

## Sofa To Summit is back!



City Hearts' annual fundraising challenge for survivors of Modern Slavery is back, and we need YOU to get involved!

Last year our supporters raised an incredible £30,000 by tackling a virtual 'Sofa to Summit' climb up Kilimanjaro, where they had two weeks in which to walk or run 56 miles.

This year we're keeping things closer to home, and instead of tackling the mountains of Africa, we're taking on the peaks of Yorkshire!

Between July 4 and July 10, we're asking you to choose your own route, and run, walk, cycle or swim the 25.5 miles equivalent route of the Yorkshire Three Peaks, however and wherever the mood takes you.

Or, join us on Saturday July 9, for our 12-hour guided trek, and enjoy the beauty of the Yorkshire Three Peaks in person!

[Register Here](#)

No spaces on the trek left? Register your interest, and we'll get straight in touch if more places become available.



### **What are the Yorkshire Three Peaks?**

The Yorkshire Three Peaks are the three hills of Pen-y-Ghent, Ingleborough and Wharfedale, which lie in the Yorkshire Dales in the north of the UK. It's a 25.5 mile circular walk, which many people aim to complete in a day.

### **How do I get involved?**

First you need to decide whether you're doing it virtually or in-person.

If you're doing it virtually: Sign up for our virtual option [here](#), and complete the 25.5 miles however and wherever you like, in the seven day time window.

A fundraising page through Enthuse will make it easy for you to track your miles, and watch your fundraising total rocket! You can also link up with Strava to share your journey with friends and family using social media.

We'll see you at the virtual finish-line, whether you choose to run, cycle, swim or skip there!

For virtual routes, we ask you to aim for a sponsorship target of £250. Check out our City Hearts Heroes Fundraising Pack [here](#) for top tips on maximising your fundraising goal!





If you're doing it in person: Sign up [here](#), and join us on Sunday July 9, where a team will be setting off from Pen Y-Ghent in the Yorkshire Dales at 7am, in an attempt to complete the 25.5mile route in 12 hours.

The route will be guided by an experienced mountain leader, and an early bird entry discount of £25pp is available until June 12 using the code 'CHHEROES'. Registration after that is £40pp.

We have limited tickets for the in-person trek, so make sure you book on as soon as possible.

If all places are filled, we have the option of adding additional places if numbers allow, so make sure you complete an expression of interest form, and we will contact you if more spaces become available.

We want to get as many people involved as possible, so spread the word! Sign up, get your friends or running club to sign up, and share our social media posts!

### **What are we fundraising for?**

This year, Sofa to Summit is aiming to raise £30,000 for our Integration Support Department (ISD), which provides long-term support for survivors of Modern Day Slavery.

Each year City Hearts supports hundreds of people rescued from exploitation, who, once they have had their immediate physical needs met, need a lot of emotional support in order to help them recover from their trauma, and move on with their lives.

Our Integration Support Department runs programmes that provide this additional long-term emotional support, and which help our clients develop the resilience and confidence they need to live their lives independently, and avoid being re-exploited.

### **So what are you waiting for?**

Lace up your walking boots and get set to take on the perfect summer challenge.