

walk for water

YORKSHIRE THREE PEAKS
INFORMATION PACK

27TH AUGUST 2020



pennyappeal.org®
small change, big difference

Registered Charity No: 1128341

WHO ARE PENNY APPEAL?

Penny Appeal launched in 2009 to make charitable giving affordable and rewardable. We work in over 30 crisis-hit countries worldwide, providing humanitarian aid to some of the world's poorest and most needy people. Our aim is to alleviate poverty in ways that cost just a few pennies each day.

Our transformational projects include providing food, emergency aid, sustainable water solutions and charity gifts that give long-term benefit. We also set up schools and mosques, care for orphans and the elderly, restore sight and much more.

That's a lot of work, but we use every penny wisely, ensuring each bit of small change makes a big difference.

THIRST RELIEF: SOLVE THIRST FIRST!

EVERY DAY AROUND 4,000 CHILDREN DIE FROM DRINKING DIRTY, DISEASED WATER. THAT'S ONE CHILD EVERY 20 SECONDS.

Trek the Yorkshire three peaks and help Penny Appeal to build a range of water solutions across Asia and Africa, including rainwater harvesting systems, handpump water wells, deep water wells, and latrines.

For millions of people around the world, getting clean water isn't just a case of turning on the tap. You can provide reliable access to clean water by building a well with our 'Walk for Water' challenge. Since our humble beginnings ten amazing years ago, we have installed over 20,000 water systems and wells, and provided clean drinking water to some of

the poorest people in the world. Installation of each of these water wells has had a lasting impact on the lives of the families they benefit.

Penny Appeal's Thirst Relief programme includes a range of clean water solutions for the communities we serve. The context, environment, soil type and culture can all affect which of these solutions is the most appropriate for a particular community. With the money raised from the 'Walk for Water' challenges, Penny Appeal will build **rainwater harvesting systems, handpump water wells,**

and **deep water wells,** and **solar panel water power centres** in various communities, on a where-most-needed basis. But it's important to remember that the the WASH (water, sanitation and hygiene) needs of developing communities aren't just limited to clean drinking water. There are other factors too, and Penny Appeal are committed to improving hygiene practices within our holistic Thirst Relief programme.

In a recent survey that we conducted across 123 villages in Pakistan, we found that only 9% of villagers had sufficient knowledge of safe water.

17% of people washed their hands with soap and water, and 60% were storing water in open containers, increasing risk of contamination. Improved water-hygiene knowledge can greatly reduce the risk of water-borne diseases within communities. This is why Penny Appeal's holistic Thirst Relief programme also includes **Hygiene education programmes** for communities, with the aim to spread awareness on safe drinking water and sanitation, reproductive health and personal hygiene, water-borne diseases and their prevention.

Furthermore, we are committed to ensuring communities have the infrastructure needed to support quality hygiene practices, which is why we are using some of the #Walk4Water proceeds to construct **sanitary latrines** within the communities, in order to further develop their good hygiene practices and prevent the spread of disease.

You will be fundraising towards:

- Rainwater Harvesting Systems
- Handpump water wells
- Deep water wells
- Hygiene Education
- Sanitary Latrines
- Solar Panel Water and Power Centres



By conquering Yorkshire three peaks this August, you can help build water systems in some of the poorest areas in the world.

Sign up now and commit to raising £300 so we can give another community reliable access to safe water for years to come.

ABOUT THE CHALLENGE

Hike the most beautiful peaks of Yorkshire, push yourself to the limits and transform hundreds of lives for the better (including your own)!

The Yorkshire Three Peaks Challenge is an epic -24mile hike up three of the most incredible peaks in the region, including 1585m of ascent. The Yorkshire Three Peaks Challenge includes:

- **Pen-y-Ghent (694 metres)**
- **Whernside (736 metres)**
- **Ingleborough (723 metres)**

These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble, in the stunning Yorkshire Dales National Park.

Most people try to complete this -24mile challenge in under 12 hours, which you can tackle with Penny Appeal, or feel free to go at your own pace. It's a tough trek, but it's also one filled with beauty and a feeling of undeniable accomplishment.

Every step you take will go towards building wells and water systems in some of the poorest and most remote areas of the world, making this challenge even more worthwhile.

IS THIS TRIP FOR ME?

Absolutely! If you enjoy a good walk, this is for you.

You don't need to be a pro hiker to take on the Yorkshire Three Peaks Challenge. It will be challenging, but with a little preparation and a great team alongside you, anyone with a good level of fitness can do it.

