

Railway Children

3 PEAKS

Challenge by Rail

2024

Supported by

porterbrook



INFO
PACK

THANK YOU SO MUCH FOR TAKING PART IN OUR 3 PEAKS BY RAIL CHALLENGE, HELPING CHILDREN WHO FIND THEMSELVES VULNERABLE AND ALONE ON STATIONS AND STREETS AROUND THE UK, INDIA AND EAST AFRICA.

Congratulations – you are all signed up for the 21st 3 Peaks by Rail for Railway Children! This info pack contains all you need to know to prepare for the event.

We are very grateful to our headline sponsor, Porterbrook, for their continued support of the event. Thanks to them, so much more of your hard-earned sponsorship will go to the children who so desperately need our help.

We are delighted to be working with events company Global Adventure Challenges again this year, who will be looking after you on the mountains.

If you have any further questions about the event after reading this pack, please get in touch with our events team at events@railwaychildren.org.uk.



**BEFORE
THE EVENT**



**DURING
THE EVENT**



**WHAT TO
BRING**



**ON THE
TRAIN**



**REACHING YOUR
FUNDRAISING
TARGET**



BEFORE THE EVENT

Medical information:

This is a team event, and your team is expected to stay together on the mountains. Safety is our primary consideration. It is a good idea to do some of your training together and go on some **practice hill walks**.

As part of your registration, you gave us your medical information relating to the challenge. If at any point prior to the event there are any changes to this information, please **contact us** straight away. In some cases, Global Adventure Challenges may request that we obtain additional medical information, or they may request that you acquire a doctor's signature in order to take part in the event. To avoid any disappointment, we ask that you return any forms as soon as possible.

If you or any of your team takes regular prescription medication, remember to take an adequate supply with you when you are training and on the event itself.

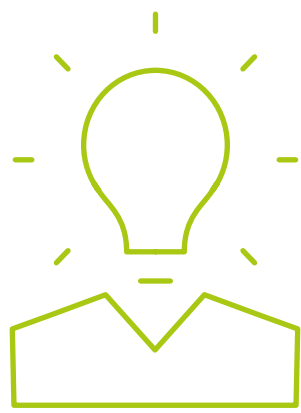
It may sound like common sense, but experience has shown that it is not uncommon for someone to have forgotten their asthma inhaler or not realised it was nearly empty. This is equally relevant for more standard medications, e.g. aspirin.



Insurance:

Railway Children has public liability insurance, and this protects participants in the event of negligence on the part of the organisers. However, this is not personal accident cover for individuals. All participants should ensure that their personal insurance arrangements do not preclude them from participation in this type of activity and that they are adequately covered in the event of an accident.





Preparation & training:

The Three Peaks Challenge is a testing event but is within the reach of most people with a basic level of fitness, provided they are properly prepared.

The challenge has been structured in such a way that a consistent pace is required, at times the terrain may be steep and difficult.

The qualities required are a combination of determination and commitment, but you will also need to have the strength and stamina to sustain you through what is going to be a very physical time. This can only be achieved through training.



We have a great training plan from Global Adventure Challenges that you can [follow here](#).



5 REASONS TO TRAIN!

1. You will have a far better chance of completing the challenge.
2. You will enjoy it far more if you have a good level of fitness, and are far less likely to become injured.
3. It will improve your circulation, breathing and endocrine functions and strengthen your heart, reducing the risk of heart attack and stroke.
4. It tones muscles and strengthens bones, reducing the risk of osteoporosis. It also reduces blood fat and cholesterol and burns calories!
5. It boosts mental performance and improves psychological wellbeing.





