

YORKSHIRE THREE PEAKS



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DISCOVER YORKSHIRE

THE THREE PEAKS

Embark upon the formidable Yorkshire Three Peaks Challenge, conquering the majestic summits of Pen-y-Ghent (694 meters), Whernside (736 meters), and Ingleborough (723 meters).

Typically undertaken in sequence, all within the span of 12 hours, these peaks stand as stalwart sentinels within the Pennine range. They gracefully encircle the cradle of the River Ribble's valley, nestled within the breath-taking embrace of the Yorkshire Dales National Park.

Walking start / finish location – Horton-in-riddlesdale

Start / finish time – 0700 – 1900

Distance – 24-miles (38.6km) round trip route and includes 1585m (5200ft) of ascent.



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KIT LIST

Please ensure you have the following essential items, as unsuitable footwear has been the most common issue on the Yorkshire three peaks:

Mandatory:

- Sturdy walking boots with ankle support (no trail shoes or trainers)
- Head torch (Recommended: 150+ Lumens, brighter is better)
- Waterproof jacket and trousers
- Proper hiking socks
- Backpack (approximately 15-20 litres)
- Water container (1-2 litres, bottle, or Camelbak-style)
- Your favourite snacks, such as hard fruit, treats, jelly babies, cereal bars, nuts, dried fruit, etc.
- Gloves
- Ear-covering hat
- Any necessary personal medication or first aid items (e.g., compede, plasters, inhalers, hay fever tablets)
- Spare batteries for your head torch (Please keep these in a waterproof bag, box, or container)

Recommended Clothing:

- Walking trousers or sports leggings (no jeans or tracksuit trousers)
- Sports top (avoid cotton)
- Warm outer layer (fleece or wind stopper-type)
- Extra change of clothes

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Optional, but Recommended:

- Sunglasses and sun cream
- Walking poles
- Backpack rain cover

Items to Leave in Minibus:

- Comfortable shoes
- Quick-to-eat lunch.

Your preparedness is key to a successful outing. Please prioritise the essential items and consider the recommended options for a safe and enjoyable experience.



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