



Wharfedale **Three Peaks Challenge** *Guided challenge walk in the Yorkshire Dales*

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

WALK OVERVIEW

Birks Fell (610m) – Buckden Pike (702m) – Great Whernside (704m)

34 km – 1,200m of ascent – 11 hours

YOUR INSTRUCTOR



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 7:45am at Kettlewell. There is a large pay & display car park behind the garage just as you enter Kettlewell along the B6160 across the bridge over the River Wharfe. **The walk will commence at 8am.**

OUTLINE OF THE DAY

7:45m: Meet at Kettlewell

8am - 7pm: Fully guided walk around the Wharfedale Three Peaks challenge walk

7pm: Well deserved celebratory drink at the Racehorses, Kettlewell

NB: *Finish time is approximate*

THE WALK

The **Wharfedale Three Peaks Challenge** is a new mountain challenge walk that takes in the summits of Birks Fell (610m), Buckden Pike (702m) and Great Whernside (704m), the three mighty fells that enclose Upper Wharfedale; Buckden Pike and Great Whernside are also two of Yorkshire's seven fells that are over 700 metres in height. The route includes a number of steep sections, rough and boggy moorland as well as the summits of three fells. **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 34-km (21 miles) with 1,200 metres of ascent.**

It is a demanding walk that must be approached with preparation and training, but it is also an extremely rewarding walk that will be remembered for many years, for the views and landscapes along the way are simply breath-taking, from stunning valleys to wild moors and lonely fells. Mark

Reid knows Upper Wharfedale like the back of his hand and will guide you around this route (whilst also sharing his knowledge of the area), so that you can forget about navigating and concentrate on enjoying the walk and raising money for your chosen charity instead!

The walk will take around 11 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 8pm. 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 reasonable fitness and also prepare for this walk with some 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.

FOOD AND WATER

Each person completing this walk will burn approximately **5,000 calories** and lose around **4 litres of fluid** over the course of the day. A good breakfast is important. 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. You will need to carry 2 litres of water in your rucksack, and drink at regular intervals. *You will be able to buy soft drinks and replenish water bottles at Cray (pub), which is just over half way.*

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 - 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 and spare fleece
- Water bottle (2 litres) and flask of hot drink (optional)
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note: Please provide your own walking boots, with sturdy cleated soles and ankle support.

In the car for the end of the walk

- Towel (in case it's raining)
- Change of socks, shoes and T-shirt
- Deodorant!

WHAT'S INCLUDED

- ✓ Fully guided walk around the Wharfedale Three Peaks challenge walk with Mark Reid
- ✓ Use of our Berghaus gear if required
- ✓ Completers certificate
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable). Over 18s only. * *Loyalty Reward issued on the course.*

Please Note:

- No previous experience is required as full guidance will be given. However, this is a long distance challenge walk that is demanding and strenuous and must be approached with preparation and planning.
- This long distance challenge walk covers 34-km (21 miles) in a day, with 1,200m of ascent that is usually completed in around 11 hours. The route includes several steep sections, rough and boggy terrain, high moorland, stream crossings and the summits of three fells/mountains (Birks Fell 610m, Buckden Pike 702m and Great Whernside 704m). We may also encounter adverse weather conditions whilst on the walk.
- You will need to be of reasonable fitness and also prepare for this walk with some 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 prior to the event.
- 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 challenge walk is no guarantee of its successful completion.
- You will burn around 5,000 calories over the day, and also lose around 4 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).
- Over 18s - our events are designed for adults.

TRAVEL

You may wish to stay locally before and after your walk. Kettlewell offers a choice of pubs, B&Bs, Youth Hostel and campsite. It also has a village shop, Post Office, cafes and Outdoors Shop.

Post walk - please note that after completing this challenge walk you will feel 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 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
Tel: 01423 871750 **Mob:** 07711 264019
www.teamwalking.co.uk