

# THREE PEAKS CHALLENGE

7TH-9TH JULY, 2022



INFORMATION PACK

## OVERVIEW

3

MOUNTAINS

30

HOURS

10,052

TOTAL CLIMB (FT)

# CONQUER THREE OF BRITAIN'S BIGGEST PEAKS

A bucket list essential, the Three Peaks Challenge will see you climb Ben Nevis, Scafell Pike and Mount Snowdon - Scotland, England and Wales' highest peaks – back-to-back. You'll hike 23-miles in total, with a total climb of over 10,000 feet, led by our experienced team leaders, with assistance from our dedicated support team.

“

On behalf of the Foundation, thank you for signing up to this year's Three Peaks Challenge. It's a tough but utterly rewarding challenge; perfect for bonding. The three mountains are stunning, and you'll hopefully be spurred up them by the knowledge that the money you raise will have a lasting impact of the lives of thousands of our disabled and disadvantaged participants. ”

**Emma Fletcher-Dungay**

Senior Fundraising & Events Manager







## THE CHALLENGE

### ITINERARY

#### DAY 1: TRAVEL TO SCOTTISH HIGHLANDS

Thursday 7th July

We'll drive you and the challenge team from The Nest in Norwich up north to Scotland. The drive is around 11 hours, giving you the chance to get acquainted with your teammates.

Once there, you'll stay on the outskirts of Fort William, in the Scottish Highlands. An early night is in order, with the challenge starting bright and early in the morning.




 Scotland Hostel

#### DAY 2: BEN NEVIS

Friday 8th July

Britain's biggest peak is the starting point for the challenge. After breakfast, you'll be underway, led by our experienced volunteer team leaders.

A Loch marks the half-way mark (Lochan Meall an t-Siudhe), and from there a path follows a zigzag pattern to the rocky summit plateau. Large cairns mark the final ascent to the trig point which marks the peak. In July, the peak is likely to be snow-free, and should we strike lucky with the weather, the views are spectacular.

-  10 miles
-  1,345 metres
-  5-7 hours





## THE CHALLENGE

### ITINERARY (CONT.)

#### DAY 2 & 3: SCAFELL PIKE

**Friday 8th & Saturday 9th July**

We then make the 265-mile drive south to the Lake District and England's largest peak, Scafell Pike, arriving with the sun setting.

It's time to turn on the headtorches; we'll be making the climb through the night in darkness. Despite being the smallest of the Three Peaks, it's a tough, steep hike and involves some scrambling over hard terrain.

On the descent, should we be on schedule, you'll be greeted with the sight of the rising sun.



5 miles



978 metres



4-6 hours

#### DAY 3: MOUNT SNOWDON & HOME

**Saturday 9th July**

The 5-hour drive to Mount Snowdon gives you the chance for some shut-eye, and to rest aching limbs, ahead of the final climb.

We'll ascend up the Miner's Track route, which passes the beautiful lakes of Llydaw and Glaslyn. At the top, should it be a clear day, you'll get stunning views of Snowdonia, Anglesey, Pembrokeshire, and possibly even Ireland! Summit selfies done, we'll descend down the Llanberis path where the support team will greet you with your challenge medals.



7.5 miles



1,085 metres



5-6 hours

Challenge complete, back on the transport to head home





## OVERVIEW

### Walk support

Each sub-team will be guided by two experienced volunteer team leaders, who will have maps, GPS and radios linking them to the other sub-teams and our support minibuses.

The support minibuses will transport you between the peaks, and be there at each mountain's start and finish point. The team will prepare hot/cold drinks for you, transfer your luggage and support with any other requests.

### Information evening

We will be holding an induction evening in February / March at The Nest, the date of which will be communicated out nearer the time.

The evening is a chance to meet your team leaders and other walkers, talk through key information, and gives you the opportunity to ask any questions you may have.

### Other Information

A full risk assessment has been completed for the challenge, and all walkers will be issued with a copy and asked to sign a consent form.

### Training

Obviously, we aren't blessed with hills in Norfolk, so the best training to do is mid/long distance walks (circa four to five hours to mirror time spent on the mountains).

