Yorkshire 3 Peaks Challenge

The Yorkshire 3 Peaks challenge is an alternative to the national 3 Peaks challenge, almost as tough but without the travelling in between the mountains.

We will start early morning, around breakfast time, from the village of Horton in Ribbledale and ascend the first of the 3 peaks Pen-y-Ghent. We then descend and make our way towards the famous Ribblehead Viaduct where we start the ascent on Whernside the highest of the 3 peaks at 736m before descending to Chapel – le – Dale and the start of our 3rd peak Ingleborough. From this summit we descend the 5 miles back to Horton in Ribbledale. There will be a support car available at 2 locations to allow you to top up with water and to deal with minor first aid issues.

The challenge is to complete this walk in under 12 hours. To do this walk you need to have a good level of fitness in order to cover the 25 miles with 1600mts of accent and of cause decent.

Kit List
Please ensure that you bring all the required equipment with you; inadequately equipped people may not be able to participate. Your guide will ultimately be responsible for your safety and will have the final say on the day: Any unwillingness to accept this could put the continued participation of the whole group at risk.

Footwear: Walking boots which are comfortable and have a good tread are the most appropriate type of footwear for this walk. If you already own a pair, the chances are they will be fine. If you want to buy a new pair of boots for the challenge then it’s important to make sure they are well worn in and you are used to walking in them before the actual event.

Socks : It is quite important to get this right to avoid blisters. Cotton socks should not be worn. Thicker socks with a percentage of wool are good and sometimes people wear 2 pairs, perhaps a thinner pair and a thicker pair. This does help prevent blisters, though you also need to be careful not to make your boots too tight. Bringing a spare socks is a good idea so if your feet get wet you can change into a dry pair.

Underwear: Chaffing can be a major problem (usually worse for men!) and has stopped a few people from completing the challenge. Ideally, close fitting (but not tight) synthetic underwear should be worn. Loose cotton boxer shorts are not good when wet.

Trousers and tops: Avoid cotton, synthetic materials are good and lightweight clothing is better as it dries faster and is easier to walk in when wet. Fleece is fantastic and even one costing £5 will work extremely well. It is best to wear layers on your top half- Usually a synthetic t shirt, often called a base layer, a fleece and then a waterproof layer if it is raining or windy. You should have a spare layer in your bag; this should be quite warm as it can get cold on the summits.
Waterproofs: You should bring a (properly) waterproof jacket and overtrousers which will also act as wind proofs. Lightweight waterproofs are better as they do not become waterlogged, dry faster and take up less space in your bag. “Water resistant trousers” are not sufficient to replace waterproof overtrousers in heavy rain.

Sun hat and sun cream: Hopefully you will encounter sunshine on your challenge. Please make sure you have a sun hat to protect your head and a high factor sun cream. Sunburn can be a real problem in the mountains. There is often a cooling breeze and you do not realise the strength of the sun.

Rucksack: This does not need to be too big. Up to 45 litres will be fine but you should get away with a 25 litre sack. All you need to carry is 1-1.5 litres of water, food including sandwiches, flap jack, fruit cake, cereal bars chocolate and nuts depending on your preference spare warm layer, waterproofs, good quality head torch, hat and gloves. Put everything inside your rucksack in a plastic bag such as a thick heavy duty bin liner and this will keep things dry.

Spare clothes: Bring a set of spare cloths for when you finish the challenge

Food: This is very much down to personal preference. Sandwiches, flap jack, fruit cake, cereal bars, chocolate, bananas and nuts are all good.

Water: Keeping hydrated is very important however water is very heavy so you do not want to carry too much on the mountain. Juice or energy powders can also be added to water. Water bottles can be topped up at the support car.

First Aid: Our guides carry first aid kits on the mountain. All you will need to carry are smaller personal item e.g. blister plasters, wet wipes. However if there are any personal medication you require please ensure it is carried with you. You must administer it yourself.

Navigation: Our guides are responsible for your safe navigation on the mountain. They carry all necessary equipment such as maps, compasses and GPS.

Torch: Although it is anticipated that this challenge will be completed in daylight it would be advisable to carry a head torch in case of unexpected delays.

Environment: We operate a “leave no trace” policy. We always follow the footpaths and we ask that you do not walk off the footpath or attempt to take any short cuts on the mountain. No litter must be left. This includes banana skins, apple cores and cigarette ends. All litter must be taken back to the support car. There are toilets in Horeton in Ribbledale.

Walking poles: They may be useful if you have used them before. They can help with tired knees on descent.
Safety: For your safety and that of the rest of the group you must follow instructions and advice given to you by your guide. If you do not then you may put at risk the safety and or continued participation of yourself and or the entire group. Normally the group will stick together especially in bad weather but your guide may allow some clients to go ahead especially on descent and wait for the remainder of the group at a strategic point. Your guide has the final word on all issues on the mountain. If you chose to ignore this advice you do so entirely at your own risk and you cease to be the responsibility of Life Changing Challenges.

If you have any questions or queries at all please get in touch and we will be happy to help in any way we can.

Good luck and See you on the challenge