



EVENT INFORMATION

Sponsored by
angel Trains

children RAILWAY
No child lost to the streets



THANK YOU SO MUCH FOR TAKING PART IN OUR YORKSHIRE 3 PEAKS CHALLENGE

HELPING CHILDREN WHO FIND THEMSELVES VULNERABLE AND ALONE ON STATIONS AND STREETS AROUND THE UK, INDIA AND TANZANIA.

The Yorkshire Three Peaks is a 24-mile circular trek, taking on the peaks of Pen-y-Ghent (694 metres), Whernside (736 metres) and Ingleborough (723 metres), with most walkers aiming to complete it within 12 hours, which is usually enough time for the average person.

The Railway Children Yorkshire Three Peaks will be run by one of our Challenge Partners, [Overlimits](#), who have provided the information below.

Event Timings:

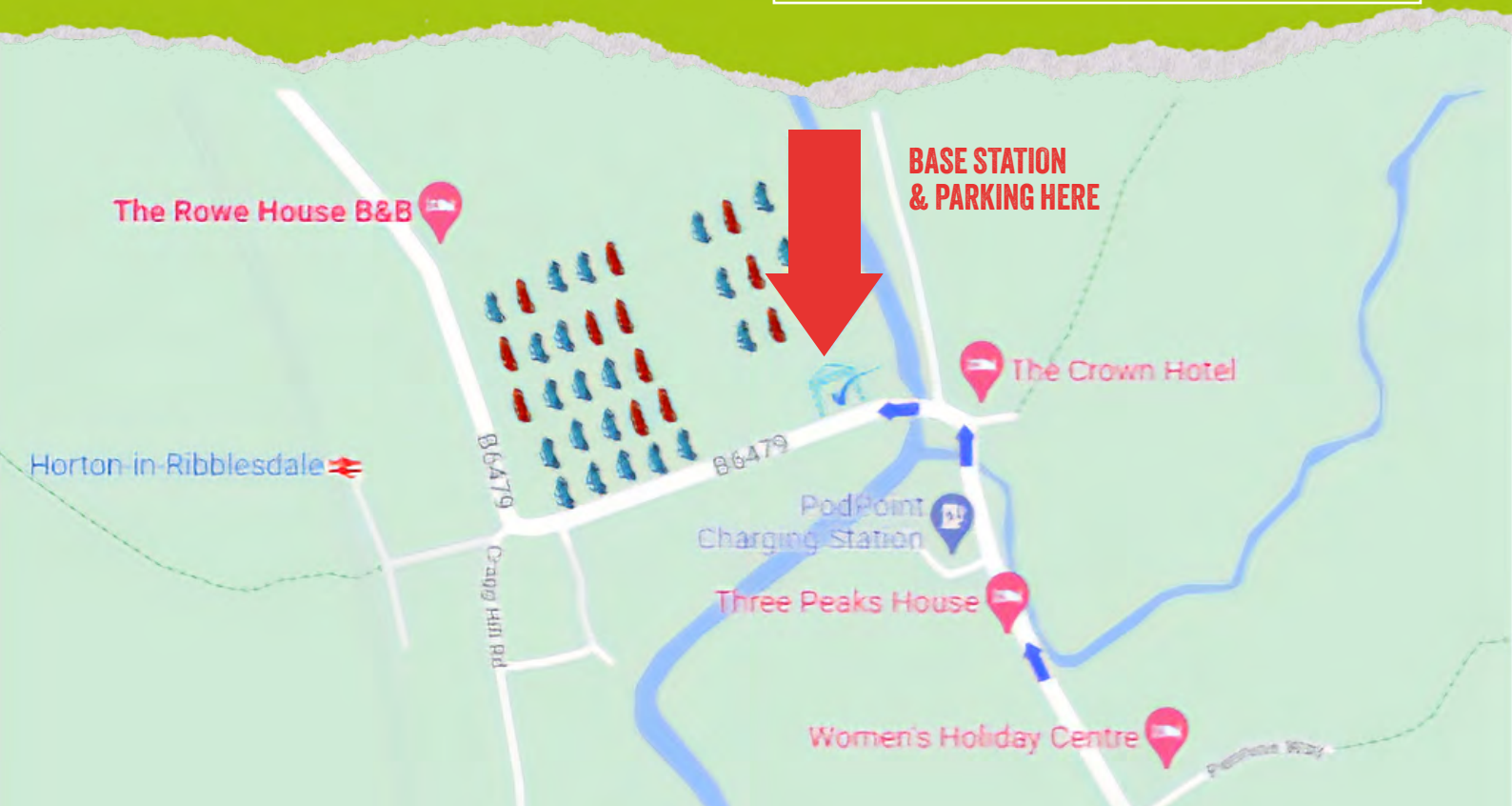
06:45 – Arrive in Horton in Ribblesdale

07:00 – Event safety brief

07:15 – Walk starts

Parking in Horton in Ribblesdale is £4.00 cash only, please bring some change for the car park.

We are unable to wait for anyone at the start of the event, so please give yourself plenty of time.



THE ROUTE

The route is relatively easy to follow as the trail is clear on a normal clear day. However, the weather when bad can play havoc with visibility and as such you must follow the instructions given to you by your event lead.

