

YORKSHIRE 3 PEAKS CHALLENGE



Highlights

- 2 boots. 3 mountains. 24 miles. 1585m of ascent. 12 hours! Tick!
- Conquer the highest 3 peaks of the Yorkshire Dales - Pen-y-Ghent (694m/2,276 ft), Whernside (736m/2,415 ft) and Ingleborough (723m/2,372 ft) in 1 day
- Circular route through the distinctive landscape of high heather moorland, stepped skylines and flat-topped hills, punctuated by scenic stone walled farms and windswept trails
- Trek with pride knowing you are helping support the work of Cool Earth
- Accompanied by friendly Adventurous Ewe Mountain Leaders
- New safety and wellbeing guidelines are in place for this adventure
- We look forward to welcoming you to the picturesque Yorkshire Dales
- #ewecandoit



WELCOME

Overview

The Yorkshire Dales – protected as a national park since the 1954 – sets an incredible geographic scene for this iconic and tough challenge. The park's glacial valleys are characterised by a distinctive landscape of high heather moorland, stepped skylines and flat-topped hills, punctuated by scenic stone walled farms and windswept trails where the skyline is dominated by a trio of distinctive hills known as the Yorkshire 3 Peaks: Pen-y-ghent (694m), Whernside (736m) and Ingleborough (724m). Your challenge awaits.

Whether you're on a personal mission or part of a group looking to make a team effort, we're really excited to welcome you to Yorkshire and showcase the very best of this amazing environment and it's impressive geology.

If you have any questions please get in touch by email: info@adventurousewe.co.uk or call 01492 588 069.



TRIP SUMMARY



Activity: Mountain trekking
Duration: 1 day
Active: 10 – 14 hours
Distance: Approx 24 miles in total
Ascent: Approx 1585m in total
Cost: Deposit: £35 per person
Remaining balance: £40 per person



Group size:

6 – 30 people

Level of difficulty:



Tough

Dates 2020/2021/2022:

2020: September

2021/22: May to September

(*2021 & 2022 prices subject to change)

