



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 Ribbleshead we can see the high, rounded peak of Wharfedale 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

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 (see icon) are also taken into account.

[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.

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](#).

PREPARING FOR THE CHALLENGE

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, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.



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 14 Aug 2020, and the challenge is subject to change.