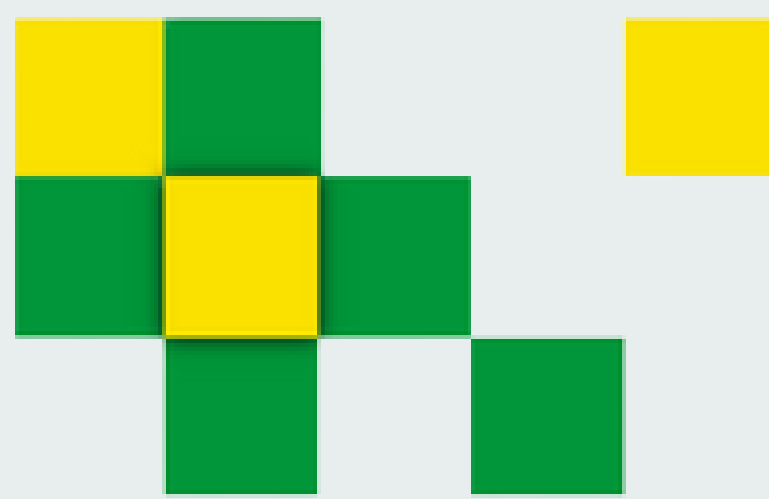




**NORTH WEST  
AMBULANCE  
CHARITY**

[www.nwas.nhs.uk/charity](http://www.nwas.nhs.uk/charity)



**Supporting  
staff,  
saving  
lives**

## **Event Information Pack**

### **Saturday 9 September 2023**

**Join us in attempting the **Yorkshire Three Peaks Challenge**.**

The North West Ambulance Charity invites you to scale new heights and fundraise with us.

Our safety experts, **Overlimits**, will ensure you're protected the whole way. This essential support is made possible by your entry fee.

Your adventure awaits.

Starting at Horton in Ribblesdale, your challenge is to conquer Whernside, Ingleborough and Pen-y-Ghent in under 12 hours.

**Encourage family and friends to book by scanning this code**



**overlimits**



**Registered Charity No. 1122470**



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## 1. General Information

The Three Peaks of Pen-y-Ghent, Ingleborough and Whernside are among the most famous hills in the Yorkshire Dales. Part of the Pennine range, these peaks are arranged in a triangle around the River Ribble and Chapel-le-Dale valleys.

We're walking the circular route, scaling each peak in under 12 hours. The total walking distance is 39.2km (24.5 miles).

### **Whernside - Elevation: 736m (2,415 ft.)**

On a clear day, the views from the summit to the west can be spectacular, giving views of the Lake District, Morecambe Bay, and (with binoculars) Blackpool Tower, about 40 miles away.

### **Ingleborough - Elevation: 723m (2,372 ft.)**

The second-highest mountain in the Yorkshire Dales is Ingleborough, and 103 miles away from the summit is Manod Mawr in Snowdonia, North Wales!

### **Pen-y-Ghent - Elevation: 694m (2,277 ft.)**

Despite being the smallest of the Three Peaks, Pen-y-Ghent still offers spectacular views from the summit.



### **Important Covid-19 information and disclaimer**

NWAS Charity will always do its utmost to ensure all our supporters' safety. However, in light of Covid-19, we find ourselves in an ever-changing world and will continue to work closely with our event partner, Overlimits, to ensure that Yorkshire Three Peaks is a Covid-safe event.

All participants and supporters will be followed and communicated in full closer to the date to ensure the guidance is the most current and relevant. Participants must also ensure they follow and adhere to whatever Covid guidelines and restrictions are in place during any training and preparation undertaken for the event.

NWAS Charity reserves the right to postpone the event in response to guidelines nearer the time or because the risk to participants is deemed too high. Should this happen, all registration fees will automatically be deferred to the new date unless you can no longer take part, in which case you will be offered a refund.



## 2. Support & Contact Details

If you require additional support or have any questions, do not hesitate to get in touch.

