

FURTHER INFORMATION

YORKSHIRE 3 PEAKS TREK

Join us and conquer the highest 3 peaks of the Yorkshire Dales! This demanding yet rewarding trekking challenge takes us to the summits of Pen-y-ghent (694m/2,276 ft), Wharfedale (736m/2,415 ft) and Ingleborough (724m/2,375 ft) all in one circular route starting and ending at Horton in Ribblesdale Village. We'll be supporting each other every step of the way on this demanding yet rewarding UK-based challenge, which includes over 1,450m of ascent!

“BELIEVE YOU CAN”





CONTENTS

Page 2: Contents, introduction and financial protection.

Page 3: About Global Adventure Challenges.

Page 4: Responsible tourism, insurance and challenge grading.

Page 5: Difficulty & terrain and weather.

Page 6: Telephone & Wi Fi, personal care and navigation.

Page 7: GPX's, challenge information and start venue.

Page 8: Travel & parking, event crew and tipping.

Page 9: Food water & refreshments and other costs you need to budget for.

Page 10: Transferring your place and complaints.

Page 11: Itinerary.

INTRODUCTION

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

All participants booking a non-flight challenge with Global Adventure Challenges are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of GAC. This insurance has been arranged with MGA Cover Services Limited (registered address: Farren House The Street, Farren Court, Cowfold, West Sussex, RH13 8BP. Company registration number: 08444204. Authorised and regulated by the Financial Conduct Authority registration number: 597536) under a binding authority with the insurer CBL Insurance Europe Limited (registered address: 2nd Floor, 13-17 Dawson Street, Dublin 2, Ireland, who are authorised and regulated by the Financial Conduct Authority registration number: 203120).

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.

YORKSHIRE 3 PEAKS



ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours! We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from

other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!



YORKSHIRE 3 PEAKS

RESPONSIBLE TOURISM

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you.

We are passionate about the environment and our relationship with the local communities where our challenges take place and as a participant on one of our challenges it is expected that you share our passion and follow the guidelines below:

- Be courteous to the local community
- Be considerate of any local customs
- Keep noise to a minimum especially near dwellings
- Keep to the planned route and do not stray onto private property
- Leave no trace of your visit
- Take all litter away with you including fruit peelings and dispose of it appropriately
- Do not disturb wildlife or livestock

We believe that we all have a responsibility to help fight climate change and as a company, we are committed to offsetting as much of the carbon generated by our challenges as we possibly can.

With this in mind, we have partnered with several organisations who are focussed on fighting deforestation and climate change through tree planting, in order to offset the carbon footprint of our challenges.

As part of the inclusions in the cost of your challenge, we therefore guarantee that we will plant 1 tree per person through one of our partner organisations.

More information regarding our responsible tourism policy can be found on our website.

INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges, details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect to medical expenses, injury,



death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

CHALLENGE GRADING

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 2 (Tough).

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give you an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' section, or we may find that a 'Tough' challenge, may have a 'Challenging' section.

TOUGH

A 'Tough' trek features more demanding activities and the days are generally longer and harder than a challenge graded as 'challenging'!

YORKSHIRE 3 PEAKS



DIFFICULTY & TERRAIN

You will be trekking for 12 hours covering a total distance of approx. 24 miles. We will be trekking on varied terrain which will be rocky and uneven underfoot.

This itinerary has been designed to maximise your chances of success, it is worth remembering it is not a race and one top tip you should follow is to trek at a steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions.

Global Adventure Challenges reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

WEATHER

Although it is impossible to predict in advance what the weather in mountainous areas will be like for any particular day; it is hoped that the information provided in this section will give you an idea of how best to prepare yourself for your trek.

Before starting on any trek, the Event Manager will check the mountain weather forecast and make a final decision about the appropriateness of the route to be taken. The weather on higher ground, in particular at summits, will be dramatically different from the weather at sea level or from where you are staying, it can also change rapidly during the course of the day.

