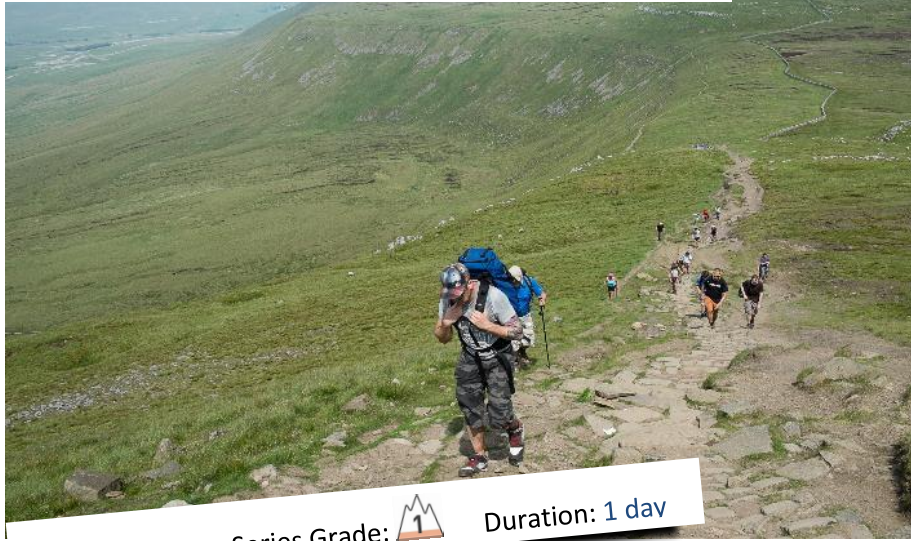


## Yorkshire One Peak Challenge



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

The Yorkshire Dales was shaped by glaciers thousands of years ago, and its wild beauty, with striking limestone outcrops and unusual rock formations, forms the backdrop for this wonderful circular hike.

Our trek takes us through these wild, rugged and exposed landscapes, heading for steep-sided Ingleborough, one of the region's famous Three Peaks.

This is an exhilarating and demanding trek in some of the most spectacular countryside England has to offer, and at half-marathon distance presents a worthy challenge to walkers.



### 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.

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. 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.

### Detailed Itinerary

We meet 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 turn north off the Pennine Way before reaching Pen-y-Ghent, and head towards the Ribblehead Viaduct; 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. Once at Ribblehead, our route takes us southwest towards Ingleborough (723m), the main challenge of our day.

We approach on its northern ridge, which is demanding at times, though the amazing scenery around us provides wonderful motivation to keep our legs moving! We climb steadily to the summit of our peak, where we can enjoy the views and celebrate our highest point! We then descend over Simon Fell, our path winding through the rocky landscape back to our Hub, feeling pretty pleased with ourselves and our accomplishments. There will be refreshments at the end and plenty of room to relax and celebrate before saying our farewells and heading home.

**Trek approx. 13 miles**

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

Copyright Discover Adventure 2011 / Updated 2016



**01722 718444**

[info@discoveradventure.com](mailto:info@discoveradventure.com) [www.discoveradventure.com](http://www.discoveradventure.com)