### Overlimits

Phil Lee, Director and Walk Leader

07762 791383

philleeuk@hotmail.com [www.overlimits.co.uk](http://www.overlimits.co.uk)

### North West Ambulance Service Charity Service Charity

07812 304745

Charity.office@nwas.nhs.uk

Registered Charity Number: 1122470



## 3. Itinerary

6:45-7:00am Arrival & Registration (meet in Horton in Ribblesdale)

7:10am ESSENTIAL SAFETY BRIEF

7:20am (approx.) Walkers set off

5:00pm – 8:00pm (approx.) Walkers finish

When you arrive at Horton in Ribblesdale from Settle, pass through the village and cross the one main bridge in the village, ensuring that the Crown Inn Pub is on your right-hand side as you cross the bridge. Follow the road to the left, and on your immediate right-hand side is a field with our event base, tent and support vehicle. Parking in this field is approximately £5.00, payable to the farmer on arrival - please have change if possible.

### From Hawes/Ingleton

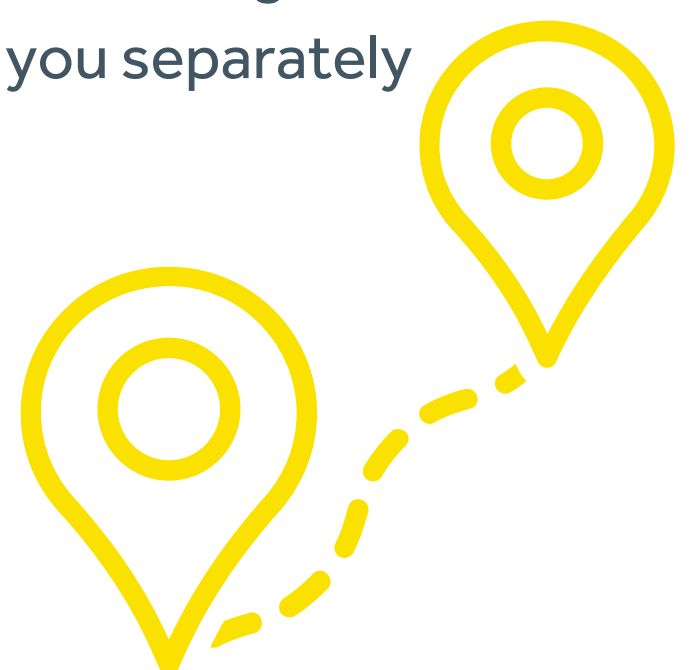
Enter the village underneath the railway line and bear a tight left after 200m. On your left-hand side is a field where we have our event base, tent and support vehicle. Parking in this field is approximately £5.00, payable to the farmer on arrival - please have change if possible.



If you prefer to use the National Trust Car Park in the village (approx. £7 for the day), it is just before/after the bridge by the Crown Pub and public toilets.

### The Walk

The walk is fully marshalled with checkpoints along the route, and your leader will brief you fully on the morning of the walk. You'll need to attend the Safety Briefing before setting off on the walk. If you are running late, please call us to let us know; we may brief you separately once the leading group has set off.



You can walk at whatever pace is good for you. We expect most walkers to complete the walk between 11 and 12 hours. For walkers likely to take longer than 12 hours, Overlimits will endeavour to help you achieve the route and will remain available until everyone is safely back. However, please note the safety cut-off time below.

### Timing

We will record your time taken to complete the challenge; the set-off time will be recorded as all walkers depart following the briefing, and your arrival back at the event tent will be recorded. If you wish to record your own time, please do, but be aware that it might differ slightly from your official time. Please inform a team member beforehand if you anticipate completing the challenge in less than 10 hours.



Please note that there is a safety cut-off time of 4:00 pm for all walkers to be at the checkpoint before Ingleborough – if you have not made the checkpoint by then, Overlimits will strongly advise you to withdraw from the event for your own safety. Plenty of support is given to those walkers who cannot continue any further, and anyone who fails to complete the route on their chosen date will be given a complementary re-run on a date of their choice (subject to availability).

### Drive Safely

We encourage safe driving and respect towards the people who live in and around the area of the Yorkshire Three Peaks. Be aware that Police and speed cameras are often in and around the area.



It is a very long day, and you will be tired for the journey home, if possible we strongly advise that you arrange for someone who is not taking part to drive home.

### Accommodation

Due to the strenuous nature of the event and the early start time in a rural location, we recommend that you consider staying overnight the night before the challenge so that you can have as fresh a start as possible.

Many places are available around Horton in Ribblesdale and Settle; you can choose from hotels, B&Bs, bunkhouses and camping. They can become booked up in advance, so enquire early to avoid disappointment.