Top tips for training:

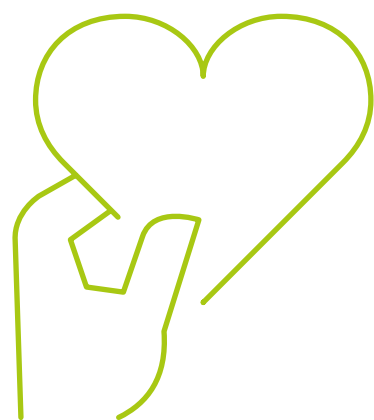
- Get up an hour earlier and go out for a quick walk in the morning before work, or use your lunchtimes to take regular brisk walks around your work area.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you can walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Find a steep set of stairs, e.g. five floors of a department store/office block and climb them five times at least three times per week.



YOU SHOULD MAKE THE TIME FOR SOME LONG WALKS ON CONSECUTIVE DAYS, AS PER THE TRAINING SCHEDULE. IT IS THE ACCUMULATION OF WALKING DAY AFTER DAY THAT REALLY TESTS YOU.

- Cross training such as swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Book weekends away with family, friends or team mates to some mountainous region in the UK to experience walking on different surfaces and in a mountain environment to test out all your equipment.





How to avoid injuries:

- To avoid blisters, keep your feet dry and wear socks made with fibres which draw moisture away from your skin – steer clear of pure cotton. Don't lace your boots too tightly or too loosely. As soon as a hot spot occurs (a rubbing of the skin which then feels warm), remove your boot and apply a blister prevention kit such as Compeed.
- When walking, try to make sure your heel touches the ground first and then you push off with your toe.
- Try to walk with your head up and eyes focused ahead; not always easy on difficult terrain! Keep your shoulders level, pulled back and down, lift your chest.



Medical service on board:

Global Adventure Challenges' walking guides and marshals are all first aid trained. There is a supply of first aid equipment on the train, but you are advised to bring your own first aid kit. This should include blister treatment, e.g. Compeed, support bandages and ibuprofen. There will also be a team of sports therapists on the train to give much needed massages.

If you have an incident or emergency on the mountains, please ask a team mate to carefully make their way to one of our mountain guides to inform them. Call emergency services if required.





DURING THE EVENT



You and your team will be climbing the highest mountains in England,

Scotland and Wales, with a special train taking everyone between the mountains.

This itinerary is subject to change – the health and safety of participants is our number one priority. Mountain weather conditions can impact the appropriateness of continuing with a summit attempt, both with regard to timings and safety. We therefore cannot guarantee that you will be able to summit all the mountains. The event manager’s decision on whether the group can continue is final.

Timings:

Train timings for the event are approximate and may be subject to change. There are strict start and finish times on each mountain to ensure we get back to the train on time, it will not wait! Turnaround times are in place to ensure all participants have adequate time to descend from the mountain and for the coach transfer back to the train to avoid missing connections, which will result in not being able to complete the itinerary.

Regardless of where you are on the mountain, at the specified turnaround you must turn around and begin your descent.





DURING THE EVENT

THURSDAY 27TH JUNE

Check in at
Crewe Station 17:00

Departure from
Crewe 18:30

Arrival at
Bangor 20:00



FRIDAY 28TH JUNE

Departure from
Bangor 04:30

Arrival at
Ravenglass 09:00



Departure from
Ravenglass 19:30

SATURDAY 29TH JUNE

Arrival at
Fort William 04:20



Departure from
Fort William 12:30

Arrival at
Helensburgh Upper 16:00

Arrival at
Dumbarton Central 16:45

Arrival at Carlisle 19:30

Arrival at Preston 21:15

Arrival at Crewe 22:00



SNOWDON

A fleet of coaches will pick-up teams from Bangor Station to take you to the Pen-y-Pass car park at the bottom of the mountain.

You will climb the mountain via the Pyg Track and return via the same route. The total ascent is 895 metres, walking a distance of approximately 6km. It's not a difficult path to follow in the day but remember we will be climbing Snowdon at night, so head torches are obligatory.

