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## **FINISHING YOUR YORKSHIRE 3 PEAKS CHALLENGE**

The challenge is to complete the 24 miles and 3 mountains in under 12 hours, not an easy task for many seasoned walkers!

There will be other fund raising groups as well as other walkers out on the hill. Try not to make the assumption that everyone will be going the same way and just follow the people in front.

A map will be provided for your group and regular check points are there to ensure you are on the correct path. There will also be guides out on the hill who you can check your route with.

As the walk summits the 3<sup>rd</sup> and final mountain – Ingleborough – you are on the home stretch back to camp site, start point and pub! Most accidents on the mountain happen on the way down, after the exhilaration of being at the top you are more tired and on an excitement come down. Take extra care and keep each other motivated and moving – it's harder to start again if you keep stopping.

Injuries need to be reported to your group first-aider / guide / Mountain Leader and radioed in as soon as possible.