We will provide you with a comprehensive training guide to help you train for the challenge, and will of course be on hand every step of the way with any queries you may have.

Most of your fellow hikers won't have done anything like this before, and whether you tackle the Yorkshire Three Peaks challenge with friends or go for it alone, in the end, you'll go home with new friends for life!

GET YOUR PLACE IN THE TEAM

BOOKING FEE

To secure your place you'll need to pay a registration fee immediately. Once this is paid your place is reserved and you are committed to raising the total amount.

The registration fee is £35 to book a place on this event and includes qualified UK mountain guides to lead the team.

PLEASE NOTE

We strongly advise you stay overnight unless you live close by and are confident you can reach the meeting point by 6am.

Places will be allocated on a first-come and spaces are limited. The **ONLY** way to secure your place is to pay the deposit.

MINIMUM FUNDRAISING £300

By raising just £300, you will help us to build a range of water solutions across Asia and Africa, including rainwater harvesting systems, handpump water wells, deep water wells, and latrines.

The more you raise, the more we can build. Raising £600 can provide 200 people with access to clean water through our rain water harvesting system. Raise £1200 and you can supply clean water to 2200 people. Go that extra mile, if we raise £20,000 we can build an solar power water and power center which can benefit an entire community!

ITINERARY

Ready... set... go!

Our trip will start and end in Horton in Ribblesdale. We'll meet at 6:00am at the National Park car park, which lies about 150 meters north of Pen Y Ghent cafe (BD24 0HE). Transport will not be provided, so you'll need to make your own way to the carpark. We can advise on overnight accommodation for those of you who'd like to make a weekend of it!

Pen Y Ghent

We'll start our epic journey off gently, with our first summit of Pen Y Ghent (694m). The circular walk to the summit is under 6 miles, giving you the chance to stretch your legs and break in your walking boots. See if you can spot the aqua-coloured lake at the Hanson Aggregates quarry!

Whernside

Whernside (736m) will be our second peak, and the summit is the highest point of our journey, lying on the county border between Yorkshire and Cumbria. Take deep breaths and big strides, and don't forget to enjoy the view!

Ingleborough

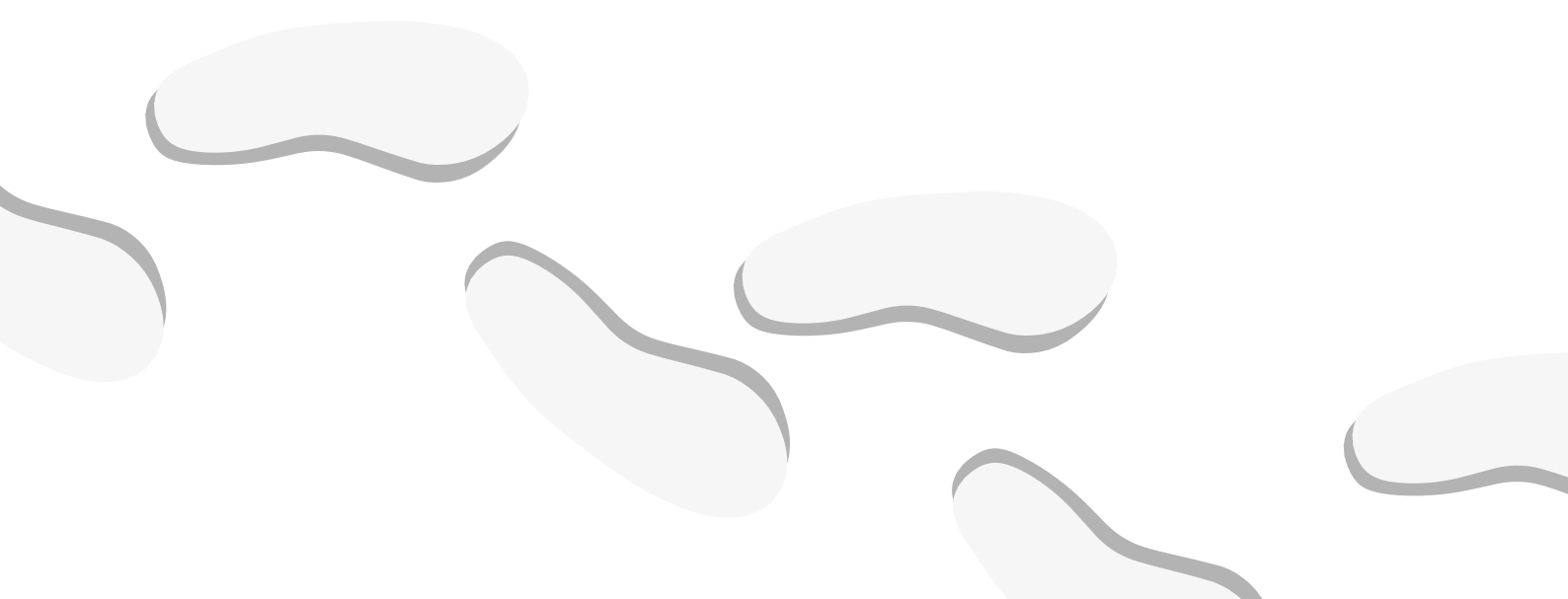
Our final peak will be the second highest peak in the Yorkshire Dales, Ingleborough (723m), which is known for its distinctive shape and beautiful waterfalls. We'll reach our final peak and take a few celebratory photos, before heading back to Horton to head home, achy but satisfied.

