



## Irise Yorkshire Three Peaks 5,000 ft Challenge

Thank you for registering to take on the Yorkshire Three Peaks as part of the Irise 5,000 Challenge. You'll be raising money to support 5,000 girls back into school.

If you haven't already, please pay your sign up fee of £49 to secure your place by **Wednesday 21st July**. This pays for a trained Mountain Leader who will guide us through the beautiful sites in the peak district, as well as providing insurance and mountain first aid if needed. We will also be providing refreshment stops, first aid and transport mid-challenge if needed.

### Fundraising Details

We suggest a minimum fundraising target of **£250 per individual**. This will support over 50 girls back into school with the supplies and information they need to thrive.

Set up your fundraising page via [JustGiving](#). You'll find more information in our [Fundraising Pack](#). If you'd like further support with your fundraising efforts please contact [acushla@irise.org.uk](mailto:acushla@irise.org.uk).

### Challenge Details

- The climb begins on **Saturday 21st August 2021 at 7am**.
- The climb is expected to take 12 hours maximum.
- **Emergency contact number:** Calum, 07519459582.

We will meet in the car park of Horton-in-Ribblesdale, Yorkshire Dales National Park Centre and begin climbing together. This is in the centre of Horton-in-Ribblesdale on the B6479 between The Crown Hotel and the Golden Lion Hotel. The nearest postcode is BD24 0HF. Please note you will need to arrange your own travel.

Please be aware this is a pay & display car park, there are also other places to park in the village. Prices range from £2 - £5/car. Please bring change with you.



After the challenge, we will be headed to a pub, where you will receive your medal and certificate for completing this challenge.

[Please visit the host organisations website for information about training and fitness prior to the challenge.](#)

### **What to bring with you**

- Spending money
- Small backpack
- Walking boots or decent rugged footwear you'll be happy walking through mud, puddles, and persistent rain.
- Water bottles
- Snacks
- Packed lunch
- Torch (head torches are best)
- Camera
- Waterproof Jacket and trousers
- Fleece
- Warm jumper
- Warm hat or balaclava that can be rolled up into a hat
- Gloves
- Hiking trousers or comfortable sportswear, definitely not denim. You want clothes that dry quickly and are comfortable for walking in for many hours.
- Sunglasses
- Sun hat /peaked hats/bandanas for keeping the sun off
- Toilet paper
- Sun block
- Any medication that you require



## **COVID**

Please note, you will be offered a full refund if the challenge is cancelled in line with government regulations. [Please visit our host partners website for more information.](#)

**Good luck and thank you for supporting Irise!**