



Come and join us on 29th June 2019

**Experience all of this in one day
and support the Upper Wharfedale Fell Rescue Association**

- A day out in spectacular Upper Wharfedale!
- Free designated car park for the event
- Route description and marshalled routes
- Water en route and hot meal at end for all entrants
- Entrants for Three Peaks and Two Peaks Challenge receive T-shirt and event souvenirs on completion
- **NO DOGS** are permitted on the Three and Two Peaks routes, see entry guidelines below

A big thank you to our sponsors for their fantastic support

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<http://www.uwfra.org.uk/>

<http://www.uwfra.org.uk/w3p>

<https://www.facebook.com/uwfra.three.peaks.challenge>

https://twitter.com/Uwfra_W3P

Enquiries - uwfraw3p@gmail.com

Welcome to the Wharfedale Three Peaks Challenge Event 2019

Following last year's success the Wharfedale Three Peaks Challenge Event is back for 2019. The event is organised by the Upper Wharfedale Fell Rescue Association (UWFRA). We are an organisation whose work is wholly supported by public donations. We hope that you come along and enjoy the event and also help us to raise funds for UWFRA. Please read the following information and rules before applying.

There are a limited number of places - so please book early.

The Wharfedale Three Peaks Challenge Event will take place on Saturday 29th June 2019. There are three options to choose from - all starting and ending in Kettlewell Village.

You can follow us on Facebook <https://www.facebook.com/uwfra.three.peaks.challenge>
and Twitter https://twitter.com/Uwfra_W3P

Three or Two Peak Challenge and Valley Walk

- 22 miles Three Peaks – Birks Fell, Buckden Pike, Great Whernside Registration from 0645 - starts at **0800**
- 13.5 miles Two Peaks – Buckden Pike, Great Whernside Registration from 0745 - starts at **0845**
- 4.5 miles – Valley Walk. Dalesway Path and Paradise Walk Registration from 0900 - starts at **1015**

The Three and Two Peak routes offer spectacular views over Upper Wharfedale and surrounding Yorkshire Dales towards the well known Yorkshire Three Peaks in Ribblesdale. The valley walk follows the dalesway path up the River Wharfe to the village of Starbotton and returns to Kettlewell at a slightly higher elevation (Paradise walk) offering views over the Upper Wharfedale valley. The UWFRA team will be hosting the event. When deciding on a route, consider that you have the required physical strength and stamina for the event that you apply for.

Fees

Three Peaks Challenge (22 miles)	£20
Two Peaks Challenge (13.5 miles)	£20
Valley Walk Family (up to 4)	£20
Valley Walk - Individual	£12

Includes free parking, a hot meal at the finish, T-shirt and event souvenirs.

Applications

Please use the online system as this makes administration of the event more efficient and accurate.

Enter online at https://www.sientries.co.uk/event.php?event_id=4916 Press Ctrl and click to go to link or copy and paste the address into your browser

Once registered and entered you can also;

Manage your entry, update details and add others to join you https://www.sientries.co.uk/edit_entry.php?event_id=4916

Or check the entry list see if anyone you know has entered https://www.sientries.co.uk/list.php?event_id=4916

Manual entries;

If you are unable for any reason to use the online system an application form can be downloaded for [Individual entry](#) or [Family entry](#) (Ctrl Click on hyperlink to download)

Please return the completed application form and payment made out to Upper Wharfedale Fell Rescue Association to; UWFRA W3P, The Hut, Hebden Road, Grassington, North Yorkshire BD23 5LB

Please remember to include

- Cheque made out to Upper Wharfedale Fell Rescue Association
- or Bacs payment Account number 30899259 Sort Code 20-78-42 Account Name Upper Wharfedale Fell Rescue Association
- 1 entry form per person for Three Peaks, Two Peaks Challenge and Valley Walk. 1 entry form per family (maximum of 4, 1 of whom must be a parent or guardian) for Valley Walk if this is being completed as a family event. Completed gift aid certificate if used – please see below

Confirmation of entry will be sent by e-mail if address supplied.

Please note manual entries will be entered on the online system by our administrator.

Entry guidelines

Only registered participants are eligible to take part in the event. All under- 18's must be accompanied by a parent or guardian on all routes. If the event is not full you can also register on the day at the cost of £25 for the Two and Three Peaks Challenge and £15 for individuals and £25 for families on the Valley Walk.

