

Yorkshire 3 Peaks - Your questions

What is the average age?

There will be people of all ages from 16-70. Most people are probably between 25 and 55.

Will I be able to keep up?

Yes, if you have put time into your training prior to the event! This is a challenging hike over mountainous terrain and training should be taken seriously.

What will the weather be like?

English weather is very unpredictable. Poor weather will make the event even more challenging but the better prepared you are for all eventualities the more you will enjoy yourself.

Where will we stay?

Accommodation is shared. You will be staying for 2 nights in local youth hostel accommodation.

Will I have to carry my kit?

All you will need to carry is a small rucksack containing water and basic supplies.

Do I need specialist kit?

We will supply you with a list of what you will need to take, recommending the type of kit that you will require. For this trek you will need good sturdy walking boots with ankle support – must be well worn in.

What kind of support is there?

There will be full medical support from a qualified Doctor and first-aid trained guides. A representative from the charity will also be on site.

Will I be insured?

No. You must take out your own personal travel insurance covering health, accidents and loss at least 8 weeks prior to departure. You will need to provide a copy of your insurance policy before the trip starts. Alternatively you can arrange insurance through Classic Tours for just £16.

What does the Trek Challenge include?

2 nights' accommodation, all meals Friday evening through to Sunday morning, all necessary back-up from qualified medical staff and guides.

What do I need to provide?

When you register to take part in the Yorkshire 3 Peaks Challenge we request a registration fee of £99. This is not refundable and doesn't count towards your fundraising total. You will also need to provide your personal travel insurance, and your own walking kit.

How do I go about raising £599 sponsorship?

Once you have signed up for the trip we will send you a comprehensive fundraising pack to make raising your sponsorship as easy as possible, and we are here to help you from start to finish. You will need to start planning your fundraising as soon as possible and here are some helpful tips to get you started:

- Always ask for payment up front. Chasing sponsorship can be time consuming and often difficult to collect.
- Make the most of Gift Aid – we can claim 28% extra on all donations from UK tax payers.
- Put a large donation on the top line of your sponsor forms to encourage others to follow suit.
- **Create your own online fundraising page at the justgiving.com website. This is a fantastic and very easy way to raise and collect funds.**
- Fundraise around what you enjoy doing in your spare time – if you go to the gym regularly then think of a fundraising event you can hold there, or if you have a good local pub, consider holding a quiz or race night there.
- Think of as many fundraising ideas as possible, so if some of them don't work out, you'll have plenty to fall back on.
- Check with your company as to whether they have a matched giving policy – and if they don't, find out if they would be willing to sponsor you.



- Make sure you tell everyone you know about what you are doing and try and get some coverage in your local paper or on local radio.

Here are a few ideas to get you up to (and over) £599

Ask ten friends to donate £20 online at www.justgiving.com	£200
Gift Aid on the above	£ 56
Car boot sale	£100
Non school uniform day at local school	£200
Raffle/sweepstake at local pub	£100

Can I raise more?

Yes!

What happens if I can't raise the sponsorship money?

The minimum £599 must be paid to Bridge2Aid 8 weeks prior to departure. At this time, all

travel and tour costs have to be paid to the tour operator (Classic Tours). If you cannot raise the £599 we will ask you to make up the balance yourself, in order to keep your place on the event. If you do have to withdraw from the trip, we can refund your money to your donors if required. However, we encourage you to contact us for ideas and advice if you do experience difficulties.

How much does the event cost?

With this event, the cost per person is £300. This means that around £398 will come directly to Bridge2Aid.

If you feel unhappy that part of the money raised is used to meet your costs, you might like to think about paying part or all of the costs yourself. Please make sure that your sponsors know that part of their sponsor money may be used to meet costs.

HOW TO TAKE PART

To take part in the Yorkshire 3 Peaks Challenge simply complete the enclosed registration form and send it, together with your non-refundable registration fee of £99 made payable to 'Bridge2Aid' to the following address:

Jennie Harvey
Bridge2Aid
Po Box 101
Ilfracombe
EX34 8WT