ROUTE MAP

Get ready for an adventure



ORDER OF PEAKS

PEAK 1

Pen-y-Ghent at 694m / 2,276 ft

PEAK 2

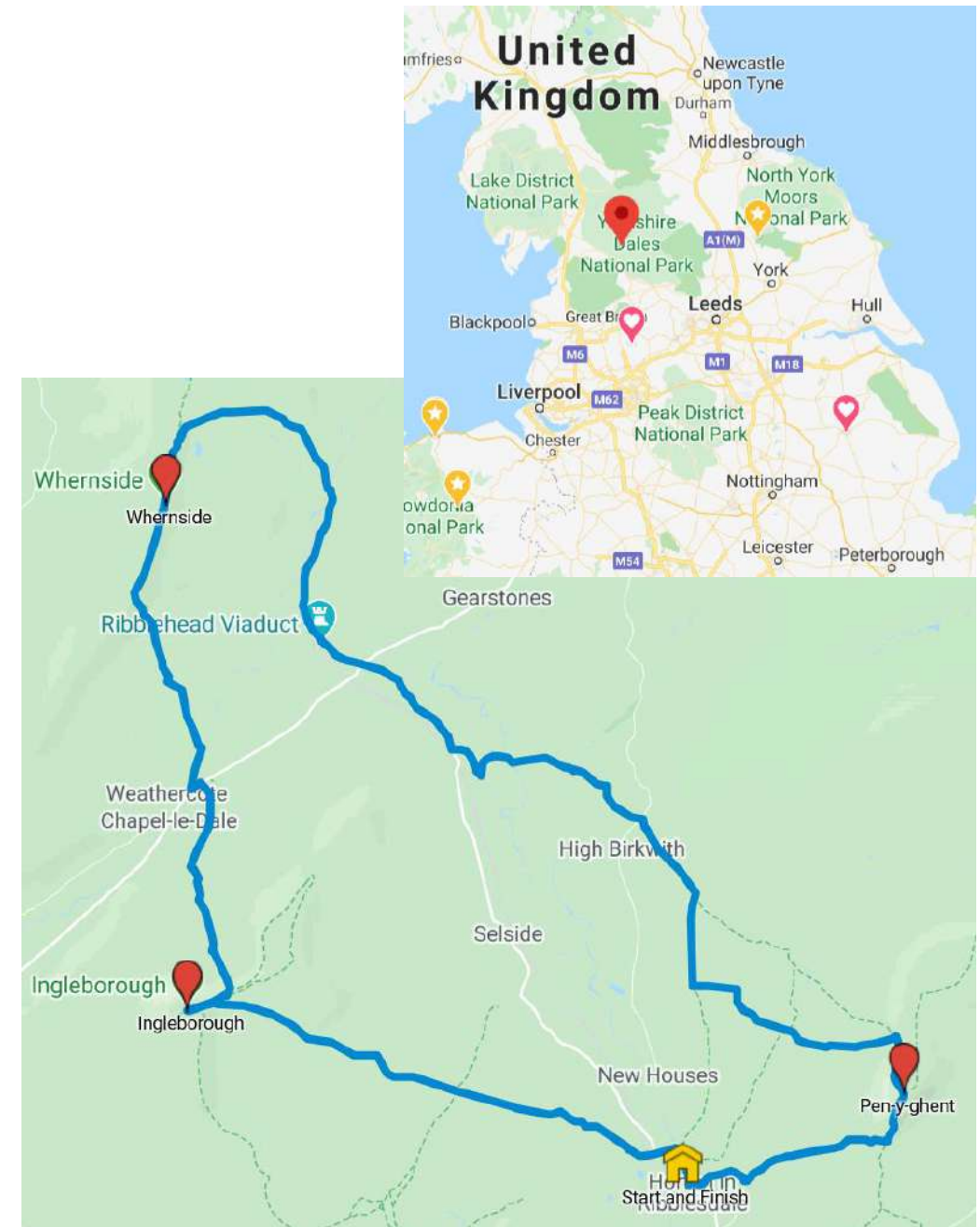
Whernside at 736m / 2,415 ft

PEAK 3

Ingleborough at 723m / 2,372 ft

TIMING SCHEDULE (SUBJECT TO TIME OF YEAR)

06:00:	Meet in Horton-in-Ribbleside at Pen-y-ghent Café BD24 0HE
06:15:	Start trek
07:45:	Pen-Y-Ghent summit
11:15:	Arrive check point 1 Ribbleshead
13:00:	Whernside summit
14:30:	Arrive check point 2 Chapel-le-Dale
16:00:	Ingleborough summit
18:15/18:30	Arrive back at Horton-in-Ribbleside



ITINERARY

2 boots. 3 mountains. 1585m ascent. 24 miles. 12 hours. 1 iconic trek

THE CHALLENGE – conquer the 3 highest peaks in Yorkshire in 12 hours

In the spectacular geographic setting of the Yorkshire Dales test your mettle on a tough yet iconic mountain challenge – conquer the 3 highest peaks in under 12 hours! You will complete the trek in teams of no more than 10 people and will be accompanied by a certified local mountain leaders.

EVENING PRIOR

We recommend arriving in Horton-on-Ribblesdale the night prior to your trek given the early start the following day. Please visit <http://www.horton-in-ribblesdale.com/accommodation.shtml> to book a place where you feel most comfortable and which suits your budget. This is at your own expense.

