



## **Yorkshire 3 Peak's Challenge**

*Information Pack*

## CHALLENGE OVERVIEW

Attempting the Yorkshire 3 peaks is no easy push over! The challenge is to ascend and descend the 3 highest mountain in Yorkshire over a 12-hour period. Ingleborough our first peak, then onto Whernside our second peak and then finishing on Pen Y Gent It involves approximately 39 km of mountain walking and just over 1600 meters of ascent. Most walkers complete the walk in 12- 15 hours, but a few do it significantly faster – Our record time was by Jack and Jim who ran the challenge in 4hours 35 mins. Regardless of the time, it is an achievement to be proud of.



## WHAT'S NOT INCLUDED

- ✓ Personal clothing and equipment
- ✓ Food and drink
- ✓ Travel costs to Horton on Ribblesdale

## WHAT WE PROVIDE

- ✓ A guide to take you up and down each mountain.
- ✓ Water at all 3-check points
- ✓ Emergency cover

## PREVIOUS EXPERIENCE

We always recommend that you take some time to do some training, after all the fitter you are the easier it will be for you. Remember your signing up to a challenge – Its going to be hard but you can make it easier by training.

You need to be comfortable walking for 8-10 hours a day with around 1500m (4500ft) of ascent. You should also be confident walking on rough mountainous ground and expect to be walking in potentially (fingers crossed not) poor weather.

## OUTLINE ITINERARY

An exact program is difficult to confirm as we operate according to the weather conditions and the progress of the group the times are approx. but typically, we would aim to do:

- **07.30** – Meet guide team – Safety brief, kit checks
- **8.00** – Start Challenge – Walk to first summit – **Ingleborough**
- **13.00** – Arrive at first check point after completing Ingleborough
- **13.10** – Depart Check point 1- Walk to summit 2 **Whernside**
- **15.00** – Arrive at check point 2 after descending Whernside
- **15.10** - Depart check point 2
- **17.00** – Summit Pen Y Ghent
- **19.00 – 19.30** – Arrive at Horton having finished the Yorkshire 3 peaks 😊

## HORTON IN RIBBLESDALE AND THE SEROUNDING AREA

“Horton” has a large national trust car park in the center of the village our meeting point is this car park – **Post code BD24 0HE**. There is also a train station that has several departures throughout the day and connects from Leeds train station.

Horton has 2 pubs in the village and 2 cafes which double as a tourist information. There is also a camp site in the village.

There are several places to stay in the area and Mountain Adventure Lake District recommend the following

- **Board Croft House**- BnB in Horton- [www.boardcroft.co.uk](http://www.boardcroft.co.uk)
- **The Station Inn**- Hotel rooms and bunk rooms 5 miles from the start point -[www.stationinn.co.uk](http://www.stationinn.co.uk)
- **3 peaks Bunkroom** – Dormitory accommodation in center of Horton – [www.3peaksbunkroom.co.uk](http://www.3peaksbunkroom.co.uk)
- **Old Hill Inn** – pub with accommodation,6.5 miles away from Horton and on the Y3P route – [www.oldhillinn.co.uk](http://www.oldhillinn.co.uk)
- **Ingleton Hostel** - Shared accommodation but 20 mins drive from the start – [www.ingletonhostel.co.uk](http://www.ingletonhostel.co.uk)

## LEADER / GUIDE

A qualified and experience Mountain Leader (ML), who has expert knowledge and understanding of each mountain will guide you up and down every peak.

The guides job is to keep you all safe and make sure you get down from the mountain in one piece, their job is not to get you to the top. You do that bit; however, they are responsible for the safety of the whole group and their word is final.

We ask that everyone respects that, if you choose not to take the advice of the guide you void all responsibility from Adventuring. We will always support the choices made by the guiding team – Remember they are the experts.



## WEATHER CONDITIONS

Let's face it we live in a wet country! So, to be ready for that, you must come prepared for whatever weather is forecast for that weekend.

Adventuring would not cancel a challenge except in extreme circumstances. Our guides will endeavor to make the best use of the conditions to give you an enjoyable and rewarding day out.

## DID NOT FINISH A PEAK

Once a year Adventuring puts on a specially discounted guided walk aimed at those who maybe didn't finish one of the peaks. This allows people the opportunity to finish the challenge without the time restrain or pressure. These dates are normally at the end of the year on a weekend.

## EQUIPMENT

All our leaders will carry an emergency shelter, comprehensive first aid kit, phone, sleeping bag, and navigational equipment.  
You will just need your personal equipment as below:

Item	Notes	✓ Packed
<b><u>To carry on person while walking</u></b>		
20 – 30-liter ruck sack ***	A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure its comfortable.	
Water proof bag	This is ideal to put all your gear into and keep it dry	
Spare warm layer ***	A good warm insulated spare jacket / Jumper	
Gloves and Hat ***	Pack 2 pairs of each in case 1 gets wet	
Waterproofs ***	Top and bottoms ensure they are waterproof	
Blister plasters & pain killers	Always handy to have	
Medication ***	Any medication that you are on please note we should be aware of this before the start of the challenge.	
Headtorch and spare battery's ***	A good place to put your torch is the top of your bag where it can be easily accessible	
Camera	For those awesome shots	
Snacks ***	See note on next page	
Water - min 2 liters ***	A hydration system such as a camel back is best and comes recommended. Water favoring such as Robinsons makes for a nice treat.	
Walking poles	Optional but they do help!	
Food	Plenty of it – you cant have enough of it think about small meals and not all just sugar	
Water + bottle ***	A min of 1 liter – Mix it up and bring some electrolytes these are great and taste.	
<b><u>To wear</u></b>		
Walking boots	Starting the challenge is not the time to be breaking them in. If you do buy a new pair do a few walks in them first to ensure they don't rub and are comfortable.	
Walking top and bottoms	Lose outdoor pants / active wear work, best stay away from cotton.	
<b>*** These are the items that you MUST carry and before the start the guide will check</b>		

## NUTRITION

It is important that you are well 'fueled up' for this challenge. You should not 'stuff' yourself before climbing the mountain peak. A day or so before the challenge start eating some carbohydrates such as pasta for dinner and drinking plenty of water. On the morning of the challenge think about what you're eating swap your full English for some porridge, banana and mixed fruits. Things like coffee will only dehydrate you so if you're going to have 1 drink some water after.

Ensure you carry plenty of snacks with you, have them to hand in your backpack. Things like trail mix, Haribo, mars bars and several ready-made sandwiches are all perfect for a day on the mountains. Things like energy bars work well but remember they only give you a short burst of energy and do not last long, our mantra is to eat little and often while you're on the mountains.

It's worth having a packed meal ready in your bag – a pasta salad, or some sandwiches and some cake are good as well protein bars these all help to aid your body in recovering and getting ready for the next climb. If your prone to cramping take some crisps or something a little salty this will help just ensure you stay well hydrated.

**Drinks.** Whatever you choose just to ensure you stay hydrated. With the fickle British weather, it could be very hot or unpleasantly cold. Adjust your liquid intake to suit. Some people prefer to stick to water and obtain the required calories from the food, while others use energy drinks. If you intend to use energy drinks, make sure you have tried and tested the one you use – don't use it for the first time on the challenge!

**Top Tip** – Spend some time doing some meal prep make some packed lunches for each leg experiment on your training walks and find out what works for you.

Adventuring and the whole team would like to wish you every success on your Yorkshire 3 peaks challenge. Very shortly you will be added to an event group on Facebook where you'll be able to contact our team share pictures and talk to other participants about the challenge. However, if you do have any questions all please feel free to contact the office at any time.

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### **Participation Statement**

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.