Itinerary:

06.00 **Meet at National Park Car Park**

06.30 **Quick brief and commence trek**

No transport Provided, People should make their own way. We can advise/suggest overnight stay for anyone not wishing to travel down on the day.



HOW TO TREK SAFELY

BOOTS

Footwear is the most essential piece of kit when it comes to mountain climbing. It is very easy to sprain or twist an ankle if appropriate footwear is not worn. Feet can also get very sore in the wrong shoes, making for a very long and uncomfortable trek. Trainers/pumps/smart shoes are NOT appropriate as they simply do not offer the correct support. Walking shoes or boots are a MUST to ensure your safety and comfort.

Walking socks are preferable, and you should bring plasters and a change of footwear for the journey home!

WATERPROOF JACKET AND TROUSERS

Waterproof jacket and trousers are essential for all UK outdoor activities, no matter what the time of year! A separate pair of waterproof over-trousers and a waterproof jacket MUST BE CARRIED. Very few normal trousers and jackets are waterproof, so the extra layer is ESSENTIAL.

If you are not sure of the effectiveness of your outer shell gear, try standing under a cold shower for five minutes!

LAYERS

Even if it is sunny and warm when we set off it can still be very cold and misty at the top of the mountain!

Wearing lots of layers is the best way to maintain a comfortable temperature while walking.

Don't forget gloves, a hat and a scarf – they can make a big difference!

FOOD - PACKED LUNCH/SNACKS

You must bring your own food for the whole day. Sandwiches and pasta are ideal high-energy foods to give you enough carbs for the physical challenge. Sugary snacks are great for when you need an extra boost.

WATER

It is vital to stay hydrated before, during and after the trek. Try to avoid lots of sugary, energy drinks though – only have them occasionally if you are used to drinking them.

RUCKSACK

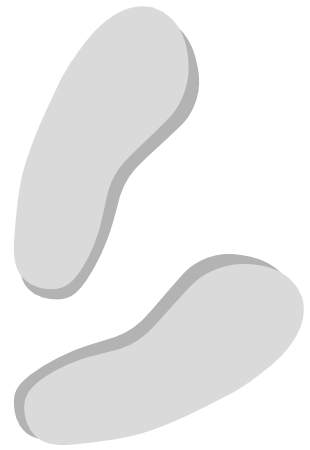
All of the above must fit into a rucksack you can carry comfortably on the trek. Any extra things you need for the day, such as toiletries, and change of clothes, can be left in another bag on the coach.

MOUNTAIN GUIDE

To make sure our challenge is as safe as it is enjoyable, we will be hiring an experienced mountain guide. Under no circumstances should we ignore our guide's advice.

Please note: It is the responsibility of each trekker to ensure he/she has all the appropriate clothing and enough food and water. Penny Appeal will not provide any of these items. The British weather is very unpredictable so please come prepared for all conditions. If you do not have appropriate kit you may not be allowed to take part.

FUNDRAISING IDEAS



ONLINE DONATIONS:

The quickest and easiest way to collect donations and sponsorships is to set up an online giving page. You can create your own Justgiving page by simply clicking 'start fundraising' on our campaign page to get started <https://www.justgiving.com/team/Y3PTeamOrange> and we will see how you are getting on.

SPONSORSHIP FORMS:

Print out the Penny Appeal [sponsorship form](#) and ask your friends, family, neighbours and colleagues to sponsor you for taking on the challenge.

SOCIAL NETWORKING:

Make the most of your online networks like Facebook, Twitter, YouTube, Instagram etc. A thought-provoking, informative or funny update could go a long way and bring in extra donations.