## 4. Training & Preparation

The Yorkshire Three Peaks is a tough challenge, can be very demanding on your body, and is often underestimated. You will walk 24.5 miles up and down some very steep terrain for up to 12 hours or more.

For this reason, we strongly suggest that you spend time training for your challenge.

The amount of training you will need will depend on your current fitness level. If you haven't exercised for some time, you should seek your GP's advice before starting a new exercise regime. Feedback from previous events is that many participants underestimated the effort required and wished they'd done more training.

### Warming up and cooling down

Before commencing any training, it is advisable to warm up - jogging on the spot for a minute or so is an excellent way to do this. You should also exercise your arms to increase blood flow through your body.

It's also a good idea to spend time stretching all the major muscle groups before and after any exercise to avoid injury. Ensure you keep covered up whilst warming up; keeping your muscles warm is essential. You should cool down after exercise by gently decreasing intensity. Don't just stop suddenly, as it could shock your body. Stretch out your legs, shoulders, back and arms to prevent them from becoming stiff.

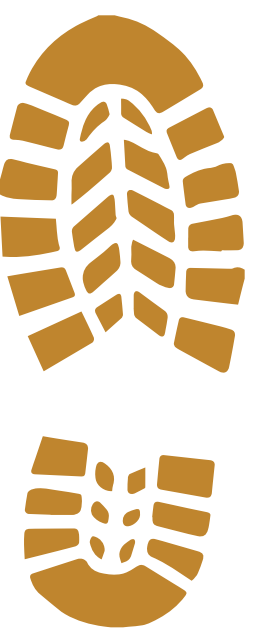


### How should you start your training?

It would help if you began by walking 1-2 times a week for around 45 mins to an hour - this should feel comfortable. As you get into your training, you should increase your walks to 60 - 90 minutes, then slowly build up the hours you walk each week.

One month before the event, you should be able to easily hike 5-6 hours a day without putting too much strain on your body. Ideally, you should have completed 2 of the three peaks or have walked a distance of up to or more than 20 miles in the last four weeks before your big day.

Train outdoors and wear your gear! This is a serious walking challenge; you must have the correct footwear. Trainers do not provide enough support to your feet and ankles for this challenge and are unsuitable; you must have walking boots or shoes. You should always wear the boots and socks you plan to wear for the event during your training so you can get them properly worn in and adjusted to your feet – this is the best way to prevent blisters.



You should also get used to carrying a backpack/daysack with you, ideally, the one you will use during the event. The size is up to you; it should be big enough to carry refreshments, a waterproof jacket and trousers, and up to 2 litres of water alongside your camera but not so big that it causes problems carrying it.

Find stretches of hilly terrain to get used to more strenuous hiking and get your feet and ankles used to uneven ground. You must also practice walking up and downhill - downhill can be especially hard on the knees. If you intend to use walking poles, practice with them to find the best method for you. Many hikers and guides find trekking poles beneficial, especially in downhill areas, as they can reduce the impact on your knees.

## Indoor Training

It is always better to train outdoors, but you can supplement this with other forms of exercise (anything that gets you moving will help!).

Good exercises for indoors or in the gym are:

- Stairs or steppers – simply walking up and down your stairs does help, have fun, and create a challenge with rewards available for when you have hit your step targets!
- Ski squats – the simple squatting exercise is excellent for the thighs

## Training Walks and Discount Events

Overlimits provide a series of free training walks to help you prepare for the challenge; we suggest you try and attend at least one of these. These will help you prepare physically, and you will also meet some of the team that will be looking after you on the hills and fellow trekkers.

The team also hold discount events at Go Outdoors, where they will be available to advise on boots, shoes and equipment and offer an exclusive store discount.

**Dates and details for walks and Go Outdoors events will be announced on the Overlimits Facebook Page.**

## 5. Weather

There is no such thing as bad weather, just poor equipment! Please ensure you follow the guidance in the equipment section and prepare for all eventualities.

It is a good idea to check the weather forecasts before you go, although please bear in mind that this might be unreliable as the weather around the peaks can be very changeable.

Conditions can vary significantly between ground level, peak summits and the different peaks themselves. It will be cold on top of each peak, regardless of the conditions at ground level.