We'll run a number of free training walks prior to the Challenge. They will vary in length and start at differing points in Norfolk. Further information on these will be shared with you in due course.

You will be provided with either a eight week training plan (experienced walkers) or a twelve week training plan.

### Accommodation

Walkers will stay in hotel accommodation on day 1 (you will be climbing Scafell Pike on the other night). The cost of the event is based on two people sharing a twin room. Single rooms are available, subject to a supplement payment.

### Kit list suggestions

- Walking boots
- Good socks
- Rucksack
- Poles
- Water bladder
- Layers
- Waterproof
- Warm clothes
- Flip flops
- Sun cream
- Gloves
- Head torch
- Personal medical essentials

Each walker will be provided with a Three Peaks Challenge t-shirt.

You may need to invest in kit and equipment. We recommend visiting Go Outdoors, as you will be eligible for a charity discount on most purchases.

# COSTS

## ✓ What's included

Charity t-shirt & medal  
Refreshments  
Breakfast & light lunch  
Transport

## What's not included

✗ Evening meals

## Deposit

A **£61** deposit is required to secure your place on the challenge (this includes a £1 booking fee). The remaining **£150** can be taken in three instalments or in full no later than **Tuesday 31st May 2022**.

## Fundraising deadline

Proof that the minimum **£250** has been raised must be given by **Friday 1st July 2022**.

**EVENT COST**  
**£210**

**FUNDRAISING**  
Min. of **£250**  
(ex. Gift aid)

## How to pay the event cost:

Cheque: Make payable to '**Norwich City Community Sports Foundation**'

Call **01603 984000** to pay by debit/credit card

Pay online at **[communitysportsfoundation.org.uk](https://communitysportsfoundation.org.uk)**  
(£1 online booking charge applies)





# FUNDRAISING

## Online sponsorship

We are listed on Just Giving – it's a fantastic platform to collect sponsorship on, and for ease of transferring the funds to us.

### Step 1

Either click this [link](#) or visit [www.justgiving.com](http://www.justgiving.com) search 'Norwich City Community Sports Foundation'

### Step 2

Click on the Charity and then click on Fundraise, at this point you will need to either sign in (if you have an account) or register

### Step 3

Click on 'Taking part' in an event then choose 'Three Peaks 2022'

## Offline sponsorship

Complete the process

Keep Alternative online fundraising platforms are available, including Facebook fundraising. This can be set up through the Community Sports Foundation's Facebook page.

## Good to know

Organisations and businesses often support their staff/employees by contributing donations, or by matching the amount of money they raise. It's always worth asking!

We have a number of incentives and rewards to help encourage you with your fundraising, including:

\*total does not include gift aid

individual  
player photo  
signed by a  
Norwich City  
FC player

Raise  
**£150**

2x Ground  
Tour tickets

Raise  
**£300**

Norwich  
City pennant  
signed by  
the first team

Raise  
**£400**

2x Norwich  
City FC  
Match Day  
Tickets

(game choice subject to availability)

Raise  
**£500**

Norwich City  
FC football  
signed by  
the first team

Raise  
**£600**

Norwich City  
FC shirt  
signed by  
the first team

Raise  
**£750**

Signed &  
Framed  
Norwich  
City FC  
shirt

Raise  
**£1,500**

2x Norwich  
City FC match  
day hospitality  
tickets

(game choice subject to availability)

Raise  
**£2,000**

# FUNDRAISING TOP TIPS

## START EARLY

The sooner you start, the more money you will raise.



## SET A TARGET

Your goal should be reachable, but also if you are getting close to your goal, stretch it again!



## CONTACT EVERYONE!

Check your personal and work address book and, let your contacts know. You may be surprised at who will support your cause.



## CUSTOMISE YOUR EMAILS

Why not personalise your personal or work email signature to include a link to your fundraising page? Recipients of your emails may be inspired to help support your walk.



## COMMUNICATION SCHEDULE

Plan dates in advance for when you will contact people. Don't bombard your friend list with emails, but make sure you keep up a regular stream of communication.

## IF YOU DON'T ASK YOU DON'T GET!

People can only donate if they know about it, so make sure you tell them! Don't be shy and don't be scared to remind them.



