

Yorkshire Three Peaks Weekend



Activity: Trek Grade:  Duration: 3 days

The Yorkshire Three Peaks, in the Yorkshire Dales, represents a challenge for the keenest of walkers. To scale three mountains in two days is no mean feat and provides an exhilarating and demanding trek in some of the most spectacular countryside England has to offer.

This region was shaped by glaciers many thousands of years ago, and there are plenty of geological landmarks – striking limestone outcrops and unusual rock formations – to pique our interest as we walk. We will also see the famous Ribbleshead Viaduct en-route, part of the scenic Settle to Carlisle railway line.

This is a tough and rewarding weekend in steep, rugged country, offering an unforgettable sense of achievement.



Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Demanding (2)**. Main challenges lie in the long ascents and descents over rugged terrain.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc.

The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

Detailed Itinerary

Day 1: Arrive Camp, Yorkshire Dales

We meet late afternoon at our campsite near Chapel-le-Dale, nestled between two of our three peaks. After dinner and a thorough trip briefing we prepare our kit and get a good night's sleep, ready for tomorrow's strenuous challenge!

Day 2: Ingleborough & Whernside

After a good fuelling breakfast in camp, we set off, walking south through the broad green dale, criss-crossed with dry-stone walls. Ingleborough's stepped shape - due to its alternating layers of limestone, sandstone and shale – rises before us.

Whernside, our second peak, dominates the landscapes behind us. We pass through the village of Chapel-le-Dale and soon reach the base of Ingleborough (723m), where a stepped path zig-zags fairly steadily to the summit of our first peak. We soak up the views over the surrounding dramatic landscapes, an area of rocky outcrops and limestone scars, and the impressive sight of the famous 400m-long Ribbleshead Viaduct, built in the 1870s.

We then descend along a ridge to the valley below, where we walk parallel to the Settle – Carlisle Railway, enjoying a flattish section! We pass through Ribbleshead, at the head of Chapel-le-Dale, and can admire the Viaduct from close quarters.



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Trekking Information

We trek mainly on grassy and well-maintained gravel paths but there are some stony tracks and small tarmac roads; some sections may be muddy and wet. There are steep inclines both up and down.

You will trek approximately 20 miles on this trip overall. Because of the varied terrain, it's more useful when training to think about the hours you need to walk for, and the type of terrain you will be trekking over!

This trek is achievable provided you train well in advance. We will supply you with a thorough training guide when you have registered.

Food & Accommodation

We camp in a quiet, friendly campsite with good facilities, in shared two-man expedition-style tents (ie sleeping-room only!). All food is included except where specified in the itinerary. The food is very good, will give you lots of energy and there is plenty of it! Please let us know any dietary requirements well in advance.

Detailed Itinerary (cont)

From here we can also see the distinctive whale-back shape of Whernside (736m). We pass numerous limestone escarpments and outcrops; this amazing scenery provides wonderful motivation to keep our legs moving! We gradually begin our ascent, following a slabbed path all the way to the summit. The last section is particularly steep but our efforts are rewarded with the views – on a good day you can see across to Morecambe Bay on the west coast – and the knowledge that it's not far back to camp! After a short break we come down steeply off the mountain and trek the relatively short and flat distance to camp, where we enjoy a great evening meal in camp with our fellow trekkers. Night camp.

Trek approx. 12 miles (6-8 hours)

Day 3: Pen y Ghent; Depart

A short transfer (15-20 mins) takes us to Horton in Ribblesdale, where we take the Pennine Way towards our third and final peak – the distinctive stepped outcrop of Pen-y-Ghent. As we ascend, we enjoy good views back towards Horton and across to yesterday's achievements: Whernside and Ingleborough. Clear, well-worn paths lead us quite steeply up to the summit; there are some steep stone steps too. We enjoy time at the summit (694m) to take in the views before taking a westerly path down off the mountain and loop round to Horton once more (exact route may depend on group ability), feeling pretty pleased with ourselves and our accomplishments! After the short transfer back to camp, we say goodbye to the new friends we've made and the incredible scenery we conquered, and head home, taking a huge sense of achievement with us.

Trek approx. 6-8 miles (4-5 hours)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader. The crew will have radios and phones, medical kit and other safety apparatus where necessary, as well as vehicle support.



Weather

Even in the summer months we can be exposed to rain, strong winds and storms, and it can be cold. Be prepared for any weather!



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