

## The 3 Peaks Itinerary for Saturday 20<sup>th</sup> May 2015.

**The 3 peaks** (Route order: Pen Y Ghent, Wharfedale and finally Ingleborough before returning to Horton in Ribblesdale campsite) 25 miles approx over Yorkshires 3 finest hills or is it 'mountains'?

Meeting point: Pen y Ghent Cafe, Horton in Ribblesdale, Settle, North Yorkshire, Yorkshire Dales NP. Post code for Sat Nav: BD24 0HB.

See Street Map Link:

<http://www.streetmap.co.uk/map.srf?X=380958&Y=472134&A=Y&Z=115>

Welcome to our 7th year of attempting this famous local challenge. If you have not considered raising any money for your efforts (and it is a test of physical and mental ability as NOBODY wants to go over that last hill, no matter how fit they are, even us!) then please consider any of the main charities who need your money.



Friday 19<sup>th</sup> – Arrive at old School Bunkbarn if staying overnight with the Pasta Party crew. See details below.

Saturday 20<sup>th</sup> - Event Day

7.00 am Arrive in Horton in Ribblesdale. There is limited car parking in the village but many people park on the roads or use the paid car park where the toilets are.

7.05am- Meet and greet at the café meeting point. If attending the BBQ please hand in the BBQ food (put name on) and a beer/ wine or two (with a glass) for your impending return 12 hours from now. OR keep it to hand in your freezer bags. We will have a large event shelter/ gazebo available at the accommodation (with side panels too) should the weather not hold out but we will have a BBQ awaiting for your finish

7.15am: Nominal roll taken. Give names and emergency contacts to supporting staff and support vehicle driver, Joseph Rayner. Carry out buddy checks for minimal daysack contents for safety (warm dry kit and hat with kagoule/ waterproof, 2-3 litres of fluid, food for sustenance, mars bar for hypoglycaemia, zinc oxide tape, basic first aid kit for plasters etc, mobile phone, Sun cream, Money for refreshment points at checkpoint 1 and checkpoint 2 etc.) the list being endless but think about possible scenarios. VITAL- make sure spare kit is waterproofed in your day sack. Bin liners will do or purchase Karrimor dry sacks from Sports Direct shops or other suppliers.

7.20am SAFETY BRIEF and 7.30: Off we go with the Commando Fit instructors. The Mountain Leaders in the team will set paces which are appropriate throughout the walk with an 8 hour non stop quickish pace with minimal checkpoint times, a 10 hour steady pace with a couple of refreshing checkpoint times and a 12 hour very steady pace with a very supportive manner. If you find you cannot keep the paces simply wait at the checkpoints with the support vehicle and wait for the next leader/ team to come through. Please remain with leaders unless confident in your own directional abilities (there are several points where a wrong turn can be taken particularly in the later stages when tired and maybe frustrated).

Sign out at café if doing so for the prestige and to get your official 'stamp' for bragging rights at work on Monday.

Should any problems develop early during the walk you can catch a train back to Horton in Ribblesdale from the Ribblesdale viaduct and there is a pub nearby (Station Hotel) to drown your sorrows and look forward to doing it all again (successfully) another day. IF you have to retire at checkpoint 2 then please wait at the café/ caravan/ farm building as a support vehicle will be there from around 1pm until the last person/ group is through whereupon we will take you back to the start point. This year it will be a silver Vauxhall vivaro van supporting us with named driver Joe Rayner wearing a blue Montane softshell jacket.



3pm- 8pm: Return to Horton in Ribblesdale and check back in at H in R café if you signed out for challenge. The support van will be doing shuttle runs back to the accommodation / BBQ location so please wait around for the vehicle as you may have just missed it. Approx journey time back and forth is 30 mins.

## Sunday 21<sup>st</sup>

**8-9am Breakfast with tea and toast before departing for 10.30. Ensure accommodation is clean and tidy.**

### Accommodation

We have booked the Bunk Barn accommodation this year from **5pm Friday evening until 11am Sunday morning**. The cost is £50 for Commando Fit members which includes the pasta party on Friday evening and the BBQ on Saturday plus the 2 nights with a roof over your head. Celebratory drinks will be your own responsibility and unfortunately we cannot accommodate vegetarian diets on Saturdays BBQ evening but feel free to bring your own veggie burgers. You will need a sleeping bag for the accommodation.

Holme Farm campsite in Horton in Ribblesdale is also available if wanting to travel up Friday evening or stay over Saturday evening. Its next to the Golden lion Hotel and costs approx. £6 per night plus £3 cars. Not a good night if the weather is poor though! Camping- Britain- Summer- Dales!!!! It does have toilets and a shower block with warm running water so a bit of luxury. We'll leave that one with you.

### Equipment

Daysack with waterproof bag inside.

Minimal daysack contents for safety (warm dry kit and hat with kagoule/ waterproofs),

Spare walking socks (talcum powder/ flannel)

2-3 litres of fluid,

food for sustenance, mars bar for hypoglycaemia,

zinc oxide tape or compeed for blisters,

basic first aid kit for plasters etc,

mobile phone,

Sun cream,

Money for refreshment points at checkpoint 1 and checkpoint 2 etc.)

