



## Yorkshire Three Peaks Challenge

*Guided challenge walk in the Yorkshire Dales*

With Mark Reid, author of 'The Inn Way' and Mountain Leader

### WALK OVERVIEW

25 miles (40 km) - 1,600m of ascent - 12 hours

#### YOUR GUIDE



#### Mark Reid

Walking Group Leader  
Hill & Moorland Leader  
Mountain Leader  
Author of 'The Inn Way' guidebooks

#### WHERE AND WHEN TO MEET

We will meet at 6:45am at Ribbleshead. There is lay-by parking near the junction of the B6255 and B6279 near the Station Inn at Ribbleshead (SD 765 793). The walk will commence at 7am.

#### OUTLINE OF THE DAY

**6:45am:** Meet at Ribbleshead

**7am - 7pm:** Fully guided walk around the Yorkshire Three Peaks

**7pm:** Well deserved celebratory drink at the Station Inn, Ribbleshead

**NB:** Finish time is approximate

#### THE WALK

The **Yorkshire Three Peaks** is one of the great mountain challenge walks - and it truly is a challenge! It is a demanding, strenuous walk that must be approached with preparation and planning, but it is also an extremely rewarding walk that will be remembered for many years. The views from the summits are breathtaking, and the landscapes you will be walking across are stunning.

The route takes in the famous Yorkshire Three Peaks of **Wharfedale** (736m), **Ingleborough** (724m) and **Pen-y-Ghent** (694m). The route includes several steep sections, rough and rocky terrain, stream crossings and boggy ground, as well as the summits of three mountains. **Mark Reid** will guide you around this route, so that you can forget about navigating your way round on the day and concentrate on raising money for your chosen charity instead! **The walk is 25 miles (40 km) with 1,600 metres of ascent.**

The walk will take around 12 hours to complete, and so we shall finish the walk at around 7pm. This finish time will be dependent on the pace of the group, weather conditions on the day etc, and so we could finish the walk anytime between 6pm and 9pm. We will ascend Wharfedale first, then Ingleborough and Pen-y-ghent.

This is a guided walk, which means that we will all walk together as a group. Successful completion of this walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this guided walk is no guarantee of its successful completion.**

All participants will need to be of good fitness and stamina, and also prepare for this walk with several weeks of training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk before this event. This is, after all, a marathon in the mountains! **It will be difficult to complete this walk without some preparation.**

## FOOD AND WATER

Each person completing this walk will burn approximately **7,000 calories over the day**, and also lose around **five litres of fluid** (possibly more, depending on weather conditions) over the course of the day.

A good breakfast is very important, such as porridge. Eat plenty of snack food throughout the day - little and often - to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you as well.

You will need to carry 2 to 3 litres of water in your rucksack, and drink this water at regular intervals. As we are starting at Ribblesdale, you will be able to purchase more food and drink at Horton-in-Ribblesdale (two pubs and a café). We will reach Horton-in-Ribblesdale between 2pm and 3pm.

## ESCAPE ROUTE

Horton-in-Ribblesdale is the key 'escape route' along this walk, in case of tiredness or minor injury. There is a train station at Horton, where you can catch a train back to Ribblesdale if you are unable to complete the walk.

## WHAT TO WEAR & BRING WITH YOU

### *What to wear*

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots. These must be waterproof with good ankle support and sturdy soles
- *plus* walking trousers
- Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

### *What to bring*

- Sunhat, sunscreen and sunglasses
- Warm hat & waterproof gloves
- Spare fleece
- Water (at least 3 litres)
- Packed lunch
- Lots of high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

### *In the car for the end of the walk*

- Towel (in case it has been raining and you wish to dry off)
- Change of socks, shoes and T-shirt
- Deodorant!

### Please note:

You need to provide your own suitable walking boots, with sturdy cleated soles and ankle support.

## WHAT'S INCLUDED

- ✓ Fully guided walk around the Yorkshire Three Peaks, with Mark Reid (Mountain Leader)
- ✓ Training Plan and full details of the walk
- ✓ Completers Certificate and Medal upon completion
- ✓ Use of our outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme \*

## Please Note:

- No previous experience is required as full guidance will be given. However, the Yorkshire Three Peaks is a mountain challenge walk. It is demanding and strenuous and must be approached with preparation and planning.
- This long distance challenge walk covers 40-km in a single day, with 1,600m of ascent that is usually completed in around 12 hours. The route includes several steep sections, rough and rocky terrain, high moorland, stream crossings and boggy ground, as well as the summits of three mountains (Pen-y-ghent 694m; Whernside 736m and Ingleborough 724m). We may also encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and also prepare for this walk with some training over a number of weeks (*depending on your current level of fitness*) by walking everyday and building up the distances walked.
- Successful completion of this walk will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided Three Peaks challenge walk is no guarantee of its successful completion.
- You will burn around 7,000 calories over the day, and also lose around 5 litres of fluid. It is important to eat high energy snack food regularly throughout the day and drink water regularly.
- All participants must provide their own walking boots, packed lunch and travel/accommodation (if applicable).
- Our walks are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.
- \* Loyalty Reward will be issued on the course

## TRAVEL

As we will be starting early in the morning, it is advisable to stay locally to ensure a good night's sleep prior to the walk. The Station Inn at Ribbleshead offers B&B and bunkhouse accommodation. There are Youth Hostels at nearby Ingleton (15 minutes) or Hawes (25 minutes), as well as several campsites nearby at Ingleton, Austwick and Horton. B&B accommodation is available at Ingleton, Horton plus several other local villages.

**Post walk** - please note that after completing this long distance challenge walk you will feel very tired, with aching feet and legs. Please take this into consideration if you are planning to travel home after the walk. We advise you to either arrange transport with friends or family, use public transport (there is a train station at Ribbleshead) or stay overnight locally.

## BOOKING FORM

Please complete the Booking Form, which also includes our **Terms and Conditions**.

**Final details of this walk will be sent to you approximately 2 weeks prior to the event**

## ANY QUESTIONS?

**Email:** [info@teamwalking.co.uk](mailto:info@teamwalking.co.uk)

**Tel:** 01423 871750

**Mob:** 07711 264019



*Pic: Three Peaks walkers on the summit of Pen y Ghent*



*Pic: Three Peaks walkers on the summit of Whernside*