



## Yorkshire 3 Peaks Challenge

**This exciting and rewarding challenge will have you trekking over the famous Yorkshire Three Peaks within a period of just 12 hours. These peaks form part of the Pennine Range and encircle the head of the valley of the River Ribble in the Yorkshire Dales National Park. The route is extremely scenic and provides spectacular views over the stunning Yorkshire countryside. The total distance of 23.5 miles, should take approximately 11-13hrs for fit walkers.**

### **Pen-y-Ghent 691m**

We begin our Yorkshire 3 Peaks challenge in Horton-in-Ribbleside early morning usually around 5am depending on the time of year.

The first peak, Pen-Y-Ghent, is the smallest peak of the challenge, standing at 691m, with spectacular views as you trek into the sunrise, it is a stunning way to start the challenge.

The walk to the Pen Y Ghent takes approximately 2hrs. Once on the summit you will have the chance to enjoy the breath-taking views of the area.

As we near the famous Ribblehead Viaduct we reach our first check point of the challenge, where we have time for a short break and a warming cup of tea.



### **Whernside 728m**

It's a long gradual climb to the summit of Whernside taking approximately 7.5hrs walking a total distance of 14.5 miles to this point. Once on the summit we will stop for a short break and a quick snack, before we begin the steep descent to Chapel-le-Dale, with 17miles now in the bag, we arrive our final check point of the challenge before our climbing our final peak Ingleborough.



### **Ingleborough 723m**

At 19 miles and 10hrs walking, our final hurdle of the Yorkshire 3 Peaks is insight, slowly climbing the zigzag path to the summit you are rewarded with views across all 3 peaks. Our descent into Horton-in-Ribbleside should take us approximately 1.5hrs, arriving at our finish line for a celebration and a glass of bubbly.

### **Itinerary suggestions**

Please note timings are approximate and depend greatly on the group. All times are set trying avoid walking in dark as this will slow the group down, especially in poor weather, with large groups we find that the best option is start your at first light early morning.



## Timetable

Total Distance - 37km/23miles  
Ascent: 1381m/4531ft  
Target time: 12 hours

Meet in Horton-in-Ribbleside	07.00am
Begin Ben Pen Y Ghent	07.30am
Check point 1 Ribbleshead	12.30am
Summit Whernside	15.00
Arrive check point 2:	16.15
Ingleborough Summit	17.20
Arrive Horton-in-Ribbleside	19.00

## INCLUDED

Organisation of event  
Qualified UK Mountain Leaders  
First aid trained Staff  
Support vehicle & driver  
VHF Radio Backup  
Hot/cold drinks & snacks.  
9 Week Training Program  
15% Discount Voucher for Cotswold Outdoor

## Not Included

Personal drinks and meals.  
Travel to and from the Challenge.  
Accommodation.



## Bespoke Challenges

If you're looking to organise your own group challenge, please contact us for a price and further details.

## Weather & Safety

The weather in the mountains can change very quickly, what can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions. We will be crossing terrain varying from moorland to loose rocky ground. Our route will be ascending and descending a great deal and therefore a good level of fitness is required.

The Leader reserves the right to change the itinerary at any time should the conditions require it. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

All our guides are first aid trained and carry fully equipped medical kits for serious medical emergencies.

## Accommodation

Please note that accommodation is not included. For guidance with accommodation options, please feel free to visit [www.visittheyorkshiredales.co.uk](http://www.visittheyorkshiredales.co.uk).

## How to book your challenge

The easiest way to book your trip is online via the Adventurous Ewe website at [www.adventurousewe.co.uk](http://www.adventurousewe.co.uk). You will need to pay a non-refundable deposit of £35.00 at the time of booking.

It is possible to reserve a place on this challenge by email to [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk), however you will need to pay your deposit of £35 to confirm your place on this trek together with completing a booking form.

The full balance is required to be paid no less than 4 weeks prior to departure.

## TOTAL COST

**DEPOSIT: £35.00 PER PERSON**  
**FINAL BALANCE: £ 95.00 PER PERSON**



## Trekking Experience

To complete the Yorkshire 3 Peaks Challenge, it is preferable that you have done some training walks. The walking is not technically difficult, but you must be a confident walker with a good level of fitness. This is the perfect challenge if you have an adventurous spirit and an open mind.

