

The 3 Peaks BIG WALK

16th & 17th September 2023

Take on the Yorkshire 3 Peaks Challenge and raise money for industry charity NewstrAid.

Participate as a team or join one of our existing teams.

Full details overleaf.

Event Supported by



The 3 Peaks BIG WALK

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What you need to know...

- ★ The walk will take place on the weekend of **16th and 17th September 2023**.
- ★ The **Yorkshire Three Peaks Challenge** is a 24-mile (38.6km) round trip route and includes 1585m (5200ft) of ascent.
- ★ The Challenge takes on the peaks of **Pen-y-Ghent** (694 metres), **Whernside** (736 metres) and **Ingleborough** (723 metres), usually in this order, and in under 12 hours. These hills form part of the Pennine range and encircle the head of the valley of the River Ribble, in the Yorkshire Dales National Park.
- ★ The website below provides most of the information you will require. It provides advice on training, the kit you'll need and the accommodation options as it's unlikely that you will want to drive home after the walk. In fact, the NewstrAid team are staying for 2 nights: arriving on the 15th September, undertaking the challenge on the 16th and departing on the 17th.

<https://www.threepeakschallenge.uk/yorkshire-three-peaks-challenge/>

- ★ We invite individuals and teams from the industry to participate. We recommend that teams are a minimum of 2 and a max of 6. However, if you have more than 6 walkers that is fine.
- ★ The event is being organised by NewstrAid's East Midlands Area Committee and is generously supported by Retail Spark Connect. Further information can be obtained from Darren Powell dp210866@gmail.com or Mike Walsh mikewalsh179@sky.com
- ★ There is **NO** cost, apart from your own expenses. All we ask is that you seek some sponsorship by setting up a **Just Giving page** linked to NewstrAid's fundraising page. Instructions on how to do this are available via our website.

www.newstraid.org.uk/fundraise-for-us/

To book your place please provide your name and the names of your team mates to Darren Powell dp210866@gmail.com and Mike Walsh mikewalsh179@sky.com

If you are a single walker then we will endeavour to link you up with either another team, other solo walkers or the NewstrAid team.