## 6. Equipment Guide

### Essential

- Walking boots/shoes, worn in for your feet and comfortable. NOT trainers
- NNAS charity T-shirts will be sent out in advance or available to collect at the registration desk
- Walking socks plus a minimum of 1 spare pair, having a new pair of socks for each peak is a great tip
- Lightweight walking trousers (ideally zip-off shorts) – NOT jeans or jersey jogging bottoms.
- Rucksack (20 – 30 litres)
- Full waterproofs, jacket and trousers
- Windproof top and spare fleece jumper
- Hat – keeps you warm but also protects you from sunburn/heatstroke.
- High Factor Sun Cream & Sunglasses
- Small individual first aid kit, including blister plasters
- Torch or head torch plus spare batteries
- Mobile Phone with emergency numbers saved as ICE (In Case of Emergency). Please remove all PINs and locks on mobiles for the day and ensure that we have a record of the mobile number you are carrying before you set off
- Water, minimum at 2 litres and food for the day
- Change for parking (approx. £5)



### Optional but recommended

- Walking poles - protects your knees on downhill sections and helps you climb faster
- Gloves – it can be freezing on the summits
- Small flask with soup or a hot drink
- Spare set of dry clothes and soft, comfortable shoes to leave in the car - for when you have finished
- Survival blanket – approx. £1 from any outdoor equipment shop
- Map: OS Explorer OL2 - The Yorkshire Dales Southern & Western areas 1:25000
- Emergency meal
- Camera (in a plastic bag/other protective casing – to keep it dry)
- Change for discretionary contributions for the use of pub toilets.
- Carrier bag/small bin-liner for litter

## 7. Food & Drink

During the day, you are unlikely to stop for lunch, so food should be small snack items which you enjoy, eat on the go and contain enough energy to see you through the day. You should have a good breakfast and leave some food in your car for your return. It is also prudent to carry one emergency meal with you, just in case.

You must take enough water with you; at least 2 litres must be carried, although you may use as much as 4 litres or more (weather conditions determine this) to stay hydrated, considering the energy levels being expended throughout the day. If you do not like drinking water, then the small ultra-concentrate fruit juices are great for adding flavour. We provide rest points that can top-up your water bottles along the way, but these should be seen as an addition, and you should not rely on them.

## 8. Conduct

### Check Points

The marshal checkpoints will be at the top of each of the three peaks, it is imperative that you check in with each one. The marshals will be wearing easily identifiable High-Vis and it is your responsibility to approach them.

### Retirees

If you cannot continue with the challenge and wish to drop out, please ensure that you inform a member of the Overlimits team. You will then be able to take one of the following options – a lift back to the start/finish point with the Overlimits Team or release from the challenge to arrange your own lift or collection.

### Toilet Breaks

There are several points on the route where toilets are available for use:

Start/Finish Horton in Ribblesdale, National Trust Car Park

10-mile point The Station Inn (please give the pub a small contribution)

17-mile point Old Hill Inn (please give the pub a small contribution)

**Please respect the farmers and landowners and do not go behind buildings / walls for your toilet breaks.**

### Road Safety

There are several points where the walk requires you to walk along the roadside. Please do not listen to music or wear earphones when walking on roads; you may not hear vehicles approaching. Walk in single file, and please always move off the road when a vehicle is approaching; move to the right and acknowledge them, and you may get a friendly wave back!

### Litter & Rubbish

Please ensure you do not leave any litter or rubbish at any point on the route. Please return all your rubbish to the start/finish point, and Overlimits will dispose of it. Please be careful with stone walls, they are part of the heritage of the landscape, and farmers take great care and a lot of time and expense restoring and maintaining them. Do not climb on or over them except at designated stile points, and don't displace or move any stones, even if they appear loose.

## Alcohol

Please do not bring any alcohol on the route. While celebrating your achievement in one of the two local pubs at the finish might be tempting, we do not recommend it after such a long and arduous walk if you plan to drive home. Do not underestimate how tired you will be before your drive home.

## 9. Yorkshire Three Peaks Trail Sweep

Overlimits are committed to caring for the route, so we invite you to join the Trail Sweep at the end of the season. Some 20,000 walkers complete the Yorkshire Three Peaks Challenge yearly, many for charities and good causes. Unfortunately, this also means a considerable amount of litter is left along the route. The Trail Sweep is an opportunity to clear up this litter; 3 teams each tackle one peak and a section of the route on the day and 'sweep' - collecting every single bit of litter along the way. It's a great way to have a fun afternoon and say thank you to the peaks for your challenge. For full details, including this year's date, and to register, visit: [www.overlimits.co.uk](http://www.overlimits.co.uk)

## 10. North West Ambulance Service Charity

By signing up for the Yorkshire Three Peaks Challenge and getting this far, you have already supported North West Ambulance Service Charity, so thank you! You should have already paid your registration fee - this covers the costs of putting on the event and looking after your health and safety. Every pound that you raise in addition to your registration fee will help us in our aim to Support Staff and Save Lives.

