



# Yorkshire Three Peaks

## IMPORTANT INFORMATION

Thank you for choosing TeamWalking for your Yorkshire Three Peaks challenge walk.  
Your safety & enjoyment is important to us.

You **MUST** carry in your rucksack: full waterproofs (jacket & trousers), spare fleece, hat, gloves, head-torch (plus spare batteries), plenty of food and water (2 litres minimum). *We have spare kit if you want to borrow anything.*

We will walk as a group throughout the day. Please don't walk ahead, as we'll only have to catch you up and ask you to wait. It is more sociable and enjoyable to walk as a group.

This walk will take us around 12 hours to complete, although the finish time could be anytime between 6:30pm and 8pm, depending on the pace of the group, weather conditions etc. It is not a timed challenge - the challenge is completing the walk. Your Mountain Leader (ML) will set the pace at a reasonable and maintainable speed; please keep up with the group as much as possible.

There will be rest stops at specific locations for food, water, loo breaks etc. These will be: Whernside (summit), Hill Inn, foot of Ingleborough 'chimney', Ingleborough, Sulber crossroads, Horton (cafe), Pen-y-Ghent and God's Bridge. Please wait for food and comfort breaks until we reach these locations. If you feel thirsty, however, please drink water.

**There are two 'escape points' along the walk:** Hill Inn (10:30am) and Horton-in Ribblesdale (2pm). The 'escape' at the Hill Inn is to walk along the road back to Ribblesdale, and the 'escape' at Horton is to catch the train back to Ribblesdale. We cannot guarantee that you will complete this challenge walk, as this depends on your own fitness level, any injuries along the way etc. Please decide at the Hill Inn or Horton whether you are able to continue along the walk. **NB: do not take painkillers if you suffer an injury as this will mask the pain and, if you continue the walk, may lead to more serious injury or damage.**

Going to the toilet: there are toilets at Horton in Ribblesdale, otherwise there are no other facilities along the route. Just nip behind a tree or wall BUT let us know if you are stopping so we can wait for you. You should be going to the loo about every two hours; if you don't then you risk becoming dehydrated. We will discuss 'toilet etiquette' with you.

Eat snack food and drink water regularly. Ensure that you take in some salt with your food (e.g. salted peanuts etc) to replace lost fluids and salt.

Any problems, minor injuries, blisters, hot spots in boots etc along the walk, then let your ML know so we can do something about it before it becomes a big problem (especially blisters).

Please note that limestone is slippery when wet. There is also some steep ground and 'easy' scrambling; we will coach you on how to tackle these sections.

Please adhere to any safety advice or warnings given by your ML along the walk

You will feel tired and aching at the end of this walk. This is normal. Please take this into consideration when travelling home. Eat a good meal and replenish lost fluids.

**ENJOY THE WALK!**