Unfortunately, the café at the top is not going to be open in the middle of the night. Incentive to get back down to the train! The cafe in the Pen-y-Pass car park will be open when you get down from Snowdon. Coaches will take teams back to Bangor Station.



Climb start:

22:00

Turnaround:

00:45

Climb finish:

03:45

Total climb time available:

5hrs 45mins



SCAFELL PIKE

The train then heads north up to Ravenglass. The teams then board the charming Ravenglass and Eskdale steam railway which takes you to Dalegarth. You will then walk for approximately two hours to Brackenclose at the bottom of the mountain to begin your ascent.



PLEASE NOTE! This additional Brackenclose moors walk does make the Railway Children Three Peaks event particularly challenging as you have a 6km walk before reaching the bottom of the mountain. It is a difficult undulating walk through the moorlands, and you will be tired having had little sleep the previous night.

However, it is part of the event and is included so we do not have to use road transport to get to the mountain. The roads in this area are particularly narrow and suffer from continual pounding from endless road-based Three Peaks events throughout the summer.

You will then climb from Brackenclose past Brown Tongue and bear left over Hollow Stones towards Lingmell Col and bear right up to the summit.

Scafell Pike is the smallest of the three mountains at 978 metres. The terrain is a rocky path from rough crag to scree and has a rock summit. The distance from Brackenclose to the top of the mountain is approximately 4km. When you reach the bottom of the mountain you do not have to walk back to Dalegarth – you will be picked-up by minibuses that take you back to Ravenglass Station.



Climb start:
12:15

Turnaround:
15:00

Climb finish:
18:00

Total climb time available:
5hrs 45mins



BEN NEVIS

At last – time for some sleep while the train heads up to the highest mountain in the UK – Ben Nevis. On arrival at Fort William, coaches will take the teams to the Glen Nevis car park at the bottom of the mountain to begin the final ascent. This is the main tourist route and the track is quite obvious. The path then zigzags the broad west slopes of Ben Nevis to the exposed summit plateau which consists of a rocky path over steep boulder fields. Ben Nevis is 1,345 metres high and the route involves 1,352 metres of climbing. The distance from the start to the summit is approximately 7.5km.

The post-event party takes place on the train as we head back home through the beautiful Scottish Highlands. Bubbly, beer and wine is available to purchase on board. There will also be prizes for the teams who raised the most sponsorship. You are welcome to depart the train at any of the stations listed above, with the final stop being Crewe.



Climb start:

05:00

Turnaround:

08:45

Climb finish:

12:00

Total climb time
available: 7hrs



Event safety:

Instructions given to you by the event organisers must be adhered to at all times. Railway Children will not take responsibility for any incident that occurs as a result of teams or individuals not heeding advice and instructions given.

Please remember that the event is not a race! This is a team event, and all the members of your team should stick together. This means you will have to go at the pace of the slowest person in your team, but for safety it is vital that no one is ever left to walk on their own.

**MOUNTAIN LEADERS
WILL BE POSITIONED
STRATEGICALLY AT
POINTS ALONG THE
ROUTE TO OFFER
SUPPORT AND GUIDANCE
WHERE REQUIRED OR
TO HELP IN THE EVENT
OF AN EMERGENCY.**



Weather:

The weather in the mountains can be unpredictable. A wet, windy day can be as challenging and hazardous as a day in mid-winter. Once cold and wet, fatigue can soon set in, lowering the body's resistance and possibly leading to exposure. Likewise, hot weather can be just as dangerous. Please pack for all eventualities and follow the guidance of the mountain leaders.

Check the weather [here](#) before the event for each of the locations we will be walking in.





WHAT TO BRING

The following is a guideline for individual and team equipment. Event crew may scrutinise individual and team equipment and those individuals or teams not suitably equipped will be prevented from starting.

There are no excuses for not coming prepared. You place yourself at the mercy of the weather on exposed peaks and, as such, not only put yourself at risk but others who must assist you. Please bring what is asked for on the kit list opposite – everything requested is for good reason.