YOUR CHALLENGE

Pen-y-ghent Café (BD24 0HE), Horton-in-Ribblesdale to Pen-y-ghent (694m)

- **Height:** 694m / 2,227 ft
- **Time to Pen-y-ghent summit (based on 12 hours):** 1 hour 15 mins / 1 hour 30 mins

Starting in the quaint village of Horton-in-Ribblesdale in North Yorkshire as the sun starts to rise illuminating the outline of your first mountain, Pen-Y-Ghent at 694m. The crisp morning air accompanies your 3-mile route winding through farmland and up the steep sided mountain to claim your first peak in the early morning glow. Pen-y-Gent = tick!

Pen-y-ghent (694m) to Whernside (736m)

- **Height:** 736 m / 2415 ft
- **Time from Pen-y-ghent to Whernside (based on 12 hours):** approx. 5 hours

This is the longest section between peaks however the incline is not too harsh on the legs. The majority of this leg is through green valleys, patchworked with drystone dykes and little barns, picture-postcard villages and plenty of grazing sheep. In the limestone country of the southern Dales you'll find England's best examples of karst scenery (created by rainwater dissolving the underlying limestone bedrock).

On reaching the impressive Ribbleshead Viaduct, built in 1870 – 1874, striding across the upper Ribblesdale moorland it's time for a quick pit stop at your first checkpoint to refill water bottles and flasks and have a re-energising snack. The trail then travels below the viaduct's 24 towering arches, before the rail line disappearing into the Blea Moor Tunnel. You'll then conquer your second and the highest peak of your challenge, Whernside at 736m, and be rewarded with vast panoramic views over the Yorkshire Dales. Whernside = tick!

Whernside (736m) to Ingleborough (723m)

- **Height:** 723 m / 2,372 ft
 - **Time from Whernside to Ingleborough (based on 12 hours):** 3 hours – 3 hours 13 mins
- Following the route through traditional Yorkshire farmlands and charming villages, the trail leads onto a boardwalk rising above the often boggy moorlands to start your final steep climb to claim your third and final summit, Ingleborough at 723m. Immerse yourself in more rewarding views as the late afternoon sun changes the colours of the landscape and the huge achievement of standing on the summit of your third and final peak. Ingleborough = tick!

Ingleborough to Horton-in-Ribblesdale

- **Time from Ingleborough to Horton-in-Ribblesdale (based on 12 hours):** 2 hours 15 mins – 2 hours 30 mins