Temperatures at higher levels are much cooler. For every 100 metres that you climb, the temperature will drop by about 0.5°C. The average temperature on the summit will be less than 5°C, so if you start walking in a t-shirt, expect to feel a chill as you climb higher.

The wind will also play a part in reducing the temperature. Naturally, being on higher ground we will be exposed to the wind, so even when the sun is shining it can be a few degrees colder.

It goes without saying that rain on higher ground is a significant possibility, anything from showers to storms at any time of the year. So forgetting that waterproof is not a wise idea!

The information in the table below is provided as an overview to weather in the UK. Paired with the information in this section it should provide some indication of the conditions to expect on your challenge.

| Month | Average Sunlight Hours | Average Temp °C | | Average Wind Speed (mph) |
|-------|------------------------|-----------------|-----|--------------------------|
| | | Min | Max | |
| May | 6 | 8 | 17 | 9 |
| June | 7 | 12 | 20 | 8 |
| July | 6 | 14 | 22 | 8 |
| Aug | 6 | 13 | 21 | 8 |
| Sept | 5 | 11 | 19 | 9 |
| Oct | 5 | 7 | 15 | 10 |

The temperatures and wind speeds stated above are averages taken over a number of years and will differ between locations.



YORKSHIRE 3 PEAKS



TELEPHONE & WI-FI

The phone signal at the start/finish venues we use varies in quality between providers. When trekking the signal will vary with the terrain.



PERSONAL CARE

First Aid

Global Adventure Challenges will provide first aid cover during the challenge. All Global Adventure Challenges first aiders are 16 hour Outdoor First Aid qualified.

Although we do provide first aid, we do require that all participants bring their own personal first aid kits so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them any prescription medication along with a personal supply of over the counter medication.

Health and Hygiene

Hygiene is very important to avoid stomach upsets – wash hands wherever possible, especially before eating, by using antibacterial hand gel.



NAVIGATION

When you register on the day, you will be supplied with a route guide in your trekking pack. It is important that you carry this with you during the trek so you can regularly check where you are on the route.

Walking guides will lead the group throughout your challenge. Dependent on group size there may be multiple walking guides who will each take a group, to ensure that the footpaths don't get overcrowded. This will also mean that we can accommodate different walking speeds in different groups. Don't worry if you feel you've ended up in a group that's too slow or fast, there will be an opportunity to change groups at appropriate points on the trek.

Depending on the group size, the walking guides may allow the group to spread out and then regroup at a nominated point. However, there are some sections on the challenge where the group will be instructed to remain together due to navigation being difficult and/or the terrain being particularly challenging.

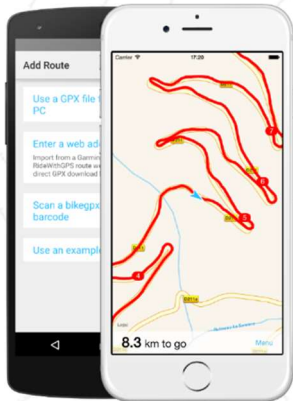
YORKSHIRE 3 PEAKS



GPX'S

If you have a Garmin or a GPX viewer app please contact the office as we can provide you with the GPX files for each day. GPX's will only be made available 2 weeks prior to departure to ensure that only the most accurate versions of the route are provided for the event.

All distances shown are approximate and are based on our mapping software, Memory Map. These may differ slightly to other software packages and data recorded on GPS devices.



CHALLENGE INFORMATION

- The name Pen-y-ghent is thought to mean either 'hill of winds' or 'hill on the border'. It originates from Cumbric, a language closely related to old Welsh.
- Whernside is the highest of the three summits and is also the highest point in Yorkshire. The dry stone wall that runs along the summit ridge is the county boundary; the Three Peaks path is in Yorkshire but if you step through the wall you enter Cumbria.
- It is not known where the name 'Ingleborough' comes from. The Ingleborough Archaeological Group suggests that it might have been named by early Christians and means 'citadel of the angels'.
- Look out for remnants of old settlements on the summit plateau of Ingleborough, these are generally thought to be the remains of an iron age hill fort but might be an older settlement dating from the 2nd millennium BC.
- It took 4 years, from 1870 until 1874 to build the Ribbleshead Viaduct. Over 1,000 people worked on the build living in shanty towns on the moors around the viaduct. It is estimated over 100 people died during its construction.

