



## WEEKEND WALKERS CHALLENGE

# *The Yorkshire 3 Peaks (2+1) Challenge*

13<sup>TH</sup> - 15<sup>TH</sup> JULY 2012

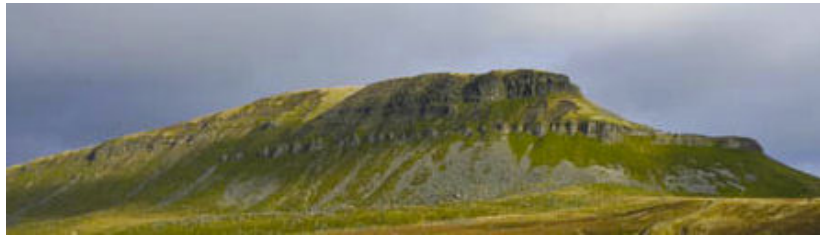
COMPLETE YOUR CHALLENGE FOR A WEEKEND AND HELP  
OTHERS TO FACE THEIR PERSONAL CHALLENGES



## *The Yorkshire 3 Peaks (2+1) Challenge*

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# Compton Hospice Yorkshire 3 Peaks (2+1) Challenge

## Friday 13<sup>th</sup> – Sunday 15<sup>th</sup> July 2012

### PLAN OF EVENTS & ITINERARY

The Yorkshire Dales is the UK's most impressive Limestone scenery :- a spectacular earthly paradise with a subtle and enchanting mixture of broad dales, sweeping moorland, sylvan waterfalls and mellow villages with striking limestone pavement and dry stone walls ascending harmoniously from the valley floor to the barren steep summits of Yorkshire's highest peaks.

#### Event :-     **The Yorkshire 3 Peaks (2+1)**

Fasten those boots tightly, shake out those calf muscles and prepare for a typical tough Compton Hospice challenge. It may only be 23 miles over 2 days but these Peaks are re-known for debilitating and exhausting any trekker not prepared with true grit and a sense of adventure.

Based at The Old School Bunkhouse, Chapel le Dale near Ingleton, North Yorkshire, the planned weekend will involve walking the three Yorkshire Peaks within the Yorkshire Dales National park over 2 days.

**Day 1. Pen-y-Ghent (694m) and Ingleborough (723m)** 15 mile

**Day 2. Whernside (736m)** 8 mile

*Ordnance Survey Map 1:25 000 –*

*Outdoor Leisure 2. Yorkshire Dales - Southern and Western areas*



#### Location & Accommodation:-

The Old School Bunkhouse is situated at Chapel le Dale near Ingleton and is geographically set very close to the centre of the famous Three Peaks of Yorkshire area located in the Yorkshire Dales National Park. It sleeps up to 30 people, 5 bedrooms each sleeping 6 people and has a lounge, dining room / kitchen, drying room and 4 x shower rooms with hand basins and toilets. It is a very clean and comfortable bunkhouse.



## **Terrain:-**

The 3 Peaks of Yorkshire Challenge is regarded as one of the UK's Classic Walks – 26 miles long and is completed on average in 10 – 14 hours – each peak taking around 3 – 4 hours.

**NOTE :- We will be completing the 3 Peaks over 2 days.**

The Yorkshire Peaks though not mountains as such are high enough to give walkers moderate to strenuous exercise dependant on how many are tackled in one day.

**Rest assured however that even over 2 days this is a serious challenge.**

The peaks are set in the heart of Limestone country and historically over the years they have attracted thousands of walkers. Erosion of the paths was a great problem and much of the peat based tracks became huge quagmires. Each peak has a series of steep inclines on uneven stone steps for ascent and descent which will focus attention and provide excellent experience and exercise for future trekking events.

In the past 15 years however much work has been done to construct flagstone paths and steps which make the terrain much more walker friendly and an all year round attraction. Nevertheless the peaks are still challenging providing a great training environment amongst beautiful countryside. Of course this is very weather dependant and mountainous conditions do still prevail and great care and preparation should always be exercised when embarking on any of the peaks.

