

St Patrick's Mission One Peak Challenge 2021

Briefing:

Welcome and thank you for doing the walk in challenging times! Today we will only climb Whernside, but this is an ideal practice run for the Three Peak Challenge on the 7th August. We hope you have a wonderful experience whilst on the walk! We will leave Viaduct in groups of 5-6 with group leaders, with a nominated walk leader as our back marker and First Aider. No one fall behind Mick Starkey.

Owing to the Covid 19 pandemic there are additional risks to be considered this year. If you have any Covid 19 symptoms before we start, please stay at home and self-isolate.

If you display signs of Covid you will not be allowed to walk and will be sent home to isolate.

Covid symptoms After the walk, in the event that you develop Covid symptoms after the walk, advise the organizer immediately, at St Patrick's on 01274 721989, or by email so we can alert your fellow walkers and the local health authority. Follow the NHS guidance.

We have your personal contact details for such emergencies.

Refreshments For hygiene reasons bring your own food and drinks.

Travel and Parking Make your own way to the Ribbleshead Viaduct, by car or public transport. Families or those in social bubbles travel together. Park on the roadside opposite the mobile cafe. The road is fast moving and vision is poor, reverse park if possible, so it is easier to drive out.

On arrival make your way to the hillock where a Friar will be visible and join the team you are walking with. The leader will be waiting for you. Keep your social distance.

Social Distancing We are walking outside, on a mountain, where possible maintain social distancing especially on narrow paths, walk single file. If you meet someone, give way where it is safe and keep your distance.

Do not share kit (e.g. hats, gloves, masks, poles unless in emergency and wipe before use.)

When using stiles or gates, keep your distance but ensure those following know which direction you are going and cross safely. Sanitize hands after touching surfaces.

Obstructions and hazards will be highlighted by the leader.

On Completion of Walk sanitize hands before driving home in your car. Stretch out and relax. Ensure you are fit and ready for the journey.

General Checklist and Briefing for the walk

I hope you have all had the opportunity to do plenty of walking especially long-distance hill walking, to build your stamina. This is a tough hill walk, so if you are not fully fit and ready for the challenge, please don't commit to this event.

The organisers recognise that hillwalking is an activity with an inherent danger of personal injury

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through slips trips and falls whilst walking in rough terrain. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Please wear suitable hill-walking footwear, boots or shoes with a good tread, which you have broken in. (avoid fashion trainers) Be prepared for changeable summer weather. Weather conditions can vary dramatically even in the summer months. Be prepared for both hot dry weather and wet, cold blustery conditions.

- Wear synthetic layers which you can add or remove where necessary. Bring suitable waterproof clothing and protection against adverse weather. (*We strongly advise against wearing any cotton clothing such as jeans.*) You should include a warm hat and gloves (yes even in summer). It is advisable to bring fresh clothes and a towel to prepare for the journey home, so you are comfortable and dry. Please bring a small personal first aid kit, to include blister plasters, and do remember to bring any personal medication such as inhalers/epi pens etc.
- We will be reversing the traditional anti clockwise route so that walkers are freshest when climbing the rugged face. This face is very steep so be aware of the risk of slips, trips and falls. Where necessary, to maintain balance and safety keep three points of contact.
- Follow the Leaders who know the route along the bottom of Whernside leading to a steep ascent. The path upwards has been laid with stepping stones, stick to those.
- After the initial steep ascent, there is a ridge to walk along to the trig point. Keep to the left of the path away from the mountain face. Follow the wall as closely as possible to the trig point. Then descend being careful on rockfaces and on the paths, especially if they are wet.
- In an emergency the Leaders will contact the Emergency Services. They have walkie talkies to maintain good contact within the group.
- On the day the weather may be good so remember your sunhats and sunscreen. Bring fluids to drink and try to drink regularly to keep yourself well-hydrated. Bring some energy snacks to keep you going. You will be allocated to a small group so please remain in sight of each other and enjoy the walk.
- Please remember the Countryside Code and ensure we take all our litter home with us (*including plastic bottles, banana skins and apple cores*)
<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code>
- Thank you very much for your support.

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Welcome and thank you for doing the walk!