START VENUE

Registration

Registration takes place on the morning of the challenge and will be from **6:00am to 6:30am**.

There will be an event registration desk located at the start venue which you will need to find to register. Details of the start venue will be communicated to you in the lead up to the challenge.

As part of registration you will be given your trekking pack which contains route information and emergency procedures along with an armband that must be worn during the challenge. You will be asked to re-confirm details such as contact number and next of kin details to ensure these are still accurate. During registration you will also be advised of when the event briefing will take place and what time the group will start trekking.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your challenge.

YORKSHIRE 3 PEAKS

TRAVEL & PARKING

Nearest train station: Ribbleshead, Carnforth, LA6 3JF.

Car Parking

There is car parking available at the start venue. Please note that car parking availability is limited and therefore car sharing or use of public transport is encouraged.



EVENT CREW

A support team from Global Adventure Challenges will be in attendance throughout the challenge. At least one support vehicle 'floating' to provide support as and when required. The following roles will be covered on your challenge, with smaller numbers some crew will fulfil multiple roles:

Event Manager – They will oversee the entire challenge and all the behind the scenes responsibilities (this is a LONG list). This person will be the first one awake and the last one to sleep to ensure you have the best possible time on your challenge.

Walking Guide – These people will lead participants along the route in one or more groups. They are experienced leaders who are familiar with the trekking terrain and just love the outdoors!

Water stop – The role of the water stop person is to drive ahead of the group and set up planned water stops in towns or villages along route. The water stops are essential for you to replenish your water supplies and also top up on energy with fruit, cereal bars and other treats.



TIPPING

Tipping your guides/support crew is appropriate, customary and always appreciated. Your crew work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your support crew did to enhance your trip.



YORKSHIRE 3 PEAKS



FOOD, WATER & REFRESHMENT STOPS

Most dietary requirements can be catered for as long as we know in advance, so please ensure you contact the customer care team.

Please see below for example menus.

Lunch

Lunch will consist of sandwich, crisps and fruit. This will be made in the morning and carried with you whilst you trek.

Snacks

Plenty of water and snacks will be available to you at each water stop including crisps, flapjack, Haribo and similar. However, we suggest you bring along plenty of your own favourite snacks to give you an extra boost when you find the going tough.

OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

| Item | Approx. cost |
|------------------|-------------------------|
| Travel insurance | £18.99* |
| Spending money | £50.00 |
| Accommodation | Camp site £10 / B&B £40 |

*if you take out the single trip policy through Global Adventure Challenges

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!



YORKSHIRE 3 PEAKS



TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com



YORKSHIRE 3 PEAKS



| DAY | TRANSFERS | DIFFICULTY RATING | TREK STATS (APPROX.) | TIMINGS (APPROX.) | ITINERARY NOTES |
|---------------------------------|-----------|-------------------|--|---|---|
| Day 1: Yorkshire 3 Peaks | N/A | Tough | Total miles: 24 miles Total ascent: 4,816 ft. Total descent: 4,816 ft. | Start time of trek: 7:00am Checkpoint 1: 11:30am Checkpoint 2: 2:30pm Finish: 7:00pm | <ul style="list-style-type: none"> ▪ Morning registration and meet the rest of the group. ▪ Breath taking views across the Yorkshire Dales National Park. ▪ Complete the event in under 12 hours to become part of the Yorkshire Three Peaks Club. ▪ Tackle the summits of Pen-y-ghent, Wharfedale and Ingleborough. ▪ Say our good byes and make our onward journey home. |