## **Itinerary:-**

### **Day 1 - Friday**

Meet at Compton Hospice, Cedars site (time to be confirmed) to catch the coach to Ingelton. The coach will arrive at The Old School Bunkhouse at approximately 6pm on the Friday and you will have a chance to settle in to your room and familiarise yourself with the venue. Welcome drinks and an evening meal will be provided by DMA staff. A full briefing will be given by the tour leaders. Wine and beer will be on sale later in the night and no doubt some form of entertainment will take place.



## Day 2 – Saturday – Pen-y-Ghent (694m), Ingleborough (723m) – 15 Miles

Both mornings will begin with full breakfast provided by DMA Staff. A selection of fillings will be available for participants to make sandwiches for lunch during the day. Tea and coffee will also be available for flasks. At 08.30am we will leave the bunkhouse and catch transport to Horton-in-Ribblesdale (6 miles), before setting off to the summit of Pen-y-Ghent. We will then descend and head across moors to climb to the top of Ingleborough. Lunch will be on route. At approximately 4pm – 5pm we will descend to Horton and return to the bunkhouse. After a hot shower we will eat at the bunkhouse courtesy of DMA Staff.



## Day 3 – Sunday – Whernside (736m) – 8 miles

After breakfast we will leave bunkhouse and head towards Ribbleshead viaduct to commence the ascent of Whernside. Lunch will be on the summit before returning back to the bunkhouse between 2-3pm. The coach will pick us up for our return journey at 4pm.

**Warning :- Although the British weather tends to be warm and stable in July it can also be temperamental with rain and strong winds. All participants should therefore be prepared for bad weather conditions and wear appropriate clothing. Participants should also be aware that the weather can create situations where it would be too dangerous to walk certain routes, should this happen another suitable route will be chosen for the challenge, at the group leaders discretion.**

*See kit list for essential equipment to be carried by all participants and also top training tips.*

### **Please note:**

“Climbing, trekking and mountaineering are activities with a danger of personal injury or death. Participants in these and other associated activities should be aware of and accept these risks and be responsible for their own actions and involvement “

**Please ensure that you have your own adequate insurance for this event.....!**

**If anyone is in any doubt about their ability to start and finish this event consider**

It is far better to dare mighty things, to win glorious triumphs even when chequered with failure, than to rank with those poor spirits who neither enjoy much or suffer much because they live in the grey twilight that knows no victory nor defeat.

*Theodore Roosevelt*

## Equipment Check List for Hill Walkers



### ESSENTIALS :-

- **Waterproofs** – anorak and over trousers
- **Boots** - ankle support is very important - (no trainers)
- **Socks** - loop pile / trekking socks – no nylon football socks which = blisters
- **Rucksack** – with plastic bags or other liner ( they are not waterproof)
- **Walking trousers** - synthetics – no jeans they retain H<sub>2</sub>O and stay cold if wet.
- **Fleece** – or other similar top, 2 or 3 layers are best (not cotton)
- **Hat and gloves** – A must for Winter and even in Summer – and spares
- **Spares other** - trousers, socks, fleece – remember it is 2 days on the hill.
- **Food and drink** for the hill \* – small flask useful for hot drink, also take a container for spare water. - DEHYDRATION IS A REAL POSSIBILITY.
- **Bedding** - You will need to bring a sleeping bag, pillows are provided but you will need a pillow case.
- **Towel** – Travel ones are light and very absorbent
- **Emergency rations** – (2 - 3 chocolate or fruit / nut bars)
- **Torch** – with spare battery and bulb
- **Sunglasses** – we are optimistic but snow can also be a problem
- **Whistle** – used to summon help
- **First aid kit** – to include blister kit, paracetamol and personal med's etc.
- **Suncream** - again sun and snow on hills + sweat = sunburn

### OPTIONAL

- **Gaiters** – they do help stop mud / water going into boots or trousers.
- **Survival Bag** - plastic or foil
- **Map and Compass** – if you are interested in the route.
- **Wrist watch** – useful for navigation, telling the time and wake up alarms!
- **Mobile phone** – useful not foolproof – signals vary, good for wake up alarm.
- **Camera** – for recoding those special moments – highs and lows
- **Walking Poles** – can help with knee, hip problems and steep descents.

