



YORKSHIRE 3 PEAKS 2022 – FAQ'S

Date of the event: Saturday 21st May 2022

What time shall I arrive: The estimated time for departure is 7am (this will be confirmed nearer the date of the event)

Where does the walk depart from: Horton in Ribblesdale BD24. Our meeting point will be confirmed nearer the date of the event

Registration fee: £55 per person

Sponsorship Target: £200.00 per person. Our Community Fundraisers can support you to reach this target by sending through a sponsor form, along with some fundraising hints and tips once you have registered. We also recommend that you set up an online giving page using our campaign page on JustGiving (please see your Welcome Letter for more information). This will make it easier for your family and friends to support you to do this incredible challenge! All money raised will go directly to The Kirkwood.

Who is the event organiser: The event is organised by Kuta Outdoors who are West Yorkshire based company who specialise in UK wide hiking and outdoor events. They ensure that all legal aspects are covered and they do everything possible to ensure our supporters have a brilliant experience on the day.

Is there an age limit: Children over the age of 7 are welcome to participate (we need to notify Kuta Outdoors of any under 18's that are taking part). There is no upper age limit if you have determination and a sense of adventure!!

How long is the walk: It's approximately 25 miles with an elevation gain of over 1000m. It starts at Horton in Ribblesdale and takes you on a circular walk around Pen-y-ghent, Whernside and Ingleborough. Some people aim to complete the challenge in 12 hours but that isn't compulsory!

How fit do I need to be: This is a challenging event and requires a good level of fitness, along with stamina and determination. You will also need to be able to carry a backpack with you for the duration of the walk.

Does it include transport: Transport isn't included but parking is plentiful in Horton in Ribblesdale (costs will apply).

What if I get lost: Kuta Outdoors will have a team of marshals and mountain leaders available on the day at key points along the route. They will be alerted if any of our walkers have missed a marshal point and will take immediate action.

What if I have an accident: All Kuta Outdoors Mountain Leaders are fully qualified and insured and hold a mountain first aid certification. All walkers will be covered by Group Insurance and the whole area is covered by Mountain Rescue if required.

What if I can't complete the walk: If anyone cannot or does not want to continue at any point, there are opportunities to exit the route on occasion.

What do I need to wear/bring: Your overall experience will be much better appreciated if you are wearing the correct clothing but as a minimum you are advised to wear waterproof clothing and suitable waterproof footwear. As weather can change very quickly at altitude, it pays to be prepared. Here is a list of recommended items:

Small backpack – walking boots – waterproof jacket/trousers – fleece – warm jumper – warm hat/balaclava – gloves – hiking trousers – sunglasses – sun hat/peaked cap - at least 2 litres of water – snacks packed lunch – torch – camera (and spare batteries) – toilet roll (!!) – sunblock – spending money – any medication – warm flask – a sense of humour!!

Can I bring sponsorship money with me on the day: Absolutely! If you have raised sponsor money for The Kirkwood and want to hand this in on the day please bring it with you, along with your sponsor forms and hand it in to any of our staff attending on the day.

Can I bring friends and family with me: Although supporters are welcome, it will be a long day with only the occasional opportunity to meet them on-route.

Is car parking available: Parking is available in Horton in Ribblesdale but charges may apply. Please bring some cash to cover these costs.

More about the organisers: Kuta Outdoors have an Adventurous Activities Association Licence (AALA Licence) and do detailed risk assessments for every activity they run. They also have full public and product liability insurance and only employ fully qualified instructors. If any families are participating, all staff working with children have undergone DBS checks and they also have a child protection policy in place.