

CHALLENGES
CHANGE LIVES

YORKSHIRE THREE PEAKS



Welcome to the Yorkshire Three Peaks Challenge

Thank you for signing up to the Three Peaks challenge, we're thrilled to have you join us! By taking on this challenge, you're helping to make a real difference for people across Yorkshire.

Over the years, the Yorkshire Three Peaks event has grown into one of our most exciting and successful fundraising events. Together, past participants have **raised over £85,000** which has gone towards funding researchers and cancer experts who pioneer early diagnosis and discover new and better treatments for people with cancer.

This pack contains everything you need to prepare for the day:

- Essential kit list
- Training plan
- Fundraising tips
- What to expect on the day
- Event logistics and timings
- FAQs

Please take the time to read through it carefully so you feel confident and ready for the challenge ahead. We can't wait to see you at the start line and cheer you on as you conquer the peaks!

Caitlin, Rebekah and Chloe

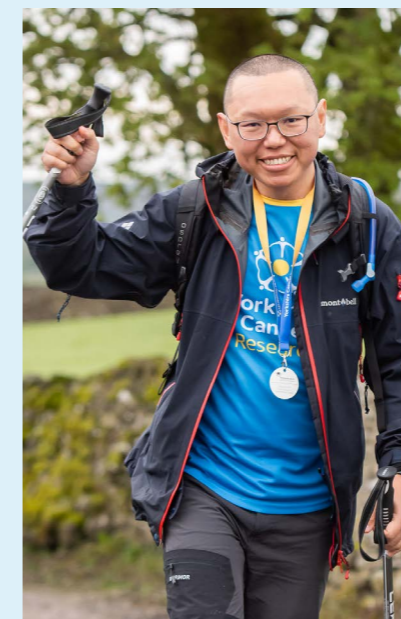
Essential kit list

To make your Yorkshire Three Peaks experience safe and enjoyable, come prepared! Our team will check your kit before we set off, so make sure you've got everything you need. Water refills and snacks will be available at support stops.

- **Waterproof coat**
- **Waterproof over-trousers**
- **Spare warm layers**
- **Hat & gloves**
- **Personal first aid kit (painkillers, blister plasters)**
- **Suncream / sunhat (for warmer weather)**
- **Packed lunch**
- **Plenty of fluids**
- **Personal Medication**

Your safety is our priority. If you require personal medication, for example inhalers or epi-pens, you must bring them with you and show them to the walking guides before we set off. Participants with medical conditions that require an EpiPen must carry two in-date auto-injectors during the challenge.

Expired medication cannot be accepted, and without the correct medication you will not be able to take part in the challenge.



Top tips for a great day

Footwear matters

Wear comfortable hiking boots or trail shoes with good grip and support. Test them before the event!

Blister prevention

Use Compeed or blister plasters on hotspots immediately. Looking after your feet is the key to enjoying the challenge.

Stay hydrated

Bring a water bladder or large flask and refill at support stops. Electrolytes can help on hot days - try them beforehand.

Walking poles

Highly recommended! They reduce knee strain by 40%, improve confidence on descents, and help maintain rhythm.

Get peak-ready: Your training guide

The route is around 25 miles with 1,600 metres of ascent, therefore some preparation and training is required!

The Training Plan below is intended as a general guide. You are the best person to judge your own fitness level, and how much training you need to do. However, there is a BIG difference between going to the gym and using walking/running machines and walking up a hill or mountain.

Start your training now, by walking as much as you can everyday – to work, to the shops, into town, lunchtime walk etc.

Strengthening exercises

These exercises can be done anywhere and are designed to strengthen your muscles. Start with 10 of each exercise, and then increase this number gradually over time.

Step Ups: Find a step and take it in turns to move each leg from the floor to the step, then bring the rest of your body up with it. Then step back to where you were and change feet. Moving both feet counts as one repetition.

Forward Lunges: Step forward so your front knee reaches a 90-degree angle and your back knee is just touching the floor

behind you. Push yourself back up and step back to the original position. Repeat with your other leg.

