

RESU Three Peaks Challenge

Overview & Itinerary

This event is an attempt at the Three Peaks of Yorkshire Challenge. The Challenge is to complete the three highest peaks in the Yorkshire Dales (Pen Y Ghent, Whernside & Ingleborough) in one go. 25 miles (ish). 12 hours. Awesome!

We will travel there on the Friday, in uniform, pitch tents and stay at a local campsite. We will be stopping on route for dinner at Settle, a nearby town.

Saturday is all about the walk. Up early, quick hearty breakfast and off. Aiming to kick off the challenge at 7.00am. Meaning we will finish at roughly 7.00pm. Head back to camp and get ready to go back into Settle for a well-earned feed.

Sunday will start with another early morning for another attempt. Just kidding. A lie in obviously. We will pack and head home. Depending on weather and enthusiasm, we may stop off somewhere for an hour and take in the scenery.

Food

Because of the nature of the event, there will be no meals provided by the leadership team. All of us will be out on the hills or in support vehicles making sure you're as safe as can be while out there. What you will need is some money for food for FRIDAY EVENING and SATURDAY EVENING in Settle, and either money or a packed lunch for SUNDAY. You will need to bring breakfast items for SATURDAY MORNING and SUNDAY MORNING. We recommend porridge pots. We will be fetching stoves to boil water for breakfast and also for hot drinks along the walk.

Lastly you'll need a PACKED LUNCH for Saturday whilst out on the hills. This wants to be bigger than your average lunch considering the challenge you're doing.

Brief for Saturday

Starting the walk at 7.00am, You'll be "clocked" as you set off. There'll be various checkpoints along the route where you HAVE to "check in" so we know you have arrived at various check points. You can re fill your water at these points, have a drink or eat your food. Once you're ready to set off you need to "check out" again. This is so we can keep track of you and your progress. As you get further around the route, if you're behind the 12 hour time limit we will pull you off the walk. This is for the safety of you and your leaders.

There will be a leader walking at the back of the group all the way around so nobody will get left on the hill.

You don't have to walk with Leaders if you're wanting to go faster. Considering the time of year the hills will be very busy with people, so if you follow the crowds you'll be on the right path. Be considerate to those out on the hills, a lot of which will be fell runners, keep out of their way, they're crazy!

You'll have your knecker on or on the outside of your bag during the challenge, makes you easy to spot.

Kit list

For this event you will need two separate bags for the weekend. One with your sleeping gear, wash bag etc. and a day sack specifically for Saturday's hike with everything you'll need for the challenge.

Here is what we recommend;

Pack 1 – General gear

- Sleeping bag
- Roll mat
- Pillow
- Spare clothes
- Wash bag & towel
- Any electronics you're bothered about & chargers
- Breakfast x 2 (Saturday & Sunday)
- Cutlery, mug & bowl. (you need your own washing up stuff depending on what you make for breakfast as well)

Pack 2 – Day sack for Saturday

- Rucksack doesn't need to be bigger than 35 litres, you don't need that much stuff!
- Dry bags
- Walking boots
- Walking clothes – NO JEANS!!
- Walking socks & a spare pair, it might be boggy!
- Waterproof coat
- Warm jumper/ jacket
- Gaiters or waterproof trousers
- Hat & Gloves
- Phone, for emergencies.
- Water bottle, 1 litre. There'll be checkpoints to refill around the route.
- Your extra-large - Three Peaks Challenge worthy - lunch.