*\* bread, fillings and snacks will be available for you to make sandwiches on each morning of the event for lunch on the hills.*

## Top Training Tips

Start your training regime early. A gradual build up towards fitness is always better than shocking your body in the last few weeks before an event. Do not put it off knowing you have 12, 6, or 3 months before your chosen Challenge. Fitness is the key to enjoying any Event be it cycling or trekking over a weekend or 5 – 6 days. It is no guarantee to eliminating the effects of altitude problems but it will help with acclimatisation and recovery.

Be aware that you are trying to prepare your body for a whole host of different conditions involving weather, steepness, rocky, boggy or sandy terrain, streams and maybe river crossings.

Altitude, sleeping and eating in different environments will also be a challenge.

The more varied your training the better prepared you will be and the more likely you will succeed.

Certainly at least 3 months prior to the event you should be well on your way to incorporating many or all of the following disciplines into your regime.

\*\*\*\*\*

- *Ensure you visit your Doctor in advance to discuss your proposed Challenge in relation to your general health and fitness training.*
- *Recruit a friend – training is easier when pain and discomfort are shared.*
- *Eat a healthy and well balanced diet – overweight people are more susceptible to heat exhaustion, blood clots, knee and hip problems*
- *Smokers – stop now to improve your overall health and enjoyment of the event.*
- *Cut down on alcohol – a glass of red wine a day can be beneficial.*
- *Try starting each day with gentle sit ups (25 – 50), press ups (10 – 20) and stretching.*
- *Walk to work OR get off the bus the stop before your destination and walk the rest*
- *Avoid using escalators and lifts*
- *Run up to 3 times a week – between 1 – 3 miles (any more is a bonus) OR*
- *Cycle up to 3 times a week – 5 – 10 miles ( alternate a long ride with a short one) OR*
- *3 times a week – gym – cycle, row, step or cross trainer 20 mins – 30 mins.*
- *With all the above make sure you are sweating at the end and slightly out of breath.*
- *Introduce hills into your training be it either locally or with regular excursions into the Mountains, Dales, Moorland or Coast - not too far away from us all in the UK.*
- *Incorporating rest days into your training is also essential – plenty of sleep too.*
- *Look after your feet – attend to blisters early, athletes foot powder is great for long trips.*
- *Drink plenty of fluids – lack of water = loss of power.*
- *Buy, beg or borrow the best outdoor kit you can get hold of.*
- *Make sure you get used to your boots well before the event.*
- *Practise wearing your rucksack containing the things you will need on the trip.*
- *Finally remember, it's not just about fitness and aptitude - it's about attitude and heart.*



**Compton Hospice**  
**The Yorkshire 3 Peaks (2+1) Challenge**  
13<sup>th</sup> - 15<sup>th</sup> July 2012

Name .....

I wish to register for a place on the Yorkshire 3 Peaks (2+1) Challenge 2012.

Please find enclosed:

1. Completed registration form
2. Completed medical questionnaire
3. £50 non refundable deposit. (To be made by cheque payable to Compton Hospice or by entering card details below)

Payment of £50 deposit by VISA  MASTERCARD

(please tick appropriate card type, please note we can not accept any other types of card)

Name on Card \_\_\_\_\_ Card No. \_\_\_\_\_

Start Date \_\_\_\_\_ Expiry Date \_\_\_\_\_ Security Code \_\_\_\_\_ Last 3 digits on back

Billing Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

I agree that I will pay Compton Hospice a total of £495 no later than 6 weeks after returning from the Yorkshire 3 Peaks (2+1) Challenge 2012. This is broken down as follows:

£50 deposit (enclosed)

£100 to be paid 10 weeks prior to departure (by 04/05/12)

£345 Balance to be paid no later than 6 weeks after return (by 24/08/12).

