

Yorkshire Three Peaks Walk 



Activity: **Trek** Series Grade:  Duration: **1 day**

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 24 miles it forms an enormous challenge for walkers. A more moderate half-marathon distance option is also available over Ingleborough.



Detailed Itinerary



We meet very early at our Event Hub 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 descend we can see Ribblesdale Viaduct in the valley below; built in the 1870s, it is 400m long and an impressive sight. As we walk up the valley our path runs parallel with the Settle to Carlisle railway line. At Ribblesdale 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 (736m). 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!

We descend off the mountain and head to the village of Chapel-le-Dale, passing numerous limestone escarpments and outcrops, which the area is famed for. This



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Trekking Information

We trek mainly on well-maintained gravel paths but there are some stony or grassy tracks and small tarmac roads; some sections may be muddy. There are steep up and down sections.

Groups may set off at staggered intervals. The full 24-mile walk should take approx 11-13 hours for fit and strong walkers; others should allow longer. This is not an event which should be considered without proper training. The more training that you do the more you will enjoy the experience!

This is not a competitive event! You can go at your own pace, but if we are concerned about you being able to finish the distance safely, we will recommend you stop early. Those less confident of their ability to complete the full distance over such challenging terrain can opt for a half-marathon walk of 13 miles.

There will be full support throughout the challenge with marshals and water stops along the route.

You will need appropriate, good quality footwear and clothing for hot, cool, wet or windy conditions; you will get very tired as the day progresses and having the right kit can make all the difference with coping well.

Detailed Itinerary (cont)

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 our Hub, feeling pretty pleased with ourselves and our accomplishments.

The half-marathon route sets out towards Ribbleshead and tackles Ingleborough before returning to the Hub.

There will be refreshments at the end and plenty of room to relax and celebrate before saying our farewells and heading home.

Trek approx. 24 miles / 13 miles

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!



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