Before going to great expense equipping yourself for the event, consider borrowing equipment from friends and colleagues. The only item of equipment that we advise you don't borrow is your boots. A reasonable pair can be purchased for a reasonable price and will be a good investment not only for the event itself, but also for the future.

Suitable trousers (not jeans)

Full waterproofs – jacket and trousers

Hat/sunhat

Gloves

Boots with ankle support & walking socks

Rucksack with a hip belt

Water container

Snacks to eat during the treks

Headtorch

Two walking poles

Sunscreen/sunglasses/insect repellent

First aid kit (include blister plasters)

The full kit list provided by our challenge partners Global Adventure Challenges can be [found here](#).

Clothing

Clothing essentially consists of three main layers.

- The base layer that is next to your skin should be capable of transferring or 'wicking' moisture away from your skin to try to keep you reasonably dry.
- The mid-layer needs to be thicker, typically a fleece or something similar. This is where the moisture wicked away by the base-layer will collect to evaporate into the air.
- The outer layer should be both windproof and waterproof.

As with all outdoor clothing, there are many different examples to suit different budgets. Waterproof over-trousers will be needed for wet and cold weather. Carry spare clothing in your rucksack in a protective waterproof bag. In the early morning and late evening, it will be cool even during the summer months.

You may also wish to bring comfy clothes/ shoes for whilst on the train – these can be left on the train when you are out walking.

Footwear

Suitable footwear designed for trekking is required. Remember that these may well need to be broken in beforehand. It would be unwise to start this event with new footwear.

Some people prefer a thinner pair of socks next to the skin with a thick pair on the outside. Others walk in just a single thick pair of 'walking socks'.

IDEALLY, USE YOUR BOOTS FOR YOUR TRAINING WALKS AND EXPERIMENT WITH DIFFERENT SOCK COMBINATIONS TO SEE WHICH ONE SUITS YOU THE BEST.



Rucksack

You can leave your belongings on the train and just take what you need for the mountain, so you will need a comfortable daypack. As with the boots, try to make sure you have used it previously, perhaps during your training walks. It might feel comfortable in the car park but when you have been walking with it for three hours it could be an entirely different matter.

Walking poles

For many people, walking poles make a long walk easier. They turn your body into 4-wheel drive! Using poles will reduce the accumulated stress on the feet, legs, knees and back. It does this by sharing the load, helping with balance and improving posture.



ON THE TRAIN

Food & drink

Complimentary food and drink will be provided on the train. The food will be appropriate to this type of event – lots of carbohydrates. Please bear in mind you will be using up a lot of calories so you may wish to bring other food – energy bars, etc.

- Hot water will also be available on the train for flasks.
- A selection of chocolate, snacks and bottles of water will be available for each mountain.
- A vegetarian option will be offered with each meal but if you have any other dietary requirements, please let us know beforehand.
- Please do not bring any alcohol on the train. The train will also be no smoking. A selection of alcoholic and non-alcoholic drinks will be available to purchase after the meal service from Fort William. The proceeds will be donated to Railway Children.

- There will not be a buffet or shop available on this train.
- Water for walking will be provided both on the train and also at the bottom of the mountains, please bring a bottle or bladder to fill throughout the event.



Additional Information

- You will be allocated seats with your team, and these will be given to you when you check in at Crewe. Let us know beforehand if there are any teams you would like to sit with.
- The train is our home for the duration of the event so you can leave all your belongings on the train and just take what you need on the mountain. We can't take responsibility for any valuables so it's a good idea to take credit cards, money, etc with you.
- There will be sockets for you to charge your phone, however, we won't have Wi-Fi!
- There are minimal washing facilities on the train – just the usual on-board sinks and toilets.



What if I miss the train?

The train will have to depart at the scheduled time, so we are unable to wait for any stragglers.

However, if you do miss the train for any reason, you will be issued with a rail pass that will allow you to travel on any train for the duration of the event.

