

THREE PEAKS CHALLENGE GROUPS

BRIEFING FOR ORGANISERS

The Three Peaks walk is a 23 mile hike over – well, Three Peaks! That makes it a marathon with mountains – a real mountain expedition! Although not technically difficult it is, even so, a long tough expedition in wild country. You may be blessed with sunshine but you need to be prepared to cope with mist, rain and worse. You need to be able to navigate well in all conditions and everyone in your group needs to be fit. If you include people who are less than 100%, consider the overall competence of your party and make sure there is enough strength between you to safely carry the day.

On a good day, the Three Peaks route can be run in less than three hours and walked in under 8 hours. However these times are achieved by super-fit people who know the terrain. Daylight is a safety issue so the walk is best undertaken between April and October. This is a mountain walk and people can die in the attempt! In bad weather you can get lost. It can snow at any time of year. Rain can chill your bones. Little streams can turn into torrents. Grassy hollows can become bogs. It is a challenge!

You should aim to finish in less than 12 hours.

SAFETY - IMPORTANT THINGS TO CONSIDER

People who are only moderately fit and who rarely walk over mountains should expect to take the full 12 hours or perhaps not to succeed at all.

- Do all in your party know what to expect?
- Have they the right skills and experience?
- Are they sufficiently fit?
- Have they trained for the day?
- Has everyone got the right kit for the trip?

There are escape points between the peaks, where the route crosses valley roads. If someone is not going to manage the whole course in the time allotted, or is not feeling on top of the job, they should abandon the challenge for another day. It is unwise to continue and put your life, or that of others, at risk. By the third peak people will be tired and slow. Unless they are certain they will be safely off the hill before darkness falls they should withdraw. **Make arrangements to evacuate such people safely.**

Equipment

You need good boots and waterproofs at any time of year. You should have map and compass and know how to use them. Take spare clothing, first aid kit and a bivvy bag in case of emergency. You should carry food and water. Mobile phones might get a signal in some places – but might not!

Plan

You can opt to walk as one group or perhaps divide into fast, intermediate and slow groups. Make sure there are competent people and at least three in each party. People must not lose touch of members of their group – stick together and keep in touch. To do otherwise is to tempt fate.

Decide what circumstances might require any of your party to quit at an escape point (e.g. someone is very slow for whatever reason and compromising others). Never leave anyone alone at any point and make sure you communicate any changes of plan. It is a good idea to have a support party with a vehicle and refreshments, who can also pick up stragglers or deal with emergency evacuation.

Note: In an emergency dial 999 or 112 and ask for **Police**, then **Mountain Rescue**

WHAT WOULD YOU LIKE HIGH TRENHOUSE TO PROVIDE?

High Trenhouse is a comfortable fully serviced base from which to do the walk and you get the place all to yourselves. Before you start you need a good night's sleep. When you finish you need rest and recuperation. During the walk you might want some level of support or **safety cover**.

Arrive in time for a meal and a restful night. On the day of your walk, start early (say 8.00am from Horton) so that you have a safety-margin of daylight at the end of the day. If yours is a weekend event it is best to walk on Saturday and have Sunday to recover, departing before lunch.

At the end of the walk, people will need to shower and change out of wet mountain gear. They will need to drink and to take a light and nourishing meal.

High Trenhouse offers the following packages;

1. Two nights' bed and breakfast for your group with exclusive use of our accommodation, with sauna, bar and great food. Breakfast 6.30am day 1 and 9.00am day 2.
2. Two nights' bed and breakfast with a packed lunch (high energy foodstuffs and drinks)
3. As above with evening meal on day of arrival (8.00pm or sooner)
4. As above with a meal after the walk as well (8.30pm)
5. If you wish, we can provide transport to the start and pick-up after the walk
6. Additionally we can provide intermediate support and refreshments, monitor the whole group and receive anyone who needs to withdraw (but will not be responsible for safety).
7. alternatively, we can provide qualified professionals to organise the whole event and ensure safety and wellbeing the whole way, providing radio contact for all groups. This service will include insurance and our guides will assume responsibility for health and safety.

Whichever you contract with us, we ask that you keep us informed of any hitches or changes so that we can respond accordingly. We don't want to call out mountain rescue and find you decided to go to the pub instead!

SAFETY AND WELLBEING

In order that we can ensure the level of care and safety we expect to provide, it is important that you keep us informed of crises, delays or changes of plan. Delayed mealtimes can be costly as staff will need to be detained. Failure to inform us of changes of plan can similarly incur costs.

We will contract with you according to your requirements. In the event that you change those requirements you might incur additional charges.

DISCLAIMER

Unless we provide a full service (item 7) we have no overall control and will not be responsible for the health and safety of your party. We will deal with the responsible person. We advise that each member of your party should sign a statement to say they are responsible for their own actions and decisions.

2018 PRICES - GUIDE ONLY

The following are **guide prices**, including VAT, **for a minimum of 10 participants**.

Final price will be subject to details of your programme and the number of participants. We require a single person to receive and settle our invoice. Bar and phone calls can be charged to individuals or to the group as you wish.

1. Two nights' bed and breakfast for your group with exclusive use of our accommodation, with sauna, bar and great food. Breakfast 6.00am day 1 and 9.00am day 2.
£160 per person
2. Two nights' bed and breakfast with **one packed lunch** (high energy foodstuffs and drinks)
£170 per person
3. As above with **3 course evening meal** on day of arrival (8.00pm)
£190 per person
4. As above with **a meal after the walk** as well (8.00pm)
£210 per person
5. If you wish, we can provide **transport** to the start and pick-up after
£15 per person extra
6. Additionally we can provide intermediate support and refreshments, monitoring the whole group and receiving anyone who needs to withdraw
£35 per person extra
7. Or, if you wish, we can provide **qualified guides to organise your whole event** and ensure safety and wellbeing the whole way, providing radio contact for all groups. This service will include insurance and our guides will assume responsibility for health and safety.
£75 per person

VARIATIONS – we reserve the right to make the following charges

Change of number - additions pro rata: no refund for last minute cancellations and no-shows

Delayed meal-time - 30 minutes FOC then £80 per hour or part

Additional journeys - pro rata

Additional time beyond contracted finish time (item 7 only) £100 per hour or part

Prices correct at January 2018