We ask everyone to aim to raise a minimum of £100 for the NWSA Charity on the Three Peaks Challenge, and here are some ways you could do it:

- **Sponsorship – ask your friends, family and work colleagues to sponsor you. Think how many people you know and how much that would be if they each gave £1!**
- **Bake Sale at work, ask people to contribute cakes and sell them for a donation.**
- **Pub Quiz night; ask your local if you can take over one night**

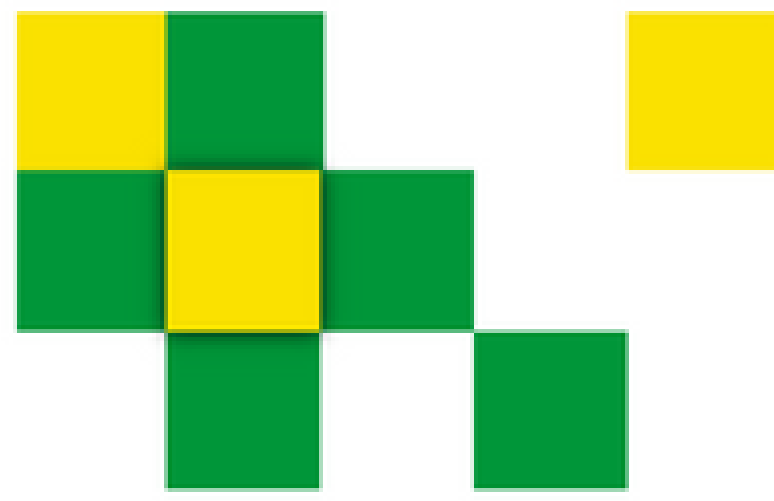
Please note that any participants who raise over £175 for NWSA Charity can apply for a refund of their entry fee. If you want to create an online donation, please visit [www.justgiving.com/campaign/Y3P2023](http://www.justgiving.com/campaign/Y3P2023).

Simply click "start fundraising" on the right-hand side and follow the instructions. Please also use the 'my story' section to explain why you are fundraising. It's also a great place to provide fundraising updates to your friends, family and colleagues. If you need any help or support with your fundraising or for more information about the charity, do not hesitate to contact us – we are here to help you make the most of your challenge. Just email [charity.office@nws.nhs.uk](mailto:charity.office@nws.nhs.uk)

**Don't forget to follow us on social media, and we'd love to see and share your training updates, and of course your photos on the day!**



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## **What is the North West Ambulance Service Charity, and what do we do?**

It is a common misconception that we fund ambulances or the salaries of emergency staff.

This is **NOT THE CASE**; the Nwas Charity does not fund ANY activities, equipment or projects that would be considered the responsibility of Government funding. The money we raise does NOT subsidise the North West Ambulance Service work – it enhances it.

**So – now that you know what we don't do let's look at what we DO support. Nwas Charity is a grant-making body which will pay for projects, equipment and other initiatives in two main priority areas:-**

### **1. Supporting staff**

We will provide grants supporting the more comprehensive health & well-being of our paid staff and volunteers. For example, sports teams consisting of players who are Nwas staff may apply for funding for kit and equipment, and we support projects which help improve our colleagues' resilience and make them better able to provide excellent service to our patients. We also have a hardship fund. Any Nwas colleague experiencing short-term financial hardship can apply for a small grant to prevent them from getting into a more severe economic crisis.

### **2. Saving Lives**

We provide funding to communities in the North West Region to support the provision of public-access defibrillators and other equipment to help improve survival rates. We also fund additional equipment for Community First Responders and other volunteers who support the work of our paid colleagues, who are a really valued resource in our communities.

**We rely very much on generous donations made to us by patients, their families, and friends to continue our grant-making in these areas. We are also hugely indebted to the wonderful colleagues and volunteers of the North West Ambulance Service who participate in our events or do their activities to raise the funds we need to support these critical priorities.**