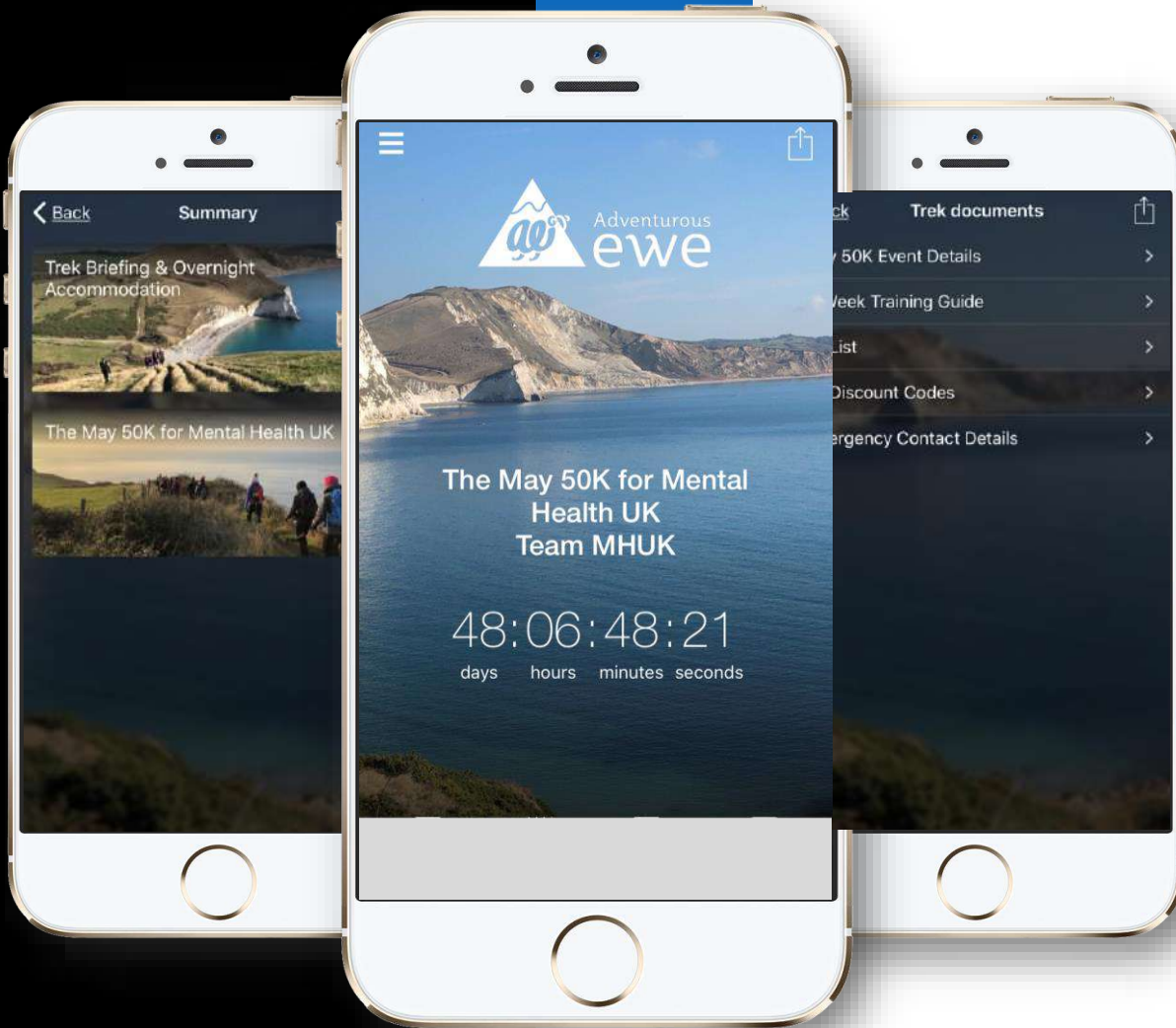
With the 3 peaks in the bag it's time for your weary legs to travel down through green slopes fragmented with limestone rocks. Arriving back in Horton-in-Ribblesdale your Yorkshire 3 Peaks challenge in 12 hours is done & dusted and you'll be enthralled with a huge sense of achievement with completing this tough and iconic challenge.

Included:

- Your own dedicated and qualified Mountain leader/s
- Support vehicle and crew member
- Check points with drink refills and snacks
- Emergency first aid provisions
- Safety management
- All challenge management and hygienic cleaning procedures of equipment before, during and post trek.

TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Dates, trip overview



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nitty gritty bits for your
adventure

01



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Yorkshire 3 Peaks will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for the trek. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders will also be in constant radio communication with the support vehicle throughout your adventure.

Level of difficulty

The Yorkshire 3 Peaks Challenge is graded as '**Tough**'. This is namely due to the distance you are trekking in one day over undulating terrain.

There is no technical sections as most of the route is along trails and stone paths.

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer the 12 hours needed to walk around 24 miles. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.



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Group size

We pride ourselves in small group events to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size to run this trek is **6 people** and the maximum group size is **30 people**. You will be split into groups of no more than 10 people per team for this event.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A bespoke training programme will be provided when you join this trek to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:
Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.



