

Alzheimer's Society Yorkshire Three Peaks



Duration: 1 days

The Yorkshire Three Peaks, in the Yorkshire Dales, represents a challenge for the keenest of walkers. To scale three mountains in one day is no mean feat and provides an exhilarating and demanding trek in some of the most spectacular countryside England has to offer. This region was shaped by glaciers thousands of years ago, and its wild beauty, with striking limestone outcrops and unusual rock formations, motivates us as we walk. We also see the famous Ribblesdale Viaduct enroute. This is an extremely tough one-day event over wild, rugged and exposed landscapes; at just over 24 miles it forms an enormous challenge for walkers.

[Book on the Alzheimer's Society website](#)

DETAILED ITINERARY

Day 1: Horton-in-Ribblesdale

We meet very early at our start point near the village of Horton in Ribblesdale for registration and a briefing, and after warming up our muscles, we set off! We take the Pennine Way towards our first peak – the distinctive stepped outcrop of Pen-y-Ghent. As we gain height, we enjoy views across to our remaining two peaks, Whernside and Ingleborough. Clear, well-worn paths and stone steps take us quite steeply up to the summit (694m). As we walk up the valley our path runs parallel with the Settle to Carlisle railway line. At Ribblesdale we can see the high, rounded peak of Whernside and we gradually begin our ascent, following a slabbed path all the way to the summit (736m). The last section is particularly steep but our efforts are rewarded with the views and the knowledge that we have only one summit left to go! We descend off the mountain and head to the village of Chapel-le-Dale. We soon reach the base of Ingleborough (723m), where a stepped path zig-zags fairly steadily to the summit of our final peak, where we can enjoy the views and celebrate our third and final climb! We descend over Simon Fell heading back towards the finish line, where we will celebrate before saying our farewells and heading home.

Trek approx 24 miles

Packed Lunch included

WHAT'S INCLUDED

- Breakfast bap and lunch
- Discover Adventure leaders and medics
- Marquee and caterers
- Prosecco at the end
- Marked route (in line with Nation Parks code of conduct)
- Over-view maps

WHAT'S EXCLUDED

- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in

mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

PREPARING FOR THE CHALLENGE

Challenge Grading

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



logo aito



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 3 Jul 2025, and the challenge is subject to change.