We provide route support to those that need it by directing (through our route marshals who are located on the course) and written guided instructions. There will be designated safety sweepers at the rear too. You can collect written instructions from the start point.

At all times, should you want clarification, do ask any of our marshals who will either give you an instruction sheet, walk you to or talk you through getting to the next checkpoint.

In the event of accident, injury or just “not feeling it” it is your responsibility to alert our marshals who carry first aid kits, safety shelters, mobiles and a walkie talkie. They will assess the situation and if needed will arrange recovery or other support.



WHAT TO BRING

A packed lunch – there is a café on the route which is likely to be open at the 17-mile point and a mobile food van at the 10-mile point and a pub, but please bring food with you.

Water – at least 2 Litres of water (You can top up at the 10 and 17-mile points so there is no need to bring more) In the event of hot weather, we may suggest taking additional water – we will use best judgement based on weather forecasts and the actual weather on the day.

Equipment – There are no excuses for not coming prepared. You place yourself at the mercy of the weather, on exposed peaks and as such not only put yourself at risk but others who must assist you. Please bring what is asked for on the kit list below, everything requested is for good reason:

- Item Clothing
- Suitable trousers (not jeans)
- Full waterproofs – jacket and trousers
- Hat/sunhat
- Gloves
- Boots with ankle support & walking socks
- Rucksack with a hip belt
- Water (at least 2 litres)
- Food to eat during the trek
- Headtorch
- Two walking poles
- First aid kit (include blister plasters)
- Whistle
- Sunscreen/ Sunglasses/Insect repellent



THINGS TO REMEMBER

First Aid – There are first aid stations at Ribbleshead at 10-miles and at Philpin Farm at 17-miles. The marshals that are on the route are mostly outdoor first aid trained too. We ensure that first aid is available throughout the entire route subject to access.

Toilets – It is very important that you only use the outdoors for “comfort breaks” when you absolutely must go. If so dig a hole and bury it, or use the ones in Horton in Ribblesdale next to the wooden bridge by the Crown Inn pub, or at the Station Inn (10 - mile point) Philpin Farm (17-mile point) or the Old Hill Inn (17.5 miles).

The pubs will expect you to buy a drink or donate to the local Cave and Mountain Rescue or Friends of the Yorkshire 3 Peaks who maintain and repair the route. The loos are limited and overused, are costly to maintain and as such it is right that if we use them, we make a positive contribution for doing so. A donation to the rescue teams is a small but welcome gesture on your part.

Weather – The weather rarely forces us to cancel an event - Cancellation weather for us is electrical storms and as such in the event of an electrical storm or forecast we will cancel and rearrange the event. As per our terms an alternative date will be offered should weather force a cancellation. Check the weather [here](#).

If you have any questions or queries about this event, please get in touch with our events team: events@railwaychildren.org.uk

FUNDRAISING

Through registering for this event, you pledged a minimum fundraising target of £350, with your fundraising page being automatically set up on the ‘Enthuse’ platform. This is the easiest way to reach your fundraising target and all donations made through your fundraising page will come directly to the charity and will go towards your fundraising target. You can easily add offline donations to your page too.

Here’s some tips to help you reach your fundraising target and beyond!

- Tell anyone and everyone! Social media is one of the best ways to tell people about your fundraiser. Share pictures of you throughout the challenge – the good bits and the harder bits! Don’t forget all those WhatsApp groups you’re part of too!
- Tag @RailwaychildrenUK in your posts and remember to include a link to your online donations page.
- Did you know that 20% of fundraising comes in after an event? So, share how you did, what taking part meant to you and how it has affected how you feel. You’ll be amazed at how many extra donations come in after the event - fundraising pages will be open for 4 weeks after the event.
- Don’t forget to ask your donors to Gift Aid, this adds 25p onto every £1 they give at no extra cost to you or your donor (gift aid does not count to your fundraising target, its an added bonus!)



THANK YOU FOR MAKING A DIFFERENCE

The money you raise from taking part in this event can help children like Darcy, who ran away from home after arguments turned into fights and she felt as though she was part of the problem. Or Anuj who is from a low income family and unbeknown to his family, aged 14 set off in search for work to try and help. Or Kanoni who was only nine years old when she was found living on the street. As she grew up, her only means of survival became sex work.



could pay for four hours of one-to one support for a vulnerable child in the UK when they need it most.



could pay for a family reintegration worker in India to spend a month tracing children's families, reuniting them where possible and working with the whole family to ensure the child is safe and that they can thrive together.



could pay for an outreach worker in Tanzania to search the streets and bus stations for a month looking for and protecting children at risk.

THANK YOU SO MUCH FOR TAKING PART IN OUR **YORKSHIRE 3 PEAKS CHALLENGE** HELPING CHILDREN WHO FIND THEMSELVES VULNERABLE AND ALONE ON STATIONS AND STREETS AROUND THE UK, INDIA AND TANZANIA.

Railway Children

1 The Commons Sandbach CW11 1EG

T 01270 757 596

E hello@railwaychildren.org.uk

W www.railwaychildren.org.uk

Registered charity number 1058991



Sponsored by
angel Trains

RAILWAY
children
No child lost to the streets