We will leave The village Hall, opposite the church, in Horton in Ribblesdale at 6.30am in groups of 5-6 with group leaders, with a nominated walk leader as our back marker and First Aider. No one fall behind the designated backmarkers – Mick Starkey and Vincent Loughney.

Owing to Covid 19 restrictions there are additional risks to be considered this year. If you have any Covid 19 symptoms before we start, please stay at home and self-isolate.

If you display signs of Covid you will not be allowed to walk and will be sent home to isolate.

Covid symptoms After the walk, in the event that you develop Covid symptoms after the walk, advise the organizer immediately, at St Patrick's on 01274 721989, or by email so we can alert your fellow walkers and the local health authority. Follow the NHS guidance.

We have your personal contact details for such emergencies.

Refreshments For hygiene reasons bring your own food and drinks.

Travel and Parking:

What will happen on the day of the walk?

PEN -Y- GHENT

We will assemble at the Village Hall opposite the church in Horton in Ribblesdale at **6.30am**. Register and start the walk from the Registration point as soon as practicable.

Please respect the peace and quiet of the villagers and avoid making noise.

The path leads steeply up the hill before an almost vertical climb leading to a plateau and then proceeds to the trig point at the summit. It then descends on a steady decline to the base of Pen-y-ghent where there follows a long undulating walk to the base of Whernside.

Specific risks – whilst climbing the vertical sections of the ascent, three points of contact should be maintained whenever possible. **Avoid holding or using mobile phones at these times.**

WHERNSIDE

The paths eventually lead into the B6255 and Ribblesdale Viaduct, where

Checkpoint 1 is located on Gauber Road, on the approach to the Viaduct. The path then goes uphill from this point on and passes Blea Station. Walkers proceed along the Dales Way track before leaving it after Force Gill. The ascent is not particularly steep or hard but is long. From the trig point at the summit the downhill path is very steep in parts and leads to Ivescar Farm. This area can be very wet and slippery. There then follows a short walk along a track passing a cafe and toilets nearby to **Checkpoint 2**, is located on the roadside at Chapel le Dale before the ascent of Ingleborough. This section is about 7 miles and takes 3-4 hours.

Specific risks –

1. The approach to Ribbleshead for around ¾ mile, is along a busy narrow road (B6255) along which a lot of cars and motorcycles will be travelling at considerable speed. Due to limited space on verges walkers need to walk off the tarmac surface. Keep to the right and walk in single file. **Maintain an awareness of approaching vehicles at all times.**
2. The descent from Whernside is steeply stepped and can be tricky even in dry conditions. Use of walking sticks/ ski poles can aid a safe descent. **Avoid running.**

INGLEBOROUGH

From Checkpoint 2 the terrain becomes very marshy. Keep to the duct boarding and path provided. After a gentle incline the ascent to Ingleborough becomes steep, followed by a well-worn and rocky path, which eventually leads to the trig point on a plateau. The descent from Ingleborough is quite gentle and with well-defined paths, however this area is often waterlogged and slippery, it eventually crosses the railway line into Horton in Ribblesdale after where the

Final Checkpoint is located at the village opposite the church at the registration point. This section is about 8.5 miles and takes around 4 hours.

Social Distancing:

We are walking outside, on differing mountains, where possible maintain social distancing especially on narrow paths, walk single file. If you meet someone, give way where it is safe and keep your distance.

Do not share kit (e.g. hats, gloves, masks, poles unless in emergency and wipe before use.)

When using stiles or gates, keep your distance but ensure those following know which direction you are going and cross safely. Sanitize hands after touching surfaces.

Obstructions and hazards will be highlighted by the leader.

On Completion of Walk sanitize hands before driving home in your car. Stretch out and relax. Ensure you are fit and ready for the journey.

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I hope you have all had the opportunity to do plenty of walking especially long-distance hill walking, to build your stamina. This is a tough hill walk, so if you are not fully fit and ready for the challenge, please don't commit to this event.

Before the walk practice hill walking and build up your stamina.

The organisers recognise that hillwalking is an activity with an inherent danger of personal injury through slips trips and falls whilst walking in rough terrain. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Please wear suitable hill-walking footwear, boots or shoes with a good tread, which you have broken in (avoid fashion trainers). Be prepared for changeable summer weather. Weather conditions can

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