**If you have any further questions, please get in touch with us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588069.**

The Yorkshire 3 Peaks offers some of the most impressive mountainous landscapes the U.K.



## Yorkshire 3 Peaks Challenge Q&A's

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### What are the group sizes?

Our maximum size group is 12 per Mountain Leader, with a minimum of 8 per group

### Who will be leading the group?

We employ experienced and fully qualified Mountain Leaders to accompany and lead you. They are Mountain First Aid trained and have extensive experience in leading in the mountains and the three peaks challenge. They will be ultimately responsible for your safety on the mountain and the rest of the group. They will be carrying full safety equipment and mountain first aid kits with them.

### How fit do I need to be?

Training and a good level of mountain walking fitness is definitely required, this is not for the faint-hearted. This is a tough challenge and physically and mentally draining. As much preparation and training you put in beforehand the better chance of success you have.

Trekking fitness is specific to trekking but a general overall fitness is a good start. The ideal training for mountain walking is getting out there and actually walking in the hills. However, if you do not have the luxury of living in the hills or time to go out, then the stairs at home (or an office block of flats with lots of stairs) are a great place to start training. Most training should be part of an ongoing lifestyle but if this is not the case then you should begin training 3-6 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.

### What type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers, for your challenge. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks. Avoid cotton, trekking or good quality sports socks are advised as are a thin wicking sock to wear underneath if your prone to blisters, these are designed to draw the moisture away from your feet. Wearing your boots and socks during your training period on and off the hills will inform you of whether they are suitable for the challenge.

### What happens if I fall ill, can't keep up or there is an emergency?

The Mountain leaders well trained and experienced and managing situations on the hill should they need to get outside assistance for example 'mountain rescue' they all carry mobile phones and also radios for communication with the minibus drivers.

The Mountain Leader will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge. However, if your struggling you must be honest with yourself and the leader remember the top of the mountain is only halfway!

### How many breaks will be taken during the trek and for how long?

The timing of breaks is quite liberal and there will be scheduled breaks for 5minutes, the exact times and places of your breaks will very much depend on the weather and the well-being of your group. When ascending and descending in order to maintain a healthy and steady pace.

### **What food and drinks are included?**

We include all drinking water and hot drinks and snack at each check point.

### **General Wellbeing**

Here are a few tips to remember while trekking.

- Hydration is important. Drink plenty of water
- Eat plenty to keep energy
- Trekking poles are a great way to support the knees and provide stability.
- Honesty, if you feeling unwell at any point please let someone know, we want to make sure everyone remains fit and healthy whilst trekking.

### **What is the weather likely to be like?**

The mountain weather in the U.K. can be very changeable, it can be Glorious sunshine down at the base but be wet and windy on the summit. It is not uncommon for it to change from clear blues skies to rain and fog in moments. It is important to follow the advice we give and carry the correct kit (please see kit list)

### **What do you do to protect the environment?**

We limit the impact we have on the surrounding environment by remaining on the paths at all times so as not to cause further erosion on the mountain. We will ensure that all rubbish is disposed of responsibly and take all rubbish away with us.

### **Testimonials**

*'I Completed 3 peaks with Adventure Ewe's this weekend in 12 hours - it would not have been possible with AE! Their organisation was great, they are very experienced and most importantly know the peaks well. Would highly recommend them.*

**Furquan Ismail May 2016**

*'The Yorkshire 3 Peaks Challenge was an unforgettable experience!*

*Everybody absolutely loved it and is still on a high, we have the feeling we can take on the world. Thank you so much for all you have done, your guidance and support were outstanding.*

**Antia Giusti June 2015**





## Yorkshire 3 Peaks Challenge Kit List

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### CLOTHING

In preparation for the Yorkshire 3 peaks challenge you are on please read the basic equipment you need to bring. Light snacks and hot drinks will be provide at each check point.

Please note this is a time critical challenge, it is your 12hrs thus it is essential that you try and bring adequate food and energy drinks/gels etc with you.

Get The Right Equipment: Our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers. It is very possible to encounter, heavy rain and high winds. Walking boots are essential - don't even think about training shoes. You should always have a minimum of one whistle within your team, some extra food, and a head torch with spare batteries in your rucksack, even if you expect to finish in daylight. Personal first aid kit.