Air Squats: Stand with your feet shoulder width apart and drop into a squat, throwing your arms out and up for balance and letting your knees drive outwards. Keep your weight over your heels and chest upright, then stand back up.





Walking training plan

The training plan below is designed as a general guide. Please devise your own training plan tailored to your own body and level of fitness. As with all lifestyle changes, introduce them slowly and gradually. If you suffer from any pre-existing medical conditions that may be affected by exercise, or you experience any problems whilst exercising, then seek specialist or medical advice from your doctor.

Why not print out this plan and tick off each day you complete your activity, it's a great way to stay motivated and track your progress!

Weeks 1 & 2 tick once complete

Monday

Rest day

Tuesday

Walk 3 miles & 10 of each strengthening exercise

Wednesday

Rest day

Thursday

3-4 mile walk & 10 of each strengthening exercise

Friday

Rest day

Saturday

30 minute swim or cycle

Sunday

6-8 mile walk on mixed terrain & 10 of each strengthening exercise

Weeks 3 & 4

Monday

Rest day

Tuesday

Rest day

Wednesday

4-6 mile walk on mixed terrain & 12 of each strengthening exercise

Thursday

Rest day

Friday

6-8 mile walk on hilly terrain & 12 of each strengthening exercise

Saturday

Rest day

Sunday

10-12 mile walk on hilly terrain

Weeks 5, 6 & 7

Monday

Rest day

Tuesday

8-10 mile walk & 14 of each strengthening exercise

Wednesday

Rest day

Thursday

60 minute swim or cycle



Friday

6-8 mile walk on hilly terrain & 14 of each strengthening exercise

Saturday

Rest day

Sunday

14-16 mile walk on hilly terrain

Week 8

Monday

Rest day

Tuesday

4-5 mile walk (2 hour)

Wednesday

Rest day

Thursday

3 mile walk (1 hour)

Friday

Rest day



Top fundraising tips

Start early

Begin fundraising as soon as you sign up, give people plenty of time to support you.

Matched funding

Ask your employer if they offer matched funding - it can double your donations instantly.

Get creative

Hold a coffee morning, quiz night or bake sale. Small events can add up quickly.

Remind and repeat

Don't be shy, people often need a gentle reminder. Post again as the event gets closer.

Set a target

People love helping you hit a goal! Display your fundraising target on your page and celebrate milestones.

Tell your story

Share why you're taking on the challenge and how donations will Yorkshire Cancer Research save lives. Personal stories inspire generosity.

Make it easy to donate

Share your fundraising link everywhere. Email, WhatsApp, social media. Add it to your email signature.

Show your progress

Share photos from training walks and updates on how close you are to your goal. People love seeing your journey.

Use social media

Post updates, photos of your training, and countdowns to the event. Tag Yorkshire Cancer Research and use event hashtags to reach more people.

What the day looks like

Your journey starts at the village hall, where you'll meet your guides and begin the climb up Pen-y-Ghent. After descending to the first checkpoint at Ribbleshead Viaduct, enjoy snacks and drinks from the Yorkshire Cancer Research team - 10 miles done!

Next, tackle Whernside for another 7 miles before meeting the support team again for refreshments.

The final 8-mile stretch takes you over Ingleborough and back to Horton-in-Ribblesdale, where a hot meal, your finisher's medal, and a well-earned rest await at the village hall.





Start and End Location

We will start and finish the challenge at the Horton In Ribblesdale Village Hall, Chapel Ln, Horton in Ribblesdale, Settle BD24 0HA

Please leave enough time to get parked up and walk across to the hall for your allocated start time.



Parking

Parking is available at:
The Golden Lion Hotel
Chapel Ln
Horton in Ribblesdale
BD24 0HB
£4 - cash only

2 minute walk from the village hall
Yorkshire Dale National Park Car Park
Horton in Ribblesdale
BD24 0HF
£6.50 - card is accepted

8 minute walk from the village hall

On the day contact information:
add details



FAQs

What time will we set off?