Be sure to join us on our social media networks too (Search for @pennyappeal and @teamorangepa) and we'll spread the word and keep you updated.

EVENTS AND ACTIVITIES:

If you need an extra boost to your sponsorships and donations why not host an event or activity. A cake sale at work, non-uniform day at school or a masjid collection could help you reach your fundraising target.

SIGN ME UP!

As soon as you're ready to sign up for our Yorkshire Three Peaks trek, please register your details on our sign-up form [here](#). You can also call the challenges team on 07739 363894 and they will guide you through the process.

Please note, your deposit must be paid separately, and your place will not be confirmed until this has been received.

PAYING YOUR DEPOSIT

The best way to pay your registration fee is through our website. Visit The Yorkshire Three Peaks page at <https://pennyappeal.org/event/YorkshireThreePeaks> and pay with credit or debit card using the payment box to the right.

PAYING YOUR SPONSORSHIP MONEY

All participants are asked to raise at least £300 on top of the registration fee. The total fundraising amount must be raised a month before your challenge.

DEBIT/CREDIT CARD

Give us a call on 03000 11 11 11 and we can take the deposit payment by credit or debit card. Be sure to tell our donor relations team what you are paying for so they can get all your details correct on our system.

ONLINE GIVING

If you're collecting money through a JustGiving page, sit back and relax! The money will be sent to Penny Appeal automatically. When setting up the page, make sure to visit our group page and click "[Join the Team](#)" so we can see how you're getting on.

BANK TRANSFER

Contact us on 07739363894 or taksima.ferdous@pennyappeal.org and we will give you Penny Appeal's bank details and what reference to put.

GET IN TOUCH!

If you have any other questions about the challenge, or if we can help in any other way, please do let us know. Email challenges@pennyappeal.org or contact us on 07739 363894

FAQS

HOW LONG WILL IT TAKE TO CLIMB?

It can usually be done in 12 - 14 hours. For those who want a challenge, we will cater to have the Yorkshire Three Peaks challenge completed in 12 hours. .

HOW MUCH FOOD SHOULD I BRING?

Enough for the whole climb! It will be a long walk, so bring plenty of water and snacks. You want to carry at least 3-2 liters of water. Be conscious not to over pack as you will need to include your clothing layers in your backpack as well. Plan what you want to eat and pack enough for all this and then bring a bit more!

WHAT KIND OF FOODS SHOULD I BRING?

Foods high in carbohydrates, such as sandwiches and pasta, should provide the main energy to keep you going. On top of that you will want a bit of a sugar rush and quick energy boost - this means sweets and chocolate!

WHAT SHOULD I DRINK?

You will need to be well hydrated - water is vital. Fizzy or energy drinks are not recommended and you should only have a small amount of sports drinks if you are used to them.

DO I HAVE TO TRAIN?

You do not have to be super-fit, but you must be prepared for many hours on your feet. As long as you are active on a regular basis and have no difficulties walking you should be fine. You may want to do some power walking or even jogging a couple of times a week before the challenge to get some practice in! If you are unsure whether to take part please consult your GP.

I HAVE AN INJURY BUT I WANT TO TAKE PART, WHAT SHOULD I DO?

We appreciate and admire your passion and dedication, but if you are injured you should not take part - we do not want you to risk further harm. There will be many more challenges and we would prefer you to wait until you are back to full health.

WHAT IF I DON'T RAISE THE £ 300 BY THE DAY OF THE TREK?

We're sure you will raise the full amount, and we'll give you loads of support to make the target. If you're struggling please speak to us as soon as possible - we have tons of tips and ideas to help you out. If you miss the target you may not be allowed to participate, so please do get in touch if you are finding it difficult - we really want you on our team so we can build a range of water systems across Asia and Africa

WHAT IS YOUR DONATION POLICY?

All donations made to Penny Appeal go on to support our programmes. Naturally, there are essential and inseparable overheads required in delivering our projects and these are absorbed in the programme cost.

Like every charity, we have basic operating costs, but we recover these through Gift Aid, which is a tax relief from the UK Government and comes at absolutely no extra cost to our donors.

That's why it's important that if you are eligible for Gift Aid, you allow us to claim this, so we can continue to use donations in the most beneficial and effective way possible.

CAN I COLLECT ZAKAT DONATIONS FOR SPONSORSHIP?

Yes, our water solutions projects are built in remote villages where all inhabitants are zakat eligible. Penny Appeal will ensure that 100% of your funds will be spent in line with its 100% zakat donation policy.