



## THE YORKSHIRE THREE PEAKS



# ITINERARY - OUTLINE FOR BESPOKE TRIPS

Located roughly in the centre of Northern England is a beautiful area of valleys and hills. These hills are fairly rugged, with steep sides, exposed cliff edges and several peaks over 600m. Added to the natural beauty of this national park are age-old human influences, with remains of ancient settlements, scenic farms and villages, field-barns and classic limestone walls. We take the challenge of climbing 3 of these peaks, covering 24 miles in one day.

## DAY 1 ARRIVE YORKSHIRE

We all meet at our accommodation, have a welcome meal in a local pub and a briefing about the day ahead.

## DAY 2 THE CHALLENGE! 8-10 HRS TREKKING

We start with an early breakfast before making our way to the trailhead. From Horton-in-Ribblesdale we head towards our first peak of Pen-y-ghent (691m), trekking through valley's, crossing streams and farmland, and finally taking the path that winds it's way up to the summit. Back in the valley of fields and farmland we stop for a break, before the approach of the second peak, Whernside. Following the great Settle to Carlisle railway line and viaduct, we progress to the dizzy height of 728m and our second summit. From here it is a steep descent to our final target through boggy sections, across steps of board and stone to help our crossing. Our climb up to the pathless Ingleborough summit plateau (723m) brings us to the final summit. We can now descend back down into the valley and heading home to Horton, where we eat heartily, drink a little and sleep extremely well.

## DAY 3 FAREWELL LUNCH

Exhausted from our challenge we have an easy morning. We all meet up for a delicious Sunday lunch before saying goodbye and making our way back home.

**LOGISTICS**



### **COST OF CHALLENGE**

£250 for 20+ participants  
Free organiser place for 20 participants  
Camping or bunkhouse alternatives are available

### **INCLUDED**

ACUK rep  
All accommodation  
All meals, except in free time  
Local transfers

### **NOT INCLUDED**

Alcoholic drinks  
Travel insurance  
Items of a personal nature  
Transfers other than local ones

### **EQUIPMENT**

An equipment list will be forwarded at a later stage.

### **FOOD**

Breakfasts and dinner will be at the hostel and we will have a packed lunch en-route. Our Sunday lunch is spent in a local pub.

### **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

### **TOTAL DISTANCE TREKKED**

Approximately 24 miles

### **RATING & FITNESS**

This is a moderate challenge, which requires a reasonable level of fitness to walk the route. It is a tough, long day requiring good stamina.

### **ACCOMMODATION**

We stay at a YHA in single-sex dormitories.

### **WEATHER**

Light rain and cloud can be expected at any time of year in England, but spring, summer and autumn are all beautiful times to visit the Yorkshire Dales.

### **TRANSFERS**

We can arrange a coach to transport the group to Yorkshire if desired. This is not included in the cost quoted above. Participants are free to make their own way to Yorkshire, either by car, train or bus.

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