There will be a Railway Children representative at each mountain who will ensure you get home safely or will help you find accommodation if necessary.

Please note that if you do need accommodation, this will be at your own cost.

If you have any questions about any aspects of this event, please don't hesitate to get in touch with our events team at events@railwaychildren.org.uk

IF THE EVENT CREW DO NOT BELIEVE YOU WILL MAKE THE CUTOFF TIMES, YOU MAY BE ASKED TO MAKE YOUR WAY BACK DOWN BEFORE YOU REACH THE SUMMIT.



REACHING YOUR FUNDRAISING TARGET

Through registering for this event, you pledged a minimum fundraising target of £4,000 for your team, with your fundraising page being automatically set up on the 'Enthuse' platform. You have both your individual fundraising page, as well as your team page.

This is the easiest way to reach your fundraising target and all donations made through your fundraising page will come directly to the charity and will go towards your fundraising target. You can easily record any offline donations, which will need to be paid directly into our bank account, on your page too.

This is a tough challenge and in order to succeed, your team will have to dedicate a good deal of time to training and preparation, so tell people just how tough it is!



In any communication tell your supporters exactly what you are doing on the day and generally leave them in awe of the task you are undertaking. This may gain their sympathy or their admiration, or simply leave them thinking you must be mad, but it will help to gain their attention and raise funds!





Here are some tips to help you reach your fundraising target and beyond!

- Tell anyone and everyone! Social media is one of the best ways to tell people about your fundraiser. Share pictures of you throughout the challenge – the good bits and the harder bits! Don't forget all those WhatsApp groups you're part of too!
- Did you know that 20% of fundraising comes in after an event? So, share how you did, what taking part meant to you and how it has affected how you feel. You'll be amazed at how many extra donations come in after the event – fundraising pages will be open for four weeks after the event.



IF YOU RAISE ANY MONEY OFFLINE, PLEASE GET IN TOUCH FOR OUR BANK DETAILS SO THAT YOU CAN SEND IT DIRECTLY TO US.

- Tag **@RailwaychildrenUK** in your posts and remember to include a link to your online donations page.
- Don't forget to ask your donors to Gift Aid – this adds 25p onto every £1 they give at no extra cost to you or your donor (Gift Aid does not count to your fundraising target, its an added bonus!).



THANK YOU FOR MAKING A DIFFERENCE

The money you raise from taking part in this event can help children like Darcy, who ran away from home after arguments turned into fights and she felt as though she was part of the problem.

Or Anuj who is from a low-income family and, unbeknown to his family, at the age of 14 set off in search of work to try and help.

Or Kanoni who was only nine years old when she was found living on the street. As she grew up, her only means of survival became sex work.



£100

could pay for four hours of one-to-one support for a vulnerable child in the UK when they need it most.



£350

could pay for a family reintegration worker in India to spend a month tracing children's families, reuniting them where possible and working with the whole family to ensure the child is safe and that they can thrive together.



£500

could pay for an outreach worker in Tanzania to search the streets and bus stations for a month looking for and protecting children at risk.

CHANGE A CHILD'S FUTURE TODAY

Your support makes our work possible. It's the only way we can ensure all children are seen, heard and protected, so no child has to live on the streets anywhere in the world.

**THANK YOU SO MUCH FOR TAKING PART IN OUR 3 PEAKS BY RAIL CHALLENGE,
HELPING CHILDREN WHO FIND THEMSELVES VULNERABLE AND ALONE ON
STATIONS AND STREETS AROUND THE UK, INDIA AND EAST AFRICA.**

Railway Children

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Registered charity number 1058991

Wherever possible we gained consent of the children pictured in accordance with our child protection policy. Names have been changed and models used to protect identities. Your donations will transform the lives of children in Tanzania, India and the UK - wherever the need is greatest.

children RAILWAY
No child lost to the streets