Compton Hospice confirms that money can be paid in at any time and in any amount up to the above mentioned timelines. A receipt can be issued for all monies received.

**DECLARATION**

**\*\* I agree to the terms and conditions overleaf**

**\*\* I understand that single and group photographs may be taken of me at Compton events and I am happy for any photographs to be used for Compton Hospice marketing and future publications\*\***

Signed..... Date.....

We would like to keep you informed of future fundraising events. Please tick this box if you want to be added to our mailing list.

## Terms and Conditions

### **1. Weekend Challenge Agreement**

This terms and conditions set out below will form the basis of the your relationship with Compton Hospice. Please read it carefully as it sets out your respective rights and obligations. All bookings are subject to the following terms and conditions.

### **2. Who organises the trip?**

DM Adventures is the organiser of the trip on behalf of Compton Hospice.

### **3. Itinerary and Timetable**

Sometimes situations are out of human control, so Compton Hospice and DM Adventures reserve the right to change the itinerary, times and locations should the need arise.

### **4. What is the payment timetable?**

4.1 You must pay the non refundable deposit at time of booking.

4.2 The tour cost payment must be paid at least 10 weeks prior to departure.

4.3 The remaining sponsorship money must be paid within 6 weeks after the trip.

All payment prices are shown on the Compton Hospice registration form overleaf.

### **6. What happens if I do not pay on time?**

If Compton Hospice do not receive all payments in full and on time you place on the trip may no longer be guaranteed. Compton Hospice will endeavour to give you advice on how to reach your payments but if it is deemed that you are not able to continue Compton hospice will treat your place as a participant cancellation.

### **7. Cancellation Schedule**

5.1 Cancellation by you can be made by you at NO COST up to 7 months before departure, however to refund sponsor money already paid to us we will require a written refund request from the donor accompanied by proof of the donation.

5.2 Cancellation by you between 7 months and 10 weeks - loss of deposit only, however to refund sponsor money already paid to us we will require a written refund request from the donor accompanied by proof of the donation.

5.3 Cancellation by you within 10 weeks of travel - full payment is required

We reserve the right to cancel the trip at any time leading up to date of departure. It is very rare that this will happen, however if it does then we will offer you an alternative challenge, if this is not acceptable we will refund your deposit and sponsorship money on written request from the donors.

### **8. Do I need travel Insurance?**

It is advisable that you take out travel insurance for medical reasons and is your responsibility to ensure that you have adequate cover for the duration of the trip.



# DM Adventures Registration Form



Please complete **all** sections of this form in block capitals

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## Compton Hospice South Yorkshire 3 Peaks (2+1) Challenge 13<sup>th</sup> - 15<sup>th</sup> July 2012

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### 1. Personal details

Title  Forename  Surname

Name by which you like to be called

Address

County  Postcode

Home Tel  Work Tel

Mobile  Email

Please circle

Gender M / F

T-Shirt Size S M L XL

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### 2. Dietary Requirements

Do you have any special dietary requirements / food allergies? Y / N

Vegetarian  Vegan

Vegan  Nut Allergy

Other

### 3. Next of Kin / Emergency Contact

Please give details of the person you would like us to contact in case of an emergency. This should not be someone who will be on the challenge with you.

Name	<input type="text"/>	Relationship	<input type="text"/>
Address	<input type="text"/>		
Postcode	<input type="text"/>	Daytime Tel	<input type="text"/>
Evening Tel	<input type="text"/>	Mobile Tel	<input type="text"/>

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### 4. Accommodation

Accommodation will be shared and can consist of twin-bedded or multi-bedded, single gender rooms/tents. Please let us know if there is somebody else on the trip you would like to share with. We will try to accommodate your request, however it is not guaranteed.