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Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

TOP TIPS

3 peaks in 12 hours

- Dress the part. Layering in the best option for the changing weather conditions. Ensure your base layers are wicking / breathable fabric ie. merino wool base
- The Yorkshire 3 Peaks Challenge is a true test of endurance and 'mountain fitness'. Ensure you train beforehand so you can enjoy the journey on the day
- Train in your trekking kit. including wearing of your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your long challenge
- Ensure you have suitable, well worn-in and comfy boots. It can get wet and boggy in places
- Pack your kit inside a dry bag for the trek
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak./platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE ENTIRE EXPERIENCE**





WHY ADVENTUROUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

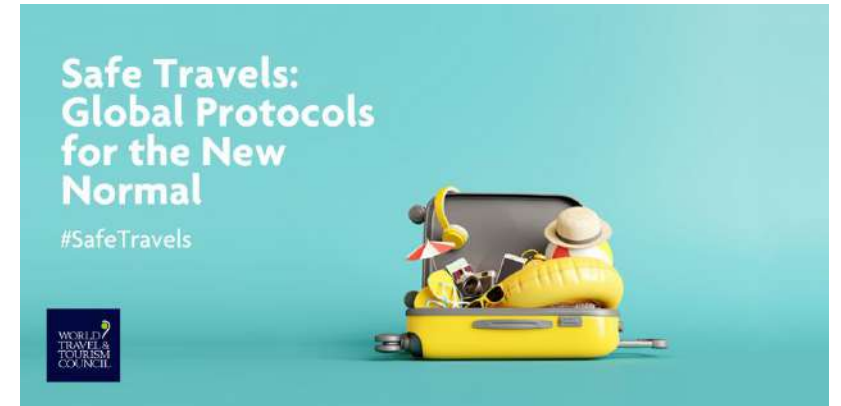
Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit:

<https://www.adventurousewe.co.uk/safety-wellbeing/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventuroousewe.co.uk/coolearth-partnership/>



Cymdeithas Eryri
Snowdonia Society



YOU'RE IN SAFE HANDS

ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at info@adventurousewe.co.uk.
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at info@adventurousewe.co.uk or call 01492 588 069. Thank-ewe.



COST

Deposit: £35 per person payable on booking

Remaining balance: £70 per person payable 5 weeks prior to start of trip

Please note, if you need to change your booking 60 days or more before the start date you can make flexible date change, subject to availability, without incurring any admin costs. If you need to cancel your booking 60 days or more before the event start date, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

YORKSHIRE 3 PEAKS CHALLENGE

INCLUDED

Pre-trip:

- Personalised trip support in the lead up from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trek info supplied via our free mobile travel app, Vamoos
- Digital trip briefing sent before your arrival in Yorkshire
- Public liability insurance
- Risk assessment and emergency management planning.

During your trip:

- Safety briefing
- Certified Local Mountain Leaders
- Support vehicle and crew member
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national parks
- Checkpoints with snacks and refilling of water bottle/s and thermos (please provide your own water bottles and thermos for refilling)
- All challenge management and hygienic cleaning procedures of equipment before, during and post trek.

NOT INCLUDED

- Clothing and equipment listed on your Kit List
- Water bottle/s and/or camelbaks/platypus and thermos for filling and refilling. Please provide your own bottles as this is to minimise the use of plastic bottles
- Personal snacks and electrolytes
- Lunch
- Accommodation and dinner the night before and after your trek. This can be arranged at an additional cost
- Personal spending money
- Any costs incurred with retiring from the event early ie. hotel accommodation, change of travel tickets, any medical costs, etc.
- If you are travelling by train, please ensure you book an open-ended ticket for your return journey.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

CLOTHING

- ❑ **Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential
- ❑ **Base layers** – preferably a synthetic wicking layer with a long-sleeved top
- ❑ **Fleece Jacket**, wind-stopper or light weight down jacket (ideal to keep warm when you stop for a break)
- ❑ **Trousers** - fleece or synthetic / nylon or polyester comfy trekking trousers. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- ❑ **Headwear** - warm woolly hat and cap/sunhat
- ❑ **Gloves** – warm wind-stopper gloves
- ❑ **Wicking/merino wool t-shirt**
- ❑ **Casual clothes** for the evenings and travel

