

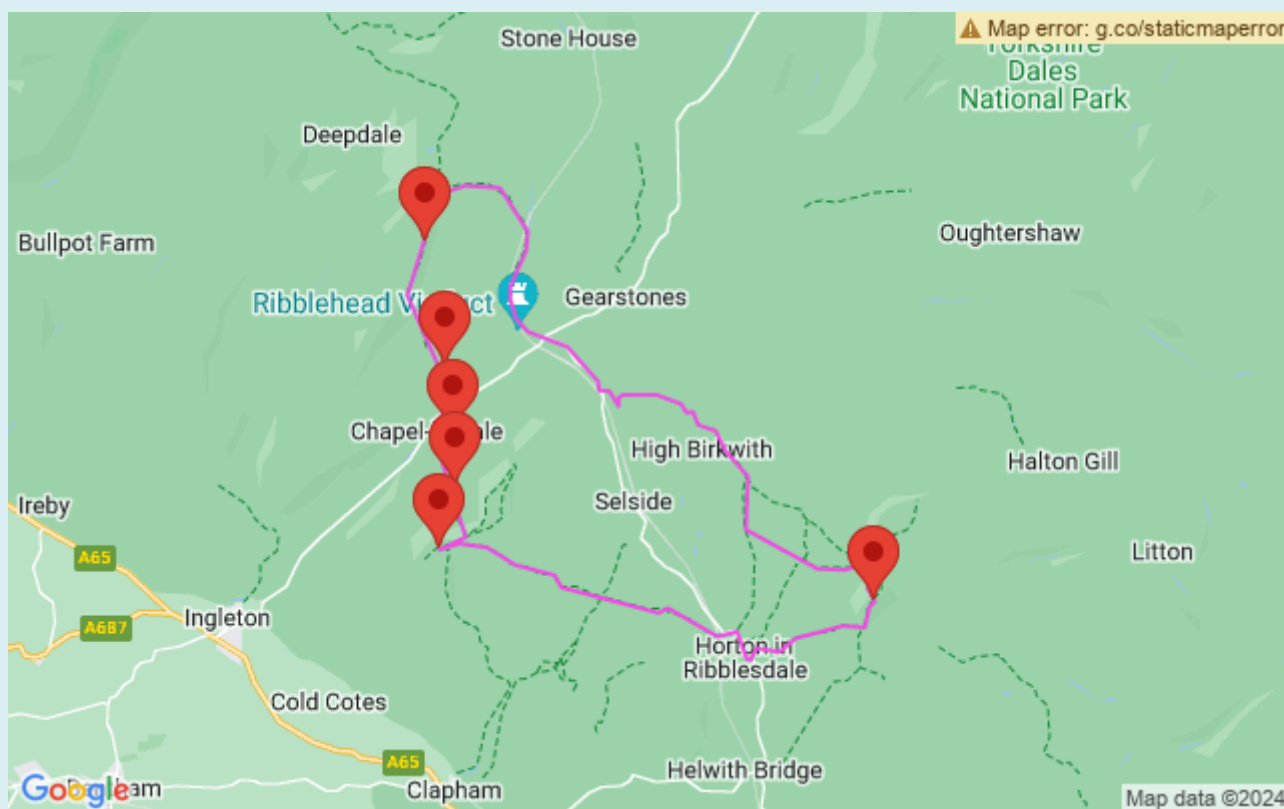
Yorkshire Three Peaks



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 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 one-day event over hilly landscapes; at 24 miles it forms an enormous challenge for walkers.

DETAILED ITINERARY



Day 1: Yorkshire Three Peaks for Candlelighters We meet very early in the village of Horton in Ribblesdale for registration and a briefing. Fully prepared for the strenuous day ahead, we leave the village behind us, taking the Pennine Way towards our first peak – the distinctive stepped outcrop of Pen-y-Ghent. As we ascend, we enjoy good views back towards Horton and across to the other two peaks we have before us: Whernside and Ingleborough. We obey the Countryside Code, taking clear, well-worn paths, which climb quite steeply up to the summit; there are some steep stone steps too.

We take time at Pen-y-Ghent summit (694m) to take in the views before taking a westerly path down off the mountain. We can see Ribblehead Viaduct in the valley below; built in the 1870s, it is 400m long and an impressive sight. We pass fairly close to our start point before continuing towards our second peak: Whernside (736m). Our path up the valley runs parallel with the Settle to Carlisle railway line; being fairly flat it's a good chance to stretch our legs and knock off some of those remaining miles!

At Ribblehead 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. 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 we have only one summit left to go! After a short break we come down off the mountain and head to the village of Chapel-le-Dale. We pass numerous limestone escarpments and outcrops, which the area is famed for, and this amazing scenery provides wonderful motivation to keep our legs moving!

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, our

path winding through the rocky landscape back to the village, feeling pretty pleased with ourselves and our accomplishments.

Trek approx. 24 miles

GRADE | TOUGH (3)



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

TOUGH trips can involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They demand good stamina, fitness and a determined attitude.

See [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.

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. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. 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. 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.

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.



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 28 Mar 2024, and the challenge is subject to change.