

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

YORKSHIRE 3 PEAKS TREK

CONQUER THE HIGHEST THREE
PEAKS OF THE YORKSHIRE DALES!



01244 676 454

GLOBALADVENTURECHALLENGES.COM

KEY INFO

Duration: 2 Nights/1 Night/1 Day

Distance: 24 miles approx.

Challenge Grade: Tough 2

Location: Yorkshire Dales, UK

CHALLENGE HIGHLIGHTS

- Witness breathtaking views of the Yorkshire Dales
- Take on a classic UK-based outdoor walking challenge
- Celebrate our achievements with dinner and a drink
- Complete the event in under 12 hours to become part of the “Yorkshire Three Peaks Club”

THE CHALLENGE

Join us and conquer the highest 3 peaks of the Yorkshire Dales! This demanding yet rewarding 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! Choose to join us for a full weekend and stay for two nights, for just one night, or if you're short on time you can join us for the day instead!



LOOK OUT FOR REMNANTS OF OLD SETTLEMENTS ON THE SUMMIT PLATEAU OF INGLEBOROUGH, THESE ARE GENERALLY THOUGHT TO BE THE REMAINS OF AN IRON AGE HILL FORT BUT MIGHT BE AN OLDER SETTLEMENT DATING FROM THE 2ND MILLENNIUM BC.



IT TOOK 4 YEARS, FROM 1870 UNTIL 1874 TO BUILD THE RIBBLEHEAD VIADUCT. OVER 1,000 PEOPLE WORKED ON THE BUILD LIVING IN SHANTY TOWNS ON THE MOORS AROUND THE VIADUCT



WHERNSIDE IS THE HIGHEST OF THE THREE SUMMITS AND IS ALSO THE HIGHEST POINT IN YORKSHIRE.





CHALLENGE ITINERARY

We set off early morning from our campsite 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 12 miles further. We then start our ascent to our third and final peak – Ingleborough (723m / 2,373 ft) which is approx. 7 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 6 mile trek back to our campsite, where we enjoy a glass of fizz. Tonight we reflect on our achievements at our celebratory dinner!

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

WHAT'S INCLUDED?

TWO NIGHT OPTION *FRIDAY AND SATURDAY NIGHTS*

- Evening meal on Friday
- Breakfast, lunch and evening meal on Saturday
- Breakfast on Sunday

ONE NIGHT OPTION *FRIDAY NIGHT ONLY*

- Evening meal on Friday
- Breakfast and lunch on Saturday

ONE NIGHT OPTION *SATURDAY NIGHT ONLY*

- Lunch on Saturday
- Evening meal on Saturday
- Breakfast on Sunday

DAY ONLY OPTION *CHALLENGE DAY ONLY*

- Lunch on Saturday

All options include qualified Global Adventure Challenges leaders, vehicles for backup and support, and comprehensive first aid/medical kit.



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a 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?

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?

All of 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).

Where will we stay?

If you have chosen the one night or two night option, we will be camping at a local campsite and will be using comfortable and spacious 3 man tents, with 2 people sharing a tent. The campsite will have basic washing facilities available. Remember this is a challenge!

Do I need specialist kit?

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?

No – all you will need is a small day pack while trekking to carry items such as your phone, camera, sunscreen, energy snacks and your packed lunch etc.

Food Matters...

The meals provided will depend on the option you have chosen. 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's not included?

- Accommodation and meals (depending on the option you choose)
- Travel insurance
- Tips and gratuities
- Alcoholic drinks
- Personal trekking kit (trekking boots, poles, etc)

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive first aid kits will be taken. A support vehicle will be located at the foot of each peak providing extra support if needed. Mobile phones and VHF radios will be used to ensure our safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

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.

I'm interested... what do I do now?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

#BELIEVEYOU CAN

REGISTER ONLINE TODAY!

WWW.GLOBALADVENTURECHALLENGES.COM

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