Share with

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### 5. Declaration and Registration

I confirm that all of the information provided by me on this form is to the best of my knowledge true and correct. I understand that if any of the information provided by me on the form is found to be false, I risk losing my place on the DM Adventures Challenge.

I understand that medical insurance is advised for this event and that it is my responsibility to ensure that I have adequate medical insurance cover for this event.

I understand that single and group photos may be taken of me during the challenge and I am happy for any photographs to be used for Compton Hospice marketing and future publications.

Signed	<input type="text"/>	Date	<input type="text"/>
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## DM Adventures Contact and Medical Form

<b>Name &amp; Tel number</b>	
<b>Address</b>	
<b>Contact number for day of travel</b>	
<b>Next of Kin</b>	
<b>Relationship of next of kin &amp; contact number</b>	
<b>Date of Birth and age on trip</b>	
<b>Height &amp; Weight</b>	
<b>Do you smoke?</b>	
<b>Do you have any dietary requirements?</b>	
<b>Medical History</b>  <p>This information is confidential and will only be seen by DM Adventures staff or doctors. Please ensure you are honest with your answers, as otherwise any insurance policy may be invalidated. This information will only be used to clarify you are able to undertake the event safely and should you have an accident or become ill we will use these details in order to ensure you receive the best possible care.</p> <p style="text-align: center;"><i>(Without a fully completed medical form your place on the event will be cancelled without refund)</i></p>	
<b>Do you suffer from or have ever suffered from the following:</b>	
Heart trouble / blood pressure problems?	Yes / No
Asthma, Bronchitis, and / or shortness of breath?	Yes / No
Diabetes?	Yes / No
Epilepsy / fainting?	Yes / No
Migraines?	Yes / No
Severe head injury?	Yes / No
Back problems?	Yes / No
Allergies?	Yes / No
Fractures, Tendon, Ligament or Cartilage damage?	Yes / No
Physical or other disability? Are you registered as disabled?	Yes / No
Psychiatric or mental illness?	Yes / No
Have you been hospitalized in the last 2 years?	Yes / No
Are you carrying or suffering from any infectious disease?	Yes / No
<p><b>Have you answered YES to ASTHMA? If so when was the last time you needed hospital treatment or steroid tablets?</b></p> <p><b>What inhalers do you use?</b></p>	
<p><b>Are you currently on any form medication? If so please give details below:</b></p>	

## DM Adventures Contact and Medical Form

***If you have answered YES to any of the above questions OR are over 65 years in age - It will be necessary to get your doctor to confirm you are able to take part in this event.***

**Please give further information below – continue on a separate sheet if necessary. This does not mean you will be unable to do the challenge. By giving false information you may endanger yourself and other people taking part in the event. I agree that at any time my doctor may be contacted to verify and divulge any relevant medical history.**

Medical history cont:-

### **For attention of General Practitioner with access to participant's medical records**

This person will be undertaking a challenge consisting of walking over varied terrain, in varied weather conditions for two consecutive days of over 8 hours per day. Accommodation facilities will be basic and shared. All events will have qualified first aiders and (numbers dependant) a qualified doctor. They may be several hours from the nearest hospital at times, however this event is within the UK and emergency facilities are available. Should there be anything concerning this person you feel is relevant to their health and safety please would you send further details.

**I agree that the participant named above and their details are correct. It is my opinion that this person is of sufficient health both physically and mentally to participate in this event.**

Doctors Name( block capital's please)

Doctors Signature

Date

Doctors Stamp and GMC number

Surgery details

In the event of an accident or illness whilst on the trip, I hereby give my permission for DM Adventures to initiate medical treatment and to inform my next of kin in case of hospitalisation.

**To the best of my knowledge this is a true and accurate description of my personal details and Medical history. I understand that failure to disclose any medical condition may invalidate my insurance and may endanger the safety of myself and others.**

**Participant Signature:**

**Date**