



Yorkshire 3 Peak Challenge 2019

Walker's Briefing

Walk Manager Introduction

All communication will come through the Walk Manager. Their decision is final in the event of any incidents, hazardous conditions on any relevant matter on the day

Technical Advice

If you are new to hillwalking and require advice on what equipment, footwear or clothing is recommended for the challenge then for a full kit list, which should include a small first aid kit (personal blister pack) and a torch, please visit the website below:

<http://yorkshirethreepeaks.weebly.com/kit-list.html>

Environmental

Please respect the peace and quiet of the villagers at Horton. Observe the country Code, avoid leaving litter such as plastic bottles, banana skins and orange peel, which take years to degrade. For the full Countryside code see here

<https://www.threepeakschallenge.uk/countryside-code>

Booking In /Out

- Book in at the start and receive an identification number.
- **The walk starts promptly at 6.30am. This challenge can take 12 hours or more and late starts risk walking into darkness.**
- Book in again at the end at the Farmer's field car Park checkpoint.
- Check in with the marshals at each checkpoint using the ID number you are issued with.

If for any reason, you drop out – ensure you have been accounted for on the booking in/out sheets and the checkpoint sheets – **PLEASE DO NOT GO HOME WITHOUT INFORMING THE MARSHALS OR WALK MANAGER**

Health & Safety

Key points:

PEN -Y- GHENT

We will assemble in the Farmers field car-park on Station Rd 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.

Checkpoint 1 is located at High Birkwith where the route crosses a farm track. This stretch is approximately 9 miles and takes around 4 hours.

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.**



Yorkshire 3 Peak Challenge 2019

Walker's Briefing

WHERNSIDE

The paths eventually lead into the B6255 and Ribblehead Viaduct, where **Checkpoint 2** 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 3, 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 Ribblehead for around $\frac{3}{4}$ 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. 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 3 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 on Station Road in the Farmers field Car-park at the registration point. This section is about 8.5 miles and takes around 4 hours.

Specific Risks

1. Whilst climbing the vertical sections of the ascent, maintain three points of contact where practical. **Avoid holding or using mobile phones/cameras at these times.**
2. On arriving back in Horton, (fatigued) walkers take **great care should to ensure the line is clear before crossing** the railway line at Horton Station.

General Risks

1. Walkers slipping due to uneven, slippery ground causing twisted ankles, muscle strains, back injuries.
2. Walkers falling from height due to uneven paths near to summit of peaks.
3. Walkers becoming extremely tired towards the end of the challenge, not used to walking these distances, and losing concentration.



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Walker's Briefing

4. Walkers becoming dehydrated through heavy physical exercise and a lack of water being taken. Headaches and general tiredness.
5. Rough terrain causing walkers to sustain blisters and foot injuries and exacerbating any medical problems.
6. Extreme hot or cold/wet weather can result in walkers (and support staff) sustaining sunburn, dehydration, or exposure.
7. Poor visibility causing walkers to stray from paths, become separated from their group and more vulnerable to injury through falls and slips.
8. Walking along roads or across rail lines where walkers could be injured by vehicles or trains

Marshalls & Checkpoints

- Marshalls will be wearing Hi-Vis jackets
- **Marshalls will use walkie talkies to communicate with walk leader/back marker**
- Refer to the Marshalls for advice / instructions if you are unsure
- Check-in at all 3 checkpoints and ensure the Marshall has logged you on their sheet

Refreshments

- Drinks and snacks will be available at the 3 checkpoints with sandwiches at checkpoint no.2
- Only carry whatever drinks you need between points to save carrying unnecessary weight.

Completion

- **Traditionally** any walker wishing to be awarded the prestigious, Yorkshire 3 Peaks Club certificate, can complete a timed form at the café, registering their starting time and then at the end submit their finishing time again at the café so they can be accurately recorded. **Please note: The café is currently closed until further notice. We will update nearer the time.**
- There will be a photo opportunity for individuals and groups at the start and finish for all who wish this.
- **Please respect the peace and quiet of the residents of Horton as you leave the village by avoiding loud noise.**

Sponsorship

Please send in sponsorship money to St Patricks Mission St Pio Friary, c/o St Pio's Friary, 1A Sedgefield Terrace, Bradford BD1 2RU.

<https://www.justgiving.com/campaigns/charity/dioceseofleeds/stpatricksmision>

- More Details on Sponsorship in the information pack

Please be safe and enjoy the challenge!



Friends of St Patrick's Mission

Yorkshire 3 Peaks Challenge

Walker's Briefing Notes

Co-ordinator introduction

All communication will come through Co-ordinator their decision is final in the event of any incidents, hazardous conditions on any relevant matter on the day

Booking in / out

- All Walkers must register at the start and receive an identity number
- Walkers must make themselves known to the marshals at all checkpoints
- Walkers must book in again at the end of the walk
- If for any reason you drop out – Please ensure you have been accounted for on the booking in/out sheets and the checkpoint sheets – **DO NOT GO HOME WITHOUT INFORMING THE MARSHALS OR Co-ordinator**

Health & Safety

Key points:

- Beware of wet, slippery and uneven ground – RISK of slips trips and falls TAKE CARE. If you have them use walking poles for steep descents.
- Beware of exposed edges near summit of Penyghent and descent of Whernside – RISK of falling TAKE CARE. Again walking poles are useful.
- Beware of your own capability. Discuss with the Marshalls if you are feeling exhausted or ill.
- Ensure you drink enough liquid throughout the walk
- If you become injured during the walk make your group leader aware so that action can be taken
- If you fall behind – make the sweeper aware as they are the Back Marker and will support you to the finish or nearest checkpoint
- **Deal with hotspots or sores on your feet as soon as you feel them develop. Otherwise if left untreated they will develop into a blister.**
- First Aid is available at the checkpoints and the registration point
- If you have any injuries please report them to the Marshalls at the checkpoints
- Beware of the changing mountain weather –even in summer - ensure you do not expose yourself to hypothermia. Carry a hat gloves and waterproofs.
- Follow the route / leader – refer to your map for guidance
- Beware of road traffic and trains at certain points on the route

• Marshalls & Checkpoints

- Marshalls will be wearing St Patrick's T shirts
- Please refer to the Marshalls for advice / instructions if you are unsure
- Please ensure you check-in at all checkpoints and that the Marshall has logged you on their sheet



ST PATRICK'S
MISSION

Friends of St Patrick's Mission

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- **Refreshments**
 - Drinks and snacks will be available at the checkpoints
- **Completion**
 - Please respect the peace and quiet of the villagers of Horton in Ribblesdale
 - Please send in sponsorship money to Friends of St Patrick's Mission C/O St Pio's Priory Sedgefield Terrace St Bradford BD1 2RU or through just giving - details on the sponsor forms, bank transfers can be made to HDSBC Bank Sort code 40-27-15 Account No: 81016903