**FAQ Yorkshire Three Peaks**

**Will the event date change again?**

Hopefully not, Saturday 25 September 2021 is the date! We have worked within national guidelines and with our partners KUTA Outdoors to ensure that we have planned the safest and most achievable date for this event. We will continue to monitor the changing situation and in the unlikely event that we do have to make a change, we will advise you at the earliest possible opportunity.

**What can I expect from the walk?**

You will have an early start, setting off around 7:30am after a briefing, and will be walking for up to 12 hours before you arrive back at base. You will cover more than 24 miles along the route.

Your first peak in the early morning will see you ascend 2,227 feet to the top of Pen-y-ghent, but there will be no hanging around, as you trek on through to midday and your second peak, Whernside, the highest peak at 2,415 feet.

Finally the afternoon will lead you on to your third and final peak, up 2,372 feet to the top of Ingleborough, with awe-inspiring views across the beautiful Yorkshire Dales National Park.

Please do not underestimate this walk. It will be hard, please train for it and be prepared for all weather conditions. You may experience a whole range of weathers and temperatures on the walk and the difference between the top and bottom of each peak can be significant. One moment you will need suncream, and then it can be cold and raining.

When you register you will receive a comprehensive participant pack, with thorough details for what to expect on the day and hints and tips for your training to help you get the most out of the day.

**What support will there be on the day?**

You can look forward to support from KUTA Outdoors, and their team of highly trained mountain guides who are there for your safety and security throughout the day and in addition, our Community Fundraisers from York Teaching Hospital Charity; Maya and Joe, will greet you with a warm welcome as you arrive. They’ll also celebrate your success as you finish your challenge with a post trek reception.

It is a great fun day and you will be trekking as part of a larger team supporting York Teaching Hospital Charity and the Yorkshire Ambulance Service Charity!

**What will I receive for taking part?**

You will receive an event t-shirt before the walk which we encourage you to wear on the day and you will receive your medal and certificate upon on completion of the walk.

There will be rest stops throughout the walk where you can refill your water bottles and get a few snacks.

**How can I fundraise during lockdown/the pandemic?**

Online fundraising is very successful and a great way to reach friends and family not on your doorstep. You can set up a Justgiving page, do the good old paper form for those in your support bubble or set up a Facebook fundraiser page if you wish. If you are unsure of how to set up a Justgiving page or use Facebook for this, please give us a call and we’ll help you.

Once you’ve registered, we will be in touch to welcome you to the team and offer help and support with your fundraising. Once restrictions start being lifted we will be able to help you with other ways of fundraising.

**How do I promote my Justgiving page?**

Once you have signed up and completed your page, you will receive a link to your page. This can be shared on social media platforms, with family and friends via email or text and even sent to colleagues at work; there is no limit! We find that pages that are personalised and updated are more successful.

**How can I train during lockdown/the pandemic?**

As you can only stay local to your village, town or city, this is going to be different for everyone. If you live in a city/town, then distance is going to be something you can achieve easily, so start with this.

If you live in a rural village, then possibly the local landscape can offer suitable walks for you gain the terrain and possible distance training.

Stairs! It may sound silly, but if you are working and have a lot of stairs like we do in the hospital, then the 5 floor climb would be beneficial for your training.

We will be in touch with tips and offers of training sessions once restrictions have been lifted.

**Can I bring my dog on the walk in September?**

It is preferable not to bring dogs to this event. If you would like to, please think carefully about your dog’s ability to do the walk, the weather on the day and their welfare.