

# St Patrick's Mission

## Three Peaks Challenge 2024

### Walker's Briefing

Thank you for signing up and agreeing to be part of the fundraising efforts for St Patrick's Mission. The friars will be keeping you in prayer before and during the walk. To prepare, please read the information below.

#### Registration

Registration will be in the Farmers field Car park. Follow this link for the Google Maps location:

[3 Peaks Registration location](#)

This will be at 6.30am prompt. There is an opportunity to camp overnight so you are there bright and early. Please make your own way there. If you are really struggling for travel please contact St Pio Friary and we will provide transportation if we are able. The details for the campsite are: Holme Farm, Horton in Ribblesdale, Settle, BD24 0HD. Tel: 01729 860281. If you would like to camp, please ring them and book a space, and there is a small charge. There is ample parking available at the Farmers field Carpark.

#### Key People

- Marshalls (will be wearing hi vis vests)
- First aiders
- Walk Manager (They are the main leader to any issues/decisions are at their discretion)
- Key people at checkpoints

#### Booking in / out (starting at 6.30am)

Before you leave the Farmers field Carpark ensure you have booked in with the checkpoint leaders. Make sure you have your identification number with you (which you will be given in the morning) and displayed clearly throughout the walk. There are no spares. No number, no walking. Before the start of the walk you will be allocated a group and walk leader. Any problem they are your point of contact. If you decide to finish the walk early, be sure to tell not only the checkpoint leaders but also your walk leader. At each checkpoint, book in with the checkpoint leaders.

On completion of the walk, make sure you have checked in at the final checkpoint (in the church hall where you started). DO NOT GO HOME WITHOUT TELLING SOMEONE AT ANY POINT.

#### Health & Safety

You are all responsible for yourselves and any minors in your party (who you have brought, not in your walking group). It is a long day so be sensible and look after yourself.

Make sure you have plenty of water to keep yourself hydrated and keep yourself well fuelled throughout the day. There will be a chance to restock at the checkpoints.

If you injure yourself, inform your walk leader who will take the necessary action.

First aiders are located at the checkpoints.

If you need to move groups (either move forward or drop back) that is fine. Please let your walk leader know and they can introduce you to the other relevant leader.

The terrain can become quite uneven and rocky at times so please take good care with your footing and wear the correct footwear.

If it is a hot day, please bring sun cream.

If you feel you may develop blisters, bring some extra plasters.

It is recommended that you have worn your walking boots a few times before completing the walk. At times walkers will complete practice walks as training. It is recommended that all walkers (if they can) complete at least a few lengthy walks in preparation.

## **General Information**

There are three main hills with at times long stretches between.

Checkpoints will be clearly visible on the route.

1. Near the viaduct (just before the ascent to Whernside)
2. Just before the ascent to Ingleborough (by the cafe)
3. Back in the village hall (BD24 0HA)

There is a long stretch between Pen-y-ghent and Whernside which does include a busy road. Any pets you bring are your responsibility. Please keep them on a lead and close by you at all times and be aware of livestock. One part of the walk involves crossing train tracks and roads. Please make sure the line/roads are clear before crossing. Please direct people towards the just giving page if they would like to sponsor you:

<https://www.justgiving.com/campaign/SPM-Peaks-2024>

Please be safe and enjoy the challenge!