

Yorkshire three peaks 2020

About the Yorkshire Three Peaks

- Please note that the **minimum age for participants is 12 years**, and must be accompanied by an adult.

This exciting and rewarding challenge will have you trekking over the famous Yorkshire Three Peaks in a single day. On this trek you'll take on the peaks of Pen-y-Ghent, Wharfedale and Ingleborough, accomplishing an ascent of 1,532m and covering a marathon distance but with three hills.

The route is extremely scenic and provides spectacular views over the Yorkshire countryside. Whether this is the first time you've attended a trekking event or you're a mountaineering veteran, join us for a great day out and help us to make a real difference to autistic people and their families.

The walk can take approximately 11-14 hours to complete (dependant on individual fitness levels and size of group), and a team of experienced mountain guides will be with you every step of the way. A good level of fitness with prior training is required to take part in this challenge and training tips will also be provided. Join us on Sunday 19 May 2019 to hike to the top Yorkshire's three highest peaks.

Highlights

When you hike the Yorkshire Three Peaks you can look forward to the following highlights:

- An incredible day's walk with spectacular views
- Autism friendly challenge for everyone to be involved in
- Meeting like-minded supporters and making new friends
- Celebration meal to toast your success of reaching the marathon distance

Event Facts

Event Day: Sunday 17 May 2020

Distance: 24.5 miles

Registration Fee: £30

Fundraising Amount: £250

How Do I Register?

An easy few steps to confirm your place today:

1. Complete the online Yorkshire Three Peaks Registration Form [on our website](#)
2. Pay your registration fee of £30
3. You will be sent a confirmation email – time to start your training and fundraising!

What's Included?

When you sign up to the Yorkshire Three Peaks Challenge in support of the National Autistic Society the following is included:

- guaranteed entry into the Yorkshire Three Peaks Challenge, organised by the National Autistic Society
- guided walk from qualified Mountain Leader Guides
- participant technical t-shirt
- training and fundraising support throughout the lead up to the event and after
- certificate of completion and a well-earned medal
- a chance to experience some of the UK's most beautiful scenery.

What's Not Included?

When you sign up to the Yorkshire Three Peaks Challenge the following is not included:

- Personal Hiking Equipment (see kit list)
- Personal Travel Insurance (recommended)
- Accommodation (optional)
- Travel to and from the start / finish locations
- Meals not specified (optional)
- Spending Money

Fundraising and Training Support for you

It's quite a commitment to fundraise and train for a UK hike in support of the National Autistic Society. That's why you can expect a bucket load of support from the events team including:

- A free technical trekking t-shirt
- Detailed training guides to help with plans, nutrition, avoiding injuries and more
- Email and telephone contact with a dedicated member of our events team to help you with advice, fundraising materials, inspiration and guidance to help you reach your target
- Event Briefing before the hike
- Celebratory meal you can to join after finishing the trek

Kit List – What you will need on the trek

Hiking the Yorkshire Three Peaks you can encounter a broad range of weather suddenly. For your safety and those you are walking with it's very important that you have the appropriate equipment for the hike. Below is a suggested equipment list. If you have any questions or you are unsure, please don't hesitate to ask.

Equipment	Essential / Recommended
Walking boots with ankle support and deep tread (Waterproof i.e. Gore-Tex)	Essential
Waterproof Jacket and trousers	Essential
Hat and Gloves	Essential
Walking trousers / Leggings / Loose fitting trousers (not jeans)	Essential
Day Sack (no bigger than 35 litres)	Essential
Water Bottle / Flask i.e. platypus	Essential
Lots of layers i.e. base layers, t-shirts, pull over fleece, jumpers	Essential
Packed lunch / snacks	Essential
Walking Poles	Recommended
Personal first aid kit (i.e. blister plasters)	

Layers; it is best to have lots of light layering like base layers, micro-fleece so that you can pull on and off the right level of layering to make sure you are the right temperature. This is better than one big thick woolly jumper.

Lunch / Snacks; you will be on the mountain for several hours and it will be important to take a packed lunch and energy snacks with you so that you can keep your energy up. Equally keeping hydrated is important so you should look to take 2 – 3 litres with you for the challenge.

Frequently Asked Questions

How much do I have to commit to raising in return for a guaranteed charity place?

In return for your guaranteed place, support and everything included we would ask you to commit to a minimum fundraising amount of £250 to ensure as much money as possible goes towards the charity. When you hit the minimum amount you don't have to stop there, keep going and try raise as much as you can!

How do I raise my sponsorship money?

There are loads of ideas to raise your money and once you sign up you will get a bucket load of ideas and support from the events team to help you reach and smash your target! A couple of suggestions:

- Online fundraising is a great way to ask for sponsorship even if your friend lives on the other side of the world
- Fundraising event like a pub quiz or charity dinner party – the secret is to give people something in return for their money and then they won't mind parting with some money!
- Corporate match funding – check with your employer they may offer you a donation or corporate match funding on whatever your raise for us

Do I need to hand in my sponsorship before the challenge?

You will need to raise at least 80% of your fundraising (£200) four weeks before the event with the rest of your funds being sent into the charity no more than four weeks after the challenge. Any money raised through your online sponsorship page will be sent to us directly on a monthly basis.

What will my sponsorship money be used for?

Your sponsorship money is used to fund our key charitable activities which support over 100,000 people each year across the UK. These include our Autism Helpline and our FREE education rights service.

I have an ASD. Can I still take part?

We welcome people with an Autistic Spectrum Disorder and would be pleased to support you as much as possible to achieve your challenge. Please phone the events team on 0808 800 1050 if you have any questions about your personal circumstances and wish to discuss the level of care or support you may require.

What are the timings of the challenge?

The Yorkshire Three Peaks will start at 6am and there will be a cut off time of no more than 15 hours.

What is the start location?

The trek will start and finish in Horton in Ribblesdale. [We will meet here for registration.](#)

What do I do about accommodation?

You will need to find your own nearby but we can give you some advice on places to stay.

What are the closest towns for accommodation?

Horton, Settle and Ingleton

Are there stops along the route?

Yes, in-between each hill there will be a feed station at either a pub or a café.

What do I do about accommodation?

You will need to find your own nearby but we can give you some advice on places to stay.

How long will the challenge take?

Approximately 11-14 hours to complete the trek, the majority of supporters with a good level of general fitness and training will finish in around 12 hours.

I have been fundraising but can my friend walk with me?

Your friend can join you as long as they pay the registration fee and commit to raise the minimum sponsorship amount. As this is a fundraising event we ask that everyone taking part raises the £250.

How fit do I need to be and will I have to train to take part?

This can be a tough challenge and you will need to train and get some hillwalking experience to complete this challenge, but participants should be as fit as they can when taking part in this walk and do as much training as they feel they can to prepare. This way participants get the most out of the day and give themselves the best opportunity to complete the challenge.