### Equipment list

- **RUCKSACK** - 15 - 25 litre rucksack should be sufficient for you to carry your own spare clothing, water, camera, and all your personal kit including, snacks and water. Preferably your rucksack should have with waist belt to help distribute the weight and a whistle for safety provisions.
- **FLEECE JACKET OR WIND STOPPER** - A full zip version is easier to put on and has better ventilation than a pull over style.
- **Water Bottle** - 2 litres of water in bladder or bottles.
- **Waterproofs** - Waterproof top and bottoms - - Breathable waterproof jacket that has a good hood. Waterproof trousers can be of lighter weight than the top.
- **Hat and gloves** - A pair of thin liner gloves you can keep on the whole time if you need to.
- **Whistle** - sometimes it is already attached to your pack chest strap.
- **Phones & cameras** in waterproof dry bag or equivalent
- **Snacks/energy food** - for your entire challenge.
- **Head torch** - with spare batteries you may be walking in the dark at some point
- **Walking poles** - if you use to them are good for descents and preventing injuries when your ankles get weak towards the end of your challenge.
- **Socks** - Change of socks (2 pairs)
- **Base layer** - Preferably Merino wool or synthetic wicking layer with a long sleeved top and long-johns.
- **TROUSERS** - synthetic / nylon or polyester trekking trousers. Zip off trousers may be handy for hot days. Avoid cotton trousers as they absorb & hold moisture easily and thereby have a cooling effect.
- **Boots** - Well broken in boots/walking shoes, suggest boots in preference over shoes/fell trainers as with tiredness comes weak ankles. Also walking in dark doesn't afford good foot placement. (If you're flying wear these on the plane as lost luggage is ok as we can lend buy hire everything else but worn in boots we cannot help you with).

### Miscellaneous Kit

- **Toiletries** - Including wet-wipes & hand gel.
- **Nappy Sacs**- For waste and rubbish. We pride ourselves in leaving no trace while travelling, so please ensure you carry all your rubbish with you including toilet tissues and dispose of it appropriately where rubbish bins are provided.
- **Personal first aid kit** - Please bring any personal medication plus paracetamol, brufen. Also bring some plasters/Compeed etc for your feet to help prevent blisters, antiseptic cream/ointment/wipes, rehydration salts (ie. dioralyte), anti-histamines.
- **Contact lenses / glasses** - contact lens wearers should consider bringing glasses, as the dry air and dust plus the difficulty with cleaning, can cause problems with using contact lenses.

## Fuelling your body

For many of us these are unusual challenges for our bodies to undertake and as such we are not used to such sustained exercise over such a long time. The following is a guide of what your leader will be consuming over the duration of the trip if you are not, then you are likely to be not taking on enough food=energy and fluids=hydration. Cramping is a sign of dehydration and lack of salts.

- Large meals day before your challenge and well hydrated
- Morning of challenge yes a large breakfast don't be shy get it down you as your only walking not running.
- Every 45-50minutes after start 1 energy gel or bar etc. If you start to feel dizzy/weak this is a sign you're not eating enough. Try eating regularly cereal bars and carbohydrate drinks are easily consumed whilst walking pasties are not. However, eat what you enjoy eating as otherwise you will not eat enough of it.
- Drinking constantly depending on your work rate and temperature. If you're not needing the toilet whilst on your walk then you're not drinking enough.
- This challenge is achievable by you all with some training and by following the guidance above. We will get you there and can't wait to see you all soon.

## Tips:

- Having a good night's sleep before the challenge will help a great deal, it's worth considering an overnight in local area.
- Please note that accommodation is not included. For guidance with accommodation options, please feel free to visit [www.visittheyorkshiredales.co.uk](http://www.visittheyorkshiredales.co.uk)
- Finish time is normally 19.00 – 20.00 depending on the group and fitness levels.

## Kit hire and purchasing

If you don't wish to go to the expense of buying new kit, especially a suitable sleeping bag, we recommend Expedition Kit Hire [www.expeditionkithire.co.uk](http://www.expeditionkithire.co.uk) for all your kit hire requirements. Make sure you mention that you're trekking with Adventurous Ewe to gain a discount.

If you're happy to purchase kit, Adventurous Ewe have a 15% discount code for the Cotswolds Outdoor Shop. There are stores located throughout the UK plus this code may be used online at [www.cotswoldoutdoor.com/](http://www.cotswoldoutdoor.com/).



15% Discount Voucher with Cotswold Outdoor



For more information or to book, please contact Adventurous Ewe

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