



# YORKSHIRE THREE PEAKS WEEKEND

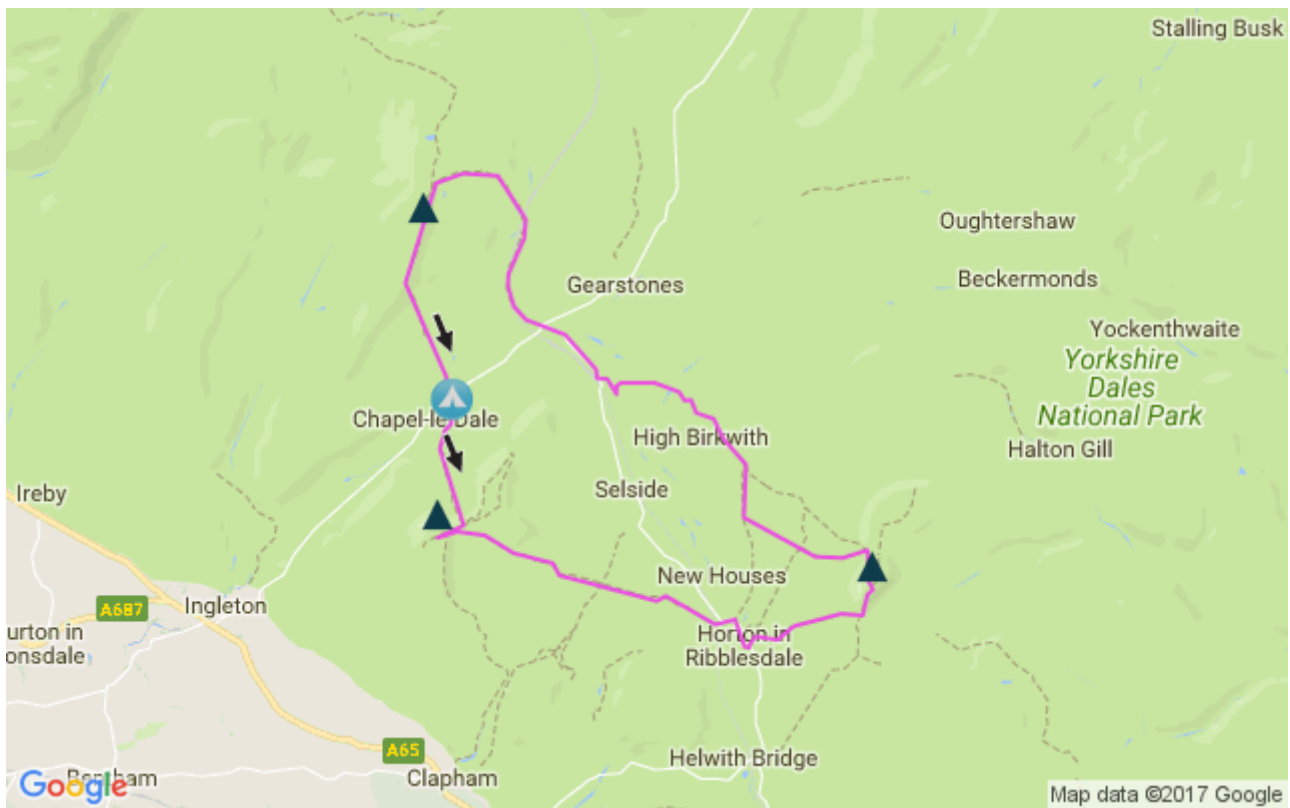
UK • TREK • DEMANDING

## ABOUT THE CHALLENGE

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.

**YORKSHIRE THREE PEAKS WEEKEND** • 3 DAYS

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## 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 Ribblehead 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 Ribblehead, 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)**

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### **Day 3: Pen y Ghent; Depart**

A short transfer (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! After the short transfer back to camp, 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)**

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## **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

# **CHALLENGE INFORMATION**

## **DETAILED INFORMATION**

### **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.

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## Accommodation

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

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## 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.

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## 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.

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## 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.

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## 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.

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# PREPARING FOR THE CHALLENGE

## Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital

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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.

## 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 and fitness, all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. 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.

## 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.



### GRADE | DEMANDING (2)

Trip grades range from Challenging (1) to Extreme (5).

DEMANDING trips ramp up the challenge with some long days over tough terrain, and require good stamina, fitness and determination.



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 24 Nov 2017, and the challenge is subject to change.