Groups will set off staggered between 6:00 am and 7:00 am from Horton-in-Ribblesdale Village Hall. Your exact start time will be confirmed closer to the event.

How long will the walk take?

Typically the walk takes between 9 and 12 hours depending on pace and conditions.

Do I need to bring food and water?

Yes, bring a packed lunch and snacks. Water refills and additional snacks will be available at the support stops, and a hot meal will be provided at the end.

Can I bring my dog?

Please read the guidance provided by our walking guides in regards to bringing dogs - <https://www.yorkietalkies.co.uk/of-dog-policy>

Can I bring my children?

For safety reasons, the Yorkshire Three Peaks Challenge has a strict age limit of 16+. Unfortunately, anyone under 16 cannot take part under any circumstances.

Can I bring a friend along?

Only registered participants can take part in the walk. If your friend hasn't signed up, they won't be able to join the group on the day.

Do I have to stay in my walking group?

No, you don't have to stay with your group, but if you decide to walk ahead, you must notify your guide before leaving. You'll also be required to check in with the support team at every check-point for safety reasons.

Do I really need to bring waterproofs?

Yes! The weather in the Dales can change quickly, and waterproofs are essential for your safety and comfort. You won't be allowed to start without them.

Can I bring alcohol?

No, alcohol is not permitted during the walk, or afterwards at the village hall.

Can I get public transport to the event?

The nearest train station is Horton-in-Ribblesdale, but the earliest train does not arrive in time for the start of the walk. Please don't rely on public transport.

Can I drive home after the event?

You'll be tired after walking 25 miles! We recommend staying overnight nearby. Check [Booking.com](https://www.booking.com) for local accommodation options.

Where are the support stops?

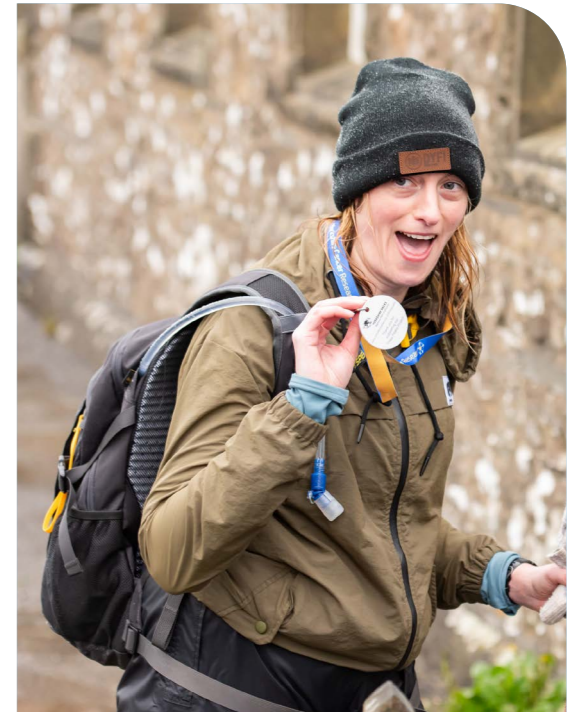
There are two support stops along the route, one after Pen-Y-Ghent at Ribblehead Viaduct and one after Whernside at Philpin Farm.

Are there any toilets on the route?

Toilets are available at the pub near Ribblehead Viaduct, Philpin Farm and the village hall.

What happens if I get injured?

We have a support vehicle that can take you back to the village hall. From there, you'll need to arrange your own transport home. In case of serious injury, we'll call an ambulance.



Yorkshire Cancer
Research



Thank you

Please stay in touch with the Fundraising Team by emailing fundraising@ycr.org.uk or calling **01423 879678**

We have a range of *incredible events* running throughout the year. You can find a full list of fundraising events on the website or stay up-to-date by joining our **mailing list**.



[YorkshireCancerResearch.org.uk](https://www.yorkshirecancerresearch.org.uk)



REGISTERED CHARITY NUMBER: 516898 (England and Wales)
REGISTERED COMPANY NUMBER: 1919823