## CUSTOMISE YOUR FUNDRAISING PAGE

Try to add photos, videos, a story and even a blog - let people feel what you are going through and why.



## SOCIAL MEDIA

Update your status on Facebook, Twitter, LinkedIn, or Instagram. Keep directing them to your fundraising page!



## BE CREATIVE AND FUN

Cake sales, pub quizzes and car-washes are some of the most common fundraising events but don't be afraid to think 'outside of the box'.



## FUNDRAISE WITH OTHERS

Join forces and raise money with another fundraiser - two heads are often better than one! Having a shared target can motivate both of you to reach your goal.



## STAY FOCUSED

If you need reminding of why you are completing the walk, visit the charity's website, watch our videos, read our case-studies and get re-inspired!



## SAY THANK YOU!

Make sure you say thank you to your donors. You might need them again next time!







## WHAT WE DO

# MAKING A DIFFERENCE IN NORFOLK

**The Community Sports Foundation is Norwich City FC's official charity. We use the power of sport to support and inspire our community. Our charitable objectives are driving inclusion for people with disabilities, boosting mental health and wellbeing, and supporting disadvantaged people to raise their aspirations.**

### **Driving inclusion for people with disabilities**

20% of people in Norfolk have a disability, which is higher than the national average. The Foundation works to provide inclusive environments that meet the needs of those taking part, so that they may enjoy the benefits of sport.

### **Boosting Mental Health and Wellbeing**

An estimated 38,000 people in Norfolk experience loneliness. We use the physical and social benefits of sport to improve people's mental health and physical wellbeing. Our work helps to combat loneliness, anxiety, and inactivity for people in Norfolk.

### **Inspiring disadvantaged people**

Norfolk has the third highest school exclusion rate among rural counties. Sport and Norwich City Football Club are powerful tools for engaging with harder to reach groups and inspiring them to raise their aspirations, and reach their potential.

Find out more at [communitysportsfoundation.org.uk](https://communitysportsfoundation.org.uk)



## CONTACT US

**If you have any queries in the build up to the challenge, whether about the challenge itself, or about your fundraising, don't hesitate to get in touch!**



### EMMA FLETCHER-DUNGAY

**Senior Fundraising & Events Manager**

☎ 01603 984000 / 07879474077

@ [emma.fletcher@norwichcitycsf.org.uk](mailto:emma.fletcher@norwichcitycsf.org.uk)



### JACOB ELKINS

**Fundraising Events Admin Assistant**

☎ 01603 984000

@ [jacob.elkins@norwichcitycsf.org.uk](mailto:jacob.elkins@norwichcitycsf.org.uk)

@ [csf.fundraising@norwichcitycsf.org.uk](mailto:csf.fundraising@norwichcitycsf.org.uk)

🌐 [communitysportsfoundation.org.uk](http://communitysportsfoundation.org.uk)

Norwich City Community Sports Foundation, Norwich City Football Club, Carrow Road, Norwich NR1 1JE





**DATE:**.....

If I have ticked the below Gift Aid box, I confirm that I am a UK income or Capital Gains taxpayer, I have read this statement and want Norwich City Community Sports Foundation to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities that I donate to, will reclaim on my gifts for that tax year. I understand Norwich City Community Sports Foundation will reclaim 25p on every £1 that I have given.

## GIFT AID

If I have ticked the below Gift Aid box, I confirm that I am a UK income or Capital Gains taxpayer, I have read this statement and want Norwich City Community Sports Foundation to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities that I donate to, will reclaim on my gifts for that tax year. I understand Norwich City Community Sports Foundation will reclaim 25p on every £1 that I have given.

FULL NAME	HOME ADDRESS	POSTCODE	DONATION AMOUNT	PAID?	
PETER BLOCK	26 KIRKLEY AVE	OL5 0NX	£ 15.00	YES	<input checked="" type="checkbox"/>
			£		<input type="checkbox"/>
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			£		<input type="checkbox"/>
TOTAL:			£		<input type="checkbox"/>

## OFFICE USE ONLY

AMOUNT RAISED:  MONEY RECEIVED:  FORMAT RECEIVED:  GIFT AID COLLECTED: