

HIGH PEAK ADVENTURE

High Quality Adventure Activities

Walking the Yorkshire Three Peaks in one day is a great challenge and a must-do on many people's tick list

The Three Peaks Challenge – comprising Pen-y-Ghent 694m (2277ft), Wharfedale 736m (2415ft) and Ingleborough 723m (2372ft) is one of the oldest established walks in the UK.

Whereas the Yorkshire Three Peaks challenge has existed for many years it has only been known more widely since being written about by the celebrated hill-walker and writer Alfred Wainwright in his 1972 book 'Walks in Limestone Country'.

There are now many others but this was the original 3 Peaks Challenge. Nowadays called the 'Yorkshire 3 Peaks' it is a gruelling 25 mile+ high mountain walk over a variety of terrains and should not be underestimated. The challenge is to complete the route within 12 hours by any circular route starting and finishing at the same location.

Our approach to leading challengers through the day is to guide a small group and make it a friendly occasion with plenty of encouragement, whether it's in the form of handing out jelly babies or simply a timely: 'you can do it'!

Therefore if you're after a real challenge, either as a fundraising charity event or for your own personal goal-setting reasons, then this really is for you!

Three great peaks and 25+ miles walking in 12 hours....

Right, let's get things straight from the start – this is no 'walk in the park' (well actually it is as we're in the Yorkshire Dales National Park) but it's a toughie and demands a reasonably early start.

However, the reward for that early start is the chance to hike through stunning scenery and enjoy a full day in the company of a small bunch of fellow challengers, while achieving something that many people will frankly think you're a bit bonkers for doing.

Don't be too daunted though – as long as you have a reasonable level of fitness and can dig deep for a bit of extra grit and determination it's perfectly achievable. To ensure you not only achieve, but also enjoy the challenge, we take the logistics hassle - including route-finding - away so all you need to do is put one foot in front of the other. Our guides are also very adept at providing the necessary morale-boost when it's needed!

In short:

- You get to say that you've completed a prestigious hiking challenge
- Enjoy a great walk in some of the finest Yorkshire countryside
- Feel safe knowing you're being guided by fully qualified and experienced mountain leaders

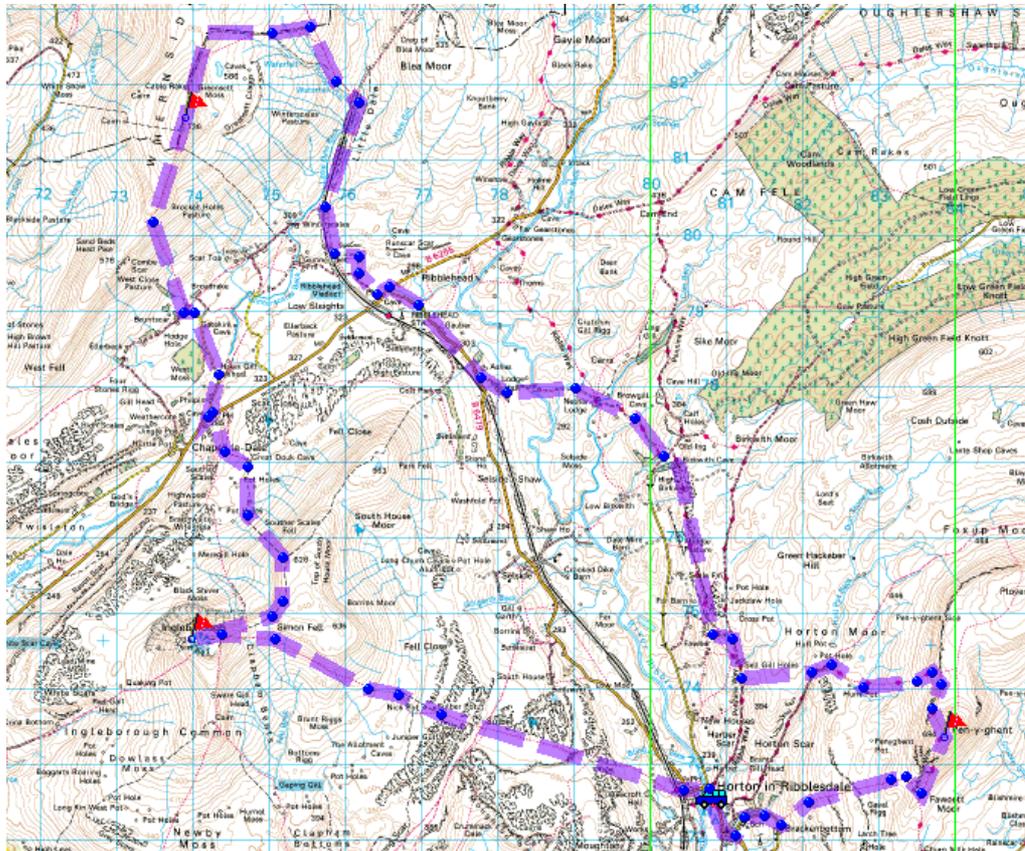
Group Packages:

We can organise a private Yorkshire Three Peaks Challenge on any day of the year. The main season is April to September, which makes the most of the available daylight hours but with a private group we can arrange it to suit your needs.

HIGH PEAK ADVENTURE

High Quality Adventure Activities

The Route



This official route description from the Yorkshire Dales National Park describes the most popular way to complete the walk.

1. Head south out of the village past the Golden Lion pub, then cross a stream and turn left up a tarmac road towards Brackenbottom. Take the footpath to your left signposted for **Pen-y-ghent**.
2. Follow the path uphill towards Pen-y-ghent, then turn left near the base of the peak to join the **Pennine Way** for a steep rocky climb to the **summit trig point**.
3. Cross the wall by the **summit shelter** then head north along the path before zigzagging down the hillside past Hunt Pot to a path junction.
4. Here you'll carry on straight to join a new path over **Whitber Hill**. Turn right when you reach a clear track and follow it for a mile, then take the left path towards **Birkwith cave**. When you reach a tarmac track, turn left then right on a rough track to **Nether Lodge**.
5. From Nether Lodge follow the access track to the B6479 and turn right on the road towards **Ribbleshead** for around a mile, taking care of the traffic.
6. At the T-junction take a path towards **Ribbleshead viaduct**, then follow the obvious path alongside the railway with the viaduct to your left.

HIGH PEAK ADVENTURE

High Quality Adventure Activities

7. After 1.5 miles you'll cross the railway by an aqueduct and climb towards **Grain Head**. Take the signposted path to the left that climbs to the broad ridge, then follow it roughly south to **Wherside's summit**.
8. The onward route follows the ridge for another mile before turning left and dropping to **Brunts car**, where you'll reach a lane that leads all the way to the B6255 road. Head left up the road to the **Old Hill Inn**, taking care as you cross, then right onto a path.
9. Pass through fields, a section of **limestone pavement**, then along a boardwalk before climbing from **Humphrey Bottom**. Turn right when the path levels out and follow it to the **summit**.
10. In poor weather or low visibility it's easy to leave **Ingleborough's summit** in the wrong direction. If needed, from the trig point use a bearing of 070 until the ground starts to steepen, then follow a bearing of 100.
11. From the summit head east on a gentle path back that drops towards your start point at **Horton-in-Ribblesdale**.

What's Included – Yorkshire Three Peaks Challenge:

Pre-event:

- Support and back-up from the High Peak Adventure team, from booking through to challenge.
- A selection of open and guided Yorkshire Three Peaks Challenges, allowing you to choose a date that suits you.

On the day:

- A qualified Mountain Leader to guide you every step of the way.
- Our leaders are all first-aid trained
- They are there to ensure you get the most of the day, from pointing out flora and fauna to offering you moral support when you need it most.
- Sociable walking group, make friends whilst helping each other through the challenge, our guided Yorkshire Three Peaks are perfect for solo challengers, groups, friends and couples.

Post Event:

- Completion certificate.

HIGH PEAK ADVENTURE

High Quality Adventure Activities

Meeting Location:

On the morning of the challenge please arrive no later than 6:30am – with it in mind that we'll need to check kit and registrations before starting the challenge at 7:00am

We meet in the main car park to complete registration before moving on to the Pen-y-Ghent café – the traditional starting point of the Yorkshire Three Peaks Challenge.

Address of meeting points:

Car Park & toilets: Gray Bridge, Horton-in-ribblesdale **Grid ref:** SD 8069 7261

Pen-Y-Ghent Café: Pen-y-ghent View, Horton in Ribblesdale, Settle, BD24 0HE

Parking:

There is some street parking and public car parks in Horton-in-Ribblesdale. However, even early in the morning it can be busy with other challenge walkers - please allow plenty of time and park responsibly with due regard to local businesses and residents.

Yorkshire Three Peaks – FAQ's

- The basics:

Age Limit: You must be over 18 to attend this trip (or be accompanied by a parent), there is no upper age limit.

Dogs: I am afraid dogs are not allowed on this trip, unless they are registered assistance dogs.

Arrival Time: On the morning of the challenge please arrive no later than 6:30am.

Solo Travellers: This trip is perfect for solo travellers and although couples and small groups of friends are always welcome the majority of people do attend on their own.

- Cut-off points:

Although the aim of the challenge is to complete it in 12 hours we have built in a small amount of leeway.

HIGH PEAK ADVENTURE

High Quality Adventure Activities

However, if you are just not going fast enough there are a number of cut off times and points which your guides will inform you of in the morning. If you miss these times then you will be unable to continue with the challenge as there are simply not enough daylight hours for you to safely complete the walk.

- Are there toilets on the way?

There are public toilets in Horton, a short distance from starting point for the challenge. Our top tip is to visit the facilities before going to registration as the group will move out straight after the briefing and registration.

En route, there are no toilets – although for the most part there is always somewhere private close by.

- Are there water fills or cafés on the way?

No, there are no guaranteed water stops or cafés en route, so you will need to bring sufficient water (a minimum of 2 litres per person) and plenty of food.

In hot weather we often have a vehicle with extra supplies of water parked at Ribblehead. (Passed by at around 10 miles)

- Can we take longer than 12 hours?

Sorry, no, this is a 12-hour challenge. Our guides will advise you of the pace required to complete the Three Peaks within this time.

There are a number of cut-off times and points that your guide will share with you on the day. If you miss these times then you will be unable to continue with the challenge as there are simply not enough daylight hours for you to safely complete the walk.

In this situation it is vital you have some money with you as the only way back to the start point is to take a taxi.

- What if I can't finish?

Once underway, if you feel as though you are unable to complete the full circuit, it is essential to inform your guide as soon as possible so they can advise you of the options for leaving the challenge.

- What pace do we walk at?

In general the group determines the pace on the day. This is a guided group so we walk together – for some this might be a slightly slower pace than usual while for others it might be a speedier pace.

Your guide will advise you of the pace required to complete the challenge by the 12-hour deadline. We have a number of cut-off times and points which your guides will inform you of

HIGH PEAK ADVENTURE

High Quality Adventure Activities

in the morning. If you miss these times then you will be unable to continue with the challenge as there are simply not enough daylight hours for you to safely complete the walk.

- **What if I get blisters?**

Always remember that your guide is there to help you. If you experience any difficulties just let them know sooner rather than later and they will do what they can to help.

If you think you are getting a blister your guide will take a little time to make sure you get a plaster on it or try and help stop your boots rubbing.

Top tips: With blisters, the first defence is always a good pair of socks and trusted worn-in boots. The Yorkshire Three Peak Challenge is not the place to break-in new boots, so make sure you wear them on a number of your training walks before the big day.

- **Should I use poles?**

It's always handy to carry poles even if you don't usually walk with them. They attach easily to your rucksack and can be very useful especially when coming downhill to help take the pressure off your knees.

- **Why do I need to bring a mobile phone and cash?**

You will need cash if you are visiting the Pub at the end of the challenge, though they also take cards.

If you are planning to eat in Horton either on the eve of the challenge or at the end it is best to make reservations as they can be very busy. We can help with this if you let us know.

Mobile phones signals are intermittent, but sometimes can be picked up on the hills and in Horton.

Importantly, we record everyone's mobile numbers. If, for any reason, you are unable to complete the challenge and need to make your own way back to Horton, we will ask you to text your guide so they know you have returned safely.

- **Can I leave the group and walk on my own?**

We strongly recommend you walk with your guide and the group.

Our guides are qualified mountain leaders with lots of experience of mountain walking and leading challenges. They are there to guide you on the right route and help you complete the challenge.

If you decide to leave the group, our guides will assist you as much as they can. They will also advise you that you are withdrawing from the Yorkshire Three Peak Challenge organised by High Peak Adventure and will no longer fall under our responsibilities of care.

As good practice they will ask you to text/phone them on your return to Horton.

HIGH PEAK ADVENTURE

High Quality Adventure Activities

However we will not act as your 'emergency base contact' so you will need to notify a third party of the walk – location, distance estimated, return time etc. – and request they contact the emergency services if you do not report in at the required time

If you have any further questions just drop us a line and we'll get back to you?