

## Manx Three Peaks Challenge – Saturday 16<sup>th</sup> July 2022

### Reason for the challenge

The Manx Three Peaks challenge is being organised by The Children's Centre as a fundraising challenge event and supported by Crowe LLP. This year funds raised will be going towards developing one of our poly tunnel spaces to create a mindfulness garden – full of flowers to feed the bees and quiet spaces to help us work with children, young people and families living with challenges.

### General Event Information

The climb will begin at sea level in Ramsey and then you will walk/trek and conquer North Barrule, Snaefell and finally Beinn-y-Phott before making your way to Laxey beach. There will be a refreshments station at The Bungalow where volunteers will be on hand to top up your water bottles and offer you bananas and oranges. Toilets will also be available here.

Registration on the day will be on Ramsey beach, south of the Queens Pier, and will open at 8.30am and close at 8:50am latest. You **MUST** sign in before commencing, then you will be set off at 9am and finish at Laxey prom approximately 5pm (this will vary with each individual).

Please note there will be a **cut off at 2pm** for all participants to be at **The Bungalow**.

Please click on the attached link to view the full route on Google Maps (NB this includes details of where Marshalls will be situated and that you will need to open via web browser)

<https://www.google.com/maps/d/edit?mid=17mWNSRVU0DU3itACiA7M6xZBj79MFhby&usp=sharing>

**\*\*\*Please note that you MUST notify the organisers if you retire at any stage of the challenge –  
Event phone 334918\*\*\***

### Transport

You will need to make your own arrangements to the start and be collected at the finish.

### Food and Hydration

Well planned and appropriate nutrition is very important for events such as the Manx 3 Peaks.

A snack should ideally be consumed every two hours or so whilst walking. Snacks should be a mix of carbohydrates and protein, with a handful of nuts or seeds.

There is very little difference in performance depending on what is being drunk - most importantly, enough needs to be drunk. This means approximately one litre of water per two hours, or the equivalent

Many prefer to drink water rather than energy, sports or isotonic drinks - water comes the most recommended. As long as appropriate food is also being consumed, the sugar in other drinks is not required.

For practicality, hydration backpacks are highly recommended, as they leave your hands free for balance, and provide a quick source of hydration while you're on the move.

## Kit List

This kit list is to provide you with an outline of the 'on hill' equipment necessary for this challenge. Please note the mandatory items - unsuitable footwear is our most common kit issue.

### Mandatory

- **Walking boots (with ankle support, not trail shoes or trainers)**
- Waterproof jacket and trousers
- Hiking/walking socks – recommend an additional pair should they get wet
- Backpack/Rucksack
- Water container (bottle or Camelback-style, 1-2 litres)
- Easy to eat snacks, chocolate, fruit, nuts, cereal bars etc.
- Gloves
- Hat or Buff (covering ears)
- Mobile phone

### Recommended

- Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers)
- Sports top (not cotton)
- Warm outer layer
- Walking poles
- Compeed plasters
- What 3 Words App\* – downloadable through Google Play or Apple store for free.

\*What3words is a free app that will enable you to pinpoint your position to a unique, 3 square meter location. It is recognised by the Emergency Services and will allow us to affect a speedy response should you require assistance. It can be used without mobile data (once downloaded), as long as you have your location enabled on your chosen device.

## Weather

The forecast will be monitored on the days leading up to the event. Any forecast which may impact the safety of you, the participants, will lead to the postponement of the event. A decision will be made by qualified leaders on Friday 15th July and an email will be sent out to all participants as well as being shared on social media should the event be postponed.

## No Smoking

The use of cigarettes and E-cigarettes **will not** be permitted on any stage of the walk.

## Common Questions

### How much does it cost?

Registration is £25 per person, with a minimum fundraising challenge of £75. We request that all monies raised are paid to The Children's Centre by the 31<sup>st</sup> August

### When does the event start and finish?

The Route begins in Ramsey, registration between 8:30 and 8:50am. The walk will be a staggered start at 9am and will finish at Laxey prom around 5pm at the latest

### What is the Distance / Elevation?

Section	Gain (M)	Gain (Ft)	Loss (M)	Loss (ft)	Distance (Km)
Start - Bungalow	844	2770	442	1450	10.5
Bungalow - Beinn-Y-Phott	130	426	13	43	2.15
Beinn-Y-Phott - Laxey	66	216	587	1926	9.64
<b>Totals</b>	<b>1040 M</b>	<b>3412"</b>	<b>1042 M</b>	<b>3419"</b>	<b>22.29 Km</b>

### Is there a minimum age to take part in the Three Peaks Challenge?

Yes, the minimum age requirement is 18.

### How hard is the Manx Three Peaks Challenge?

The challenge is moderate to hard, although the experience tends to vary greatly between different people. With an appropriate fitness plan beforehand, it will be much easier.

### Will I be led on the route?

There will be marshals at the top of each peak and experienced walkers scattered throughout the group, but this is **not** a "led" walk. Each participant is responsible for ensuring they know the route.

### Can I follow my own route?

The chosen route has been agreed with both landlords and tenants and therefore we require everyone to follow the set route.

### Can I bring my dog?

Regretfully, as we are walking on land where there are likely to be heavily pregnant sheep around, dogs are not allowed.

### Do I need to do it for charity?

This is an event organised by The Children's Centre and supported by Crowe LLP for a specific project, therefore, all monies raised will be used for this project.

### Can you provide a sponsorship form?

Yes a sponsorship form will be emailed out but can also be found on our website

### Do you have questions?

If you have any questions at all, please email [fundraising@thechildrenscentre.org.im](mailto:fundraising@thechildrenscentre.org.im)

## The Countryside Code

The Country Code is a standard set of guidelines for members of the public, to ensure respect and enjoyment in the countryside.

The five points of the Countryside Code are:

**1. Be safe, plan ahead and follow any signs**

1. Take maps/guidebooks
2. Be prepared for changes in weather
3. Check the weather so you know what to expect
4. Let someone know where you are going, how long you plan to be
5. Learn signs and symbols used in the countryside

**2. Leave gates and property as you find them**

1. Farmers may leave gates open to allow their animals to move - so leave an open gate open, and a closed gate closed
2. Contact the local authority if you see a sign which may be misleading or illegal (e.g. Private, no entry - on a public footpath)
3. Follow paths where crops are growing
4. Use gates or stiles if possible, rather than climbing walls or fences, to avoid damage
5. Don't disturb ruins or historic sites
6. Don't interfere with machinery or livestock

**3. Protect plants and animals and take your litter home**

1. Litter and leftover food spoils the beauty of the countryside
2. Don't damage, destroy or remove features such as rocks, plants and trees
3. Give wild animals and farm animals plenty of space as they can behave unpredictably
4. Be careful not to drop matches or smouldering cigarettes.
- 5.

**4. Keep dogs under close control**

1. By law, you must control your dog so that it does not disturb or scare farm animals or wildlife
2. Farmers are, by law, entitled to destroy a dog that injures or worries their animals
3. Always clean up after your dog and get rid of the mess responsibly

**5. Consider other people**

1. Respect the needs of local people
2. When riding a bike or driving a vehicle, slow down for horses, walkers and livestock and give them plenty of room
3. By law, cyclists must give way to walkers and horse-riders on bridleways
4. Support the rural economy - for example, buy your supplies from local shops

## COVID 19

- **The Children's Centre will adhere to the latest Government guidelines and we ask that you do the same**