

# UK

## Yorkshire Three Peaks Challenge



**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 Ribbleshead Viaduct enroute. This is an extremely tough one-day event over wild, rugged and exposed landscapes; at 26 miles it forms an enormous challenge for walkers.

### DETAILED ITINERARY

We meet very early at our start point 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 walk up the valley our path runs parallel with the Settle to Carlisle railway line. At Ribbleshead 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 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. 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 heading back towards the finish line, where we will celebrate before saying our farewells and heading home.

Trek approx 26 miles

*Packed Lunch included*

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

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### CHALLENGE GRADING

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trek lies within the **Orange** range.

The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a spectrum which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account.

The Challenge Factor icon shows the most challenging aspect – the terrain, which is rugged with long ascents and descents.

The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.