

## Yorkshire Three Peaks Trek

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 [gac-brochures.com/brochures/yorkshire-three-peaks-trek](http://gac-brochures.com/brochures/yorkshire-three-peaks-trek)

### 24 miles

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Approx. Distance

### Tough (2)

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Challenge Grading

### 1 day

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Challenge Duration

### UK

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Challenge Location

### Challenge Highlights

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Witness breathtaking views of the Yorkshire Dales

Take on a classic UK-based outdoor walking challenge

Celebrate our achievements with a glass of fizz

Complete the event in under 12 hours to become part of the “Yorkshire Three Peaks Club”

### The Challenge

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Join us and conquer the highest 3 peaks of the Yorkshire Dales! This demanding yet rewarding one-day trekking challenge takes us to the summits of Pen-y-Ghent (694m/2,276 ft), Whernside (736m/2,415 ft) and Ingleborough (723m/2,372 ft) all in one circular route starting and ending in Horton-in-Ribblesdale. We'll be supporting each other every step of the way on this demanding yet rewarding UK-based challenge, which includes over 1,700m of ascent!

## Challenge Itinerary

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### Day 1

We set off early morning from Horton-in-Ribblesdale to begin our adventure! Our first peak, Pen-y-ghent (694m / 2,276 ft) is just under 3 miles away, so it won't be long until we enjoy our first taste of success.

After conquering our first peak we then descend and push on to our next peak which is the highest of all three, Whernside, approximately 7.5 miles further. We then start our ascent to our third and final peak – Ingleborough (723m / 2,237 ft) which is approx. 5 miles further on.

Standing at the summit of Ingleborough will evoke a real sense of achievement and after a few victory photos we push on with our descent as we have not finished our challenge just yet! We take the 5.5 mile trek back to Horton-in-Ribblesdale, where we enjoy a glass of fizz.

**Please note, this is a complex itinerary and subject to change.**

## Challenge Inclusions

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### What's Included

- A glass of fizz at the finish line
- Qualified Global Adventure Challenges leaders
- Global Adventure Challenges medical kit for the group
- Vehicle for back up and support
- Challenge Medal

### What's Not Included

- Accommodation and meals
- Travel insurance
- Tips and gratuities
- Alcoholic drinks
- Personal trekking kit (trekking boots, poles, etc)
- **Please note that for bespoke challenges, inclusions and exclusions may differ**

## Frequently Asked Questions

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### I'm interested... What do I do now?

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You can register online below – payment of the registration fee is due at time of booking. All payment options and costs are explained below.

Once your registration is received we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

## **Is this trip for me?**

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Absolutely! The trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 14 – 17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## **How fit do I need to be?**

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This trek has been graded as Tough(2) on our challenge grading scheme, however it is designed to be achievable by most people as long as you fitness train beforehand. Remember, you are trekking to the summit of the three highest peaks in the Yorkshire Dales, so the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to put you in the right direction.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## **What is the challenge grading scheme?**

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All our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## **Do I need specialist kit?**

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We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

## **Do I have to carry my own luggage?**

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No – all you will need is a small day pack while trekking to carry items such as a camera, sunscreen, energy snacks, waterproofs, warm clothing etc.

## **Food Matters...**

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Lunch is included on the day of our trek – we can cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

## **What support is there on the challenge?**

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There will be a strong support team with professional Global Adventure Challenges Leader/s. Comprehensive medical kits will be taken. A support vehicle will be located at the foot of each mountain providing extra support if needed. Mobile phones and radio aids will be used to ensure our safety and security at all times.

### **What happens if I get tired?**

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There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no one is left alone. Remember though – this is a challenge, not a race!

### **How do I go about raising the sponsorship?**

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Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.