Dogs are **ONLY welcome on the Valley Walk** as this route utilises public rights of way, but must be kept on a lead at all times as the route crosses farmland with sheep and livestock. Any dogs listed in the 1991 Dangerous Dogs Act will not be permitted to take part. **NO DOGS are permitted on the Two Peaks and Three Peaks routes** due to exclusion notices under the CRoW act (these routes go onto access land and are not exclusively on public rights of way). **No dogs will be permitted inside the Village Hall (Guide Dogs excepted).**

Cut Off Times Apply On All Routes

Cray SD 9399 7908 cut off 13:30 hrs (Three Peaks route)

Starbotton SD 9537 7468 cut off 11:00 hrs (Two Peaks route)

Starbotton SD 9537 7468 cut off 12:00 hrs (Valley route)

Cam Gill Road Crossing SD 9860 7568 cut off 16:00 hrs (Three Peaks and Two peaks routes)

Sponsorship

For over 70 years UWFRA has been rescuing people and animals from the caves and fells around Wharfedale, Nidderdale, Littondale and Mid-Airedale, we need your support to continue our work. **Please consider being sponsored** to raise money for UWFRA. Download your sponsorship form here; [Sponsorship Form](#) (Ctrl Click on hyperlink to download)

Please consider completing the Gift aid certificate as this will add an extra 25p to each £1 you give to your donation. Download your Gift Aid Certificate here; [Gift Aid Certificate](#) (Ctrl Click on hyperlink to download)

If you are planning to use JustGiving there are two choices. You can make individual donations by clicking on the link on the [UWFRA website](#). If you want to set up your own fundraising page for UWFRA, you can go to JustGiving.com and create your own JustGiving page.

The Routes

All routes are on OS map OL 30 (Yorkshire Dales Northern and Central areas) which is 1:25,000 scale. The major part of the routes will be on paths and tracks with some pathless sections over the fells on the 22 and 13.5 mile route. You will be given an individual participant number which you should wear prominently on the day. This number is unique to you and it will help us to ensure that you are safe and accounted for on the day. It must not be swapped with other participants.

The routes are way marked and have marshal stations along the course. Further details about the day will be sent to successful applicants who will receive by e-mail a full route description prior to the event, together with grid references. You are advised to plot the route on your map before the event. While every effort is made to provide comprehensive and accurate route descriptions, the responsibility for route finding is with you. All participants are expected to be able to navigate the route using their own skills. The organisers cannot be held responsible for participants' route finding errors. **Participants not following the designated route will be disqualified.** If you are unable to complete the walk in full, if possible please notify marshals at a checkpoint and you **must return to the base** at Kettlewell and return your number.

Safety

Cut off times will be applied on all routes and will be described in the route description.

All routes will have marshalled checkpoints and all entrants must check in at each checkpoint. All entrants must report back to the registration point in Kettlewell when they complete the event or if they retire.

The weather in the Yorkshire Dales is changeable and can be cold and wet. We recommend that you wear walking boots. All entrants are expected to carry spare food and drinks, map, compass, whistle, mobile phone, first aid kit, survival bag, waterproof jacket and trousers as well as additional clothing that will keep you warm in wet or cold weather. Jeans are not recommended. Spot checks of kit will be undertaken and if you do not have the items as listed above you will not be able to take part. Please contact the organiser if you require further clarification. Alcohol is not permitted during this event. We aim to undertake this challenge event in all weather conditions. However should alterations be necessary to ensure the safety of participants the organisers will post a notice on the UWFRA website, Facebook and Twitter - and will clearly display any alteration at the registration desk on the day.

Refreshments

Water will be available along all routes. The exact locations will be shown on the route descriptions .

Hot food will be available at the end. Entrants should also carry a supply of their own food and drink, including plenty of water. A drinking vessel will be required for additional water at check points.

Photographs

By taking part, all participants confirm that they agree for photographs to be taken during the event to be used on the UWFRA website and literature to publicise or report the event. If you would prefer not to appear on photographs , please notify a team member on the day.

Further details about the day will be sent to successful applicants

Email contact details if you have any enquiries; uwfraw3p@gmail.com