



These RULES and ADDITIONAL notes are abbreviated from the NCS hike and fly series and adapted for the X Dales challenge. The X Dales 22 task will be incorporated into the NCS H&F series for 2022 and be eligible to score for that award.

HIKE & FLY tasks **(IMPORTANT – set recording interval to 15 – 20 secs)**

The tasks below are the current hike and fly, NC Series challenges and included only for information purposes. Feel free to ignore them for the **X Dales'22**.

The Dales Three Peaks (34k)

The starting point is Ribblesdale (not Horton in Ribblesdale) this is deliberate, there are factors that make it the better start for a paragliding challenge. The extra TP to the north of Whernside is to ensure it complies as an FAI triangle. Also Remember if you wish to enter the DHPC, Role of Honour for flying the three Peaks without landing you can't just tag cylinders – you need to go around the outside of the trig points. Otherwise simply hike or fly the task.

The Lakes Three Summits (54k)

Again, the Latrigg start was decided as the best place to go from. This is a bigger challenge both in terms of size and seriousness so you need some proper preparation and ideally have a support person. It is acceptable to do it over 48hrs (time limit) if you're prepared to bivvy en-route (but you can't nip home for a comfy bed ... this has to be a single push; not bits).

The X - Central (50k)

A smaller counter to the very ambitious Bob Graham which was successfully flown in its entirety during 2021. The X – Central is a clockwise tour of some of the more prominent summits of the central Lakes. It has a 48hr time limit, begins in Conistone and finishes in Ambleside.

The Western Dales/Howgills (45k)

A new companion route to the Three Peaks – just a little longer. After a Sedbergh start, it makes use of the Howgills, then veers into the western Dales via three excellent flying hills – two of which are in the guides. Eventually, via Calf Top (Barkin) it returns to Sedbergh.

The Bob Graham Round (67k) A very tough route that has a 48hr limit. Successfully flown in 2021 by local pilots, Bud Paterson and John Westall. Very impressive – an account can be found in Skywings.

RULES that apply to ALL Hike n Fly Challenges (notes in red are for the X Dales only)

To attempt any challenge you must be a BHPA member with a minimum CP rating.

All hike and fly challenges must be flown in the order stated in compliance with the rules below.

- a) You must nominate someone who will monitor you. This could be using tracking, regular mobile calls, spot/delorme/reach/online tracking service etc. You must keep someone informed of your progress, position, condition and intentions. **DO NOT just set out alone with no one keeping tabs on you. ALSO send an sms to 07808394895 shortly before the start and again at the end. In the case of the X Dales only at the end is required.**
- b) A minimum of 40% of the total distance must be flown. **This rule DOES NOT apply for the X Dales.**
- c) You may have a ground support, but they cannot transport you or your equipment including providing any change of wing, harness reserve or helmet that you began with. They can provide drink, food, spare batteries, spare phone, condition/weather advice, tent/sleeping bag (if over-nighting), fresh clothes, footwear. If in doubt check first.
- d) Ideally you will have one continuous tracklog (there are plenty of devices that will do that and allow for speed changes (flying/walking) and resting periods. If you haven't got one then ask around and borrow). Separate/broken igc files are fine if they can be stitched together and show especially the TP cylinders were tagged and a start and finish time is recorded.
- e) Depending on the time of year **you cannot fly on any day after lighting up time (sunset) and before sunrise.** These tables are readily available on line for all localities in the UK. The timings for the X Dales are set and outlined in the intro' notes. These are **START: 8am – 9am (window). FINISH: Flying by 7pm, hiking until 8pm latest.**
- f) You may consider it safer and more efficient to attempt the task with one or two others.
- g) If you feel your 'plan' may challenge the spirit of H&F please contact me (EC) in advance to have it checked out.
- h) **The Lakes Three Summits and the Bob Graham have 48 hr max time limits.** Your igc will only be scored up to that point from a definite recorded start time.
- i) **The Western Dales/Howgills both have 24 hr max time limits.**
- j) **The X Dales uses a pre-determined time window as stated above and in the intro' notes**
- k) **Know and adhere to the Countryside Code. Failure to do so may result in a total DSQ!**

<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors>

You must carry an EN certified reserve parachute and wear a certified helmet (EN966).

You must carry a mobile phone, ensure it can be kept charged and a radio set to the correct frequency **(143.800 MHz for the X Dales)**

You must sign yourself off safe at the end of ALL challenges (usually via SMS).

Finally, if you are not sure of anything ... ASK!