The list is endless but think about possible scenarios. Ensure you have comfortable footwear and if you do have **new** boots please bring some spare trainers and compeed/ 'zinc-oxide' tape and Vaseline and stop immediately to tend any rubbing or chafing.

### Checkpoints and support (all distances approximate)

There will be a grey Vauxhall Vivaro support van at each checkpoint in case of the need to drop out or join a slower paced group etc. You will be given the drivers number 07724 465770 in case you need to use it but you must make it to the checkpoint. The signal is not guaranteed in these locations but the support van will not move until the last person is through the checkpoint. Checkpoint locations/ drop out points below:

- 1- Ribblehead Viaduct road T junction caravan café (8 mile point) - this sells teas and coffees and bacon sandwiches etc. It DOES NOT have toilets but walk up 100m and head over the field and you will be out of sight of cars and walkers.
- 2- The Farm at the valley bottom (just off the A6255) after the Whernside Peak (17 mile point. You CANNOT MISS IT)- this sells teas, coffees, pops and FANTASTIC cakes at great prices and DOES HAVE a toilet.
- 3- Pen y Ghent cafe in Horton in Ribblesdale- Toilets available in the village- the END of the challenge.

### Booking your place

This 'event' is free for CF members and £10 for their guests if they are wanting our support if things go wrong. If you have done this before with us then you know the drill. The monies go to the mountain guiding staff and help offset some of the financial burdens of fuel, BBQ coals, beer packs, certificates etc etc. so everyone gets a drink and burger even if they 'forget' their drinks and burgers!

Please give your name to the main instructor at your venue or you can email [info@commandofit.co.uk](mailto:info@commandofit.co.uk) or phone 07724 465770 and notify us of your intentions and the number in your party so we can gather all relevant information for planning reasons. Although we are administering it we are primarily setting you a challenge and a goal to complete it in under 12 hours. We can only take responsibility for your safety whilst on the walk if you remain with the instructors. However, it is a safe walk and hundreds of 1000's of walkers complete this every year. Most walkers find their own pace, realise the low risk and go it alone in their smaller groups. DO NOT leave anybody on their own please as we have had several people wander into the wrong valley near the end stages of the walk. An expensive taxi ride and a failed mission, not to mention aspects of safety, loyalty and camaraderie!

The 7.20am SAFETY BRIEF is paramount and we cannot stress this enough.

**Bunk Barn accommodation- BBQ location on Saturday evening. Accommodation available on Saturday night only at £25 (includes BBQ)**

The accommodation this year is at The Old School Bunkhouse (which is on the B6255 Ingleton to Hawes road), Chapel le Dale, Ingleton, LA6 3AR and therefore just a short hop from the Ribbleshead viaduct. It will be available from Friday evening at 5pm until early Sunday morning. As with other residentials we find a healthy dose of teamwork is best as we muck in to get the pasta party prepared and underway on Friday, the Saturday packed lunches prepared, the Saturday morning brekkie served and the Saturday evening BBQ underway. Lest we forget returning everything as was on the Sunday morning after the 8-9am breakfast.

If there are any queries regarding the accommodation or location it is best directing these to Mick Butterfield on

We will be car sharing on Saturday morning from here to the start point in Horton so there should be no problems getting back and forth and the support van can seat a further 5 people 'legally'. Everyone is welcome to join us back at the accommodation for a celebratory drink and big fat burger.

Use the link to locate the accommodation but we have included the postcode for satnav users.  
<https://www.google.co.uk/maps/place/Chapel-le-Dale,+Carnforth,+North+Yorkshire+LA6+3AR/@54.1941094,-2.3471353,12z/data=!4m2!3m1!1s0x487c7b09ec83a117:0xdc36eaf896e5930b>

Hope to see some of you again this year and some new faces. Don't forget your burgers, beers, toothbrush and doss bag (military phrase). See you all on Friday May 19th or 20th.

### Event Organisers

Joe Rayner, Richard Darkes, Mick Butterfield.

Calling The Rescue Services for Y3P (please print off and keep on your person)

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**Calling For Help in the Yorkshire Dales**  
In an emergency in the hills you can call for the help of a rescue team but in a dire emergency you can also signal for help on a whistle or torch **(6 blasts or flashes in quick succession)** to be repeated at 1 minute intervals.

To be able to text 999 you must first register your phone by texting 'register' to 999.

**To Call a Rescue Team:**

- 1 – Make a note of the location (grid reference and description)
- 2 – Call 999
- 3 – Ask for the police in North Yorkshire
- 4 – Ask the police for 'Cave and Fell Rescue'
- 5 – If possible stay by the phone, or where your mobile works, in case they call you back

If texting (see next cut-out) state, 'Police, North Yorkshire, Cave and Fell Rescue, your location (grid reference and description) and details of the incident'.

(Working in association with the Commando Fit Instructional Team)