

Yorkshire Three Peaks Weekend



Duration: 3 days

This region was shaped by glaciers many thousands of years ago, and there are plenty of geological landmarks – striking limestone outcrops and unusual rock formations – to pique our interest as we walk. We will also see the famous Ribbleshead Viaduct enroute, part of the scenic Settle to Carlisle railway line. This is an extremely tough event over hilly landscapes; at 24 miles it forms an enormous challenge for walkers.

DETAILED ITINERARY

Day 1: Arrive Camp, Yorkshire Dales

We meet late afternoon at our campsite near Chapel-le-Dale, nestled between two of our three peaks. After dinner and a thorough trip briefing we prepare our kit and get a good night's sleep, ready for tomorrow's strenuous challenge!

Day 2: Ingleborough & Whernside

After a good fuelling breakfast in camp, we set off, walking south through the broad green dale, criss-crossed with dry-stone walls. Ingleborough's stepped shape - due to its alternating layers of limestone, sandstone and shale – rises before us. Whernside, our second peak, dominates the landscapes behind us. We pass through the village of Chapel-le-Dale and soon reach the base of Ingleborough (723m), where a stepped path zig-zags fairly steadily to the summit of our first peak. We soak up the views over the surrounding dramatic landscapes, an area of rocky outcrops and limestone scars, and the impressive sight of the famous 400m-long Ribbleshead Viaduct, built in the 1870s.

We then descend along a ridge to the valley below, where we walk parallel to the Settle – Carlisle Railway, enjoying

a flattish section! We pass through Ribbleshead, at the head of Chapel-le-Dale, and can admire the Viaduct from close quarters.

From here we can also see the distinctive whale-back shape of Whernside (736m). We pass numerous limestone escarpments and outcrops; this amazing scenery provides wonderful motivation to keep our legs moving! We gradually begin our ascent, following a slabbed path all the way to the summit. The last section is particularly steep but our efforts are rewarded with the views – on a good day you can see across to Morecambe Bay on the west coast – and the knowledge that it's not far back to camp! After a short break we come down steeply off the mountain and trek the relatively short and flat distance to camp, where we enjoy a great evening meal in camp with our fellow trekkers. Night camp.

Trek approx. 12 miles (6-8 hours)

Day 3: Pen y Ghent; Depart

A short drive (15-20 mins) takes us to Horton in Ribblesdale, where we take the Pennine Way towards our third and final peak – the distinctive stepped outcrop of Pen-y-Ghent. As we ascend, we enjoy good views back towards Horton and across to yesterday's achievements: Whernside and Ingleborough. Clear, well-worn paths lead us quite steeply up to the summit; there are some steep stone steps too. We enjoy time at the summit (694m) to take in the views before taking a westerly path down off the mountain and loop round to Horton once more (exact route may depend on group ability), feeling pretty pleased with ourselves and our accomplishments! We say goodbye to the new friends we've made and the incredible scenery we conquered, and head home, taking a huge sense of achievement with us.

Trek approx. 6-8 miles (4-5 hours)

WHAT'S INCLUDED

- All food, accommodation and camping equipment
- Transfers within trek
- Discover Adventure leaders, cooks and drivers
- Full vehicle support
- Optional pick-ups or drop-offs from Horton in Ribblesdale Railway Station

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Sleeping bag and sleeping mat
- Transport to / from the event
- Entry to any optional sites / activities
- Any applicable surcharges as per Terms and Conditions

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

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

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.

Accommodation

We camp in a friendly, rural campsite ideal for walkers, in shared two-man expedition-style tents (ie sleeping-room only!)

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful and will give you plenty of energy. Where lunch is included, it may be a buffet-style lunch-stop, or a packed lunch. Dinners and breakfasts are generally eaten in camp or at our hotel, depending on the trip. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

Luggage

Your main luggage will remain at our accommodation (camp, hostel or hotel as appropriate) and you will not have access to it until the end of each day. You should carry a small daypack for items needed during the day.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of cancellation charges can be found in the Terms and Conditions of booking.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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.

Travel Insurance

Travel insurance for UK weekends and one-day events is not compulsory but you might like to consider taking out cover in case of cancellation or loss of belongings.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance.

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 15 May 2021, and the challenge is subject to change.