FOOTWEAR

- ❑ **Hiking boots** – well-worn in with ankle support and waterproof for the hike. It can get wet and boggy in places
- ❑ **Socks** – recommend merino wool hiking socks
- ❑ **Flip-flops** – for post-trek (optional)

BAGS

- ❑ **Overnight bag** – which you can leave any items not needed during your trek. This can be left in your accommodation place or in the support vehicle
- ❑ **Daypack** – 20 - 25 litre rucksack with a waist strap to carry your kit required on the trek. An internal dry bag and/or rain cover is recommended

EQUIPMENT

- ❑ **Water bottle** – (essential) 2-3 litre capacity or a platypus / camelbak system.
- ❑ **Thermos** – (optional) if you wish to take a hot drink on the trek
- ❑ **Head torch** & spare batteries
- ❑ **Sunglasses** – strong UVA/UVB protection preferable
- ❑ **Trekking pole(s)** - optional. Please train with these prior to your trek

ADDITIONAL ITEMS

- ❑ **Hand sanitiser** (essential)
- ❑ **Face mask** (optional)
- ❑ **Favourite snacks**, both sweet and savoury
- ❑ **Electrolytes**
- ❑ **Packed lunch**
- ❑ **Sunscreen and lip block** – SPF40 as a minimum
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable toilet roll & disposable bag (for toilet paper rubbish on the hike if needed) and toiletries for overnight accommodation
- ❑ **Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, electrolytes, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NICE TO HAVE

- ❑ **Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)

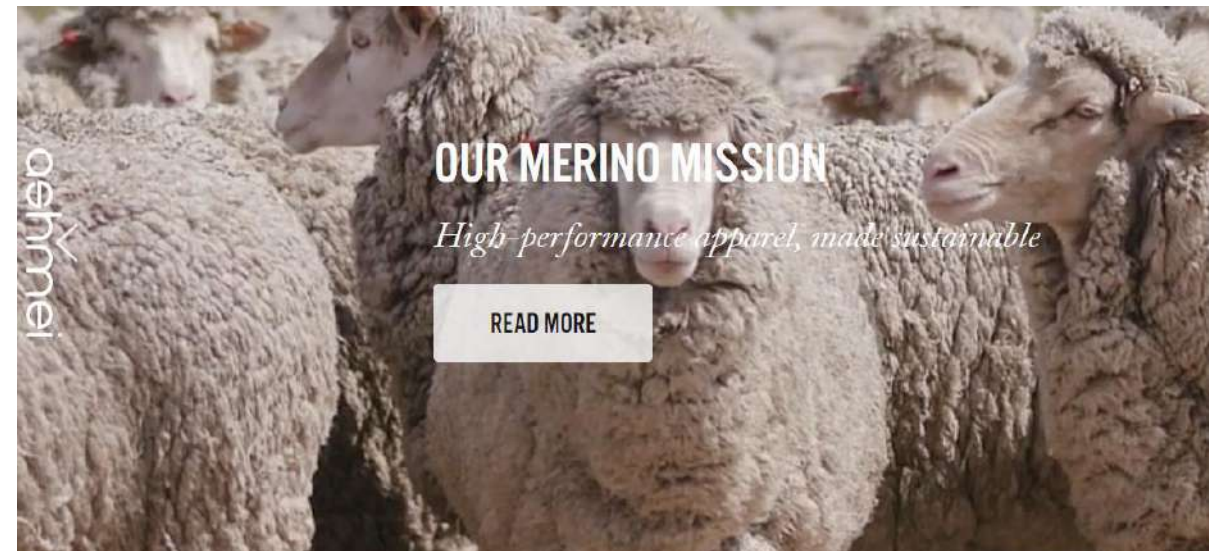
EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.



For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>

ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
ADVENTURES

CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069



jim@adventurousewe.co.uk
susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





We look forward to welcoming you to the stunning Yorkshire Dales for this iconic mountain challenge.

