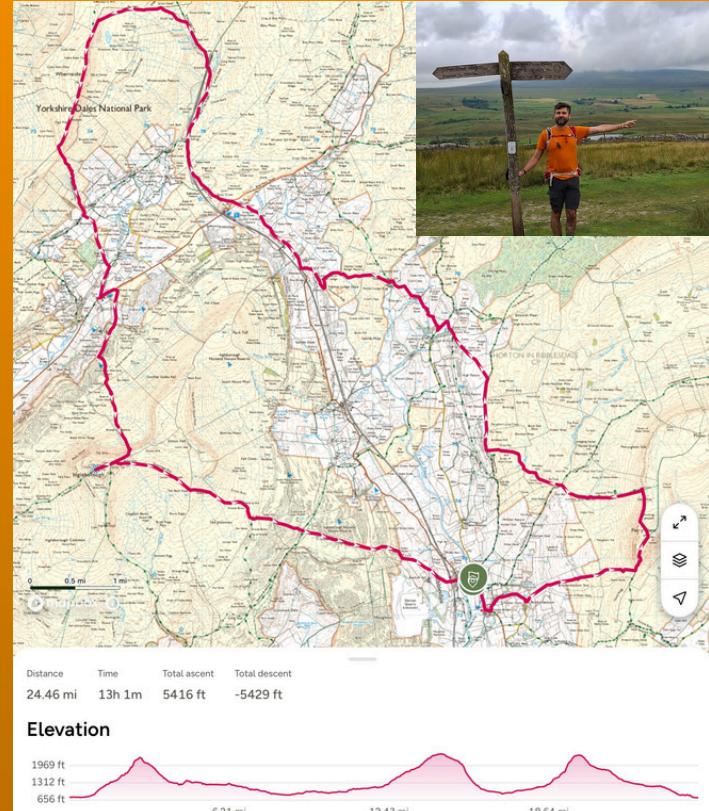


Yorkshire 3 Peaks

Challenge Walk



Take on the ultimate test of endurance with our **Yorkshire 3 Peaks Challenge** – an epic trek across the rugged terrain of the Yorkshire Dales. Conquer **Pen-y-ghent, Whernside, and Ingleborough**, covering a demanding 26 miles with over 1,500 meters of ascent. The route features steep climbs, rocky paths, and challenging descents, pushing your physical and mental limits as you aim to complete the three peaks in under 12 hours. With stunning panoramic views at every summit, this is a true test of stamina, and the reward is an incredible sense of accomplishment as you conquer one of the UK's toughest challenges.



Meeting Point

We'll meet in Horton-in-Ribblesdale at 6.45am for a 7am start. We meet in the carpark between the station and The Crown Hotel. What3Words - //frogs.instructs.crafts - Please note this car park is cash only. There are toilets across the bridge in the National Park car park.

Our Route

We begin our challenge by leaving the village and immediately ascending Pen-Y-Ghent, our first summit. After reaching the top, we descend and then tackle a long, gentle undulating section that leads us to the iconic Ribblehead Viaduct, where we'll have our first vehicle checkpoint. After refilling our water, we begin the climb of Whernside, the second peak. The descent from Whernside is steep, bringing us to the second vehicle checkpoint, complete with a snack bar to refuel. Finally, we make our way to the summit of Ingleborough – a tough ascent but with a flat summit that offers incredible views. From there, we descend back into the village to complete the challenge and celebrate our accomplishment.

Fitness

You will require a high level of fitness and building up your fitness prior to the event is essential. We have included further advice on this in the next pages.

Looking forward to seeing you there!



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Challenge Walk FAQ's

Q: How challenging is this event?

A: This is a tough and demanding challenge, perfect for those looking to push their limits. Prior fitness training, especially on hills, is essential to succeed. You'll face steep ascents, rocky terrain, and challenging descents throughout the 26 mile route. It's a physically demanding event that requires both endurance and mental resilience. While it is not a challenge to be underestimated, with the right preparation, it offers an incredible sense of accomplishment and is an experience you'll never forget and our team will be on hand to support you throughout.

Q: What is the terrain like?

A: The route mostly follows good paths, but you will encounter uneven and undulating terrain throughout the challenge. There is a rocky section during the ascent of Pen-Y-Ghent, where you may need to use your hands for support. The descent from Whernside is steep, and Ingleborough features a challenging ascent that can seem intimidating from a distance. While the terrain is tough, our team will be with you on hand, offering support and guidance where needed to help you navigate the challenges ahead.

Q: Will the route be signposted/waymarked?

A: We do not place way markers along the route however there is the odd National Park signpost along the way. The challenge is led by our qualified team who are very familiar with the route. Our team will guide you throughout the entire challenge, ensuring you stay on track.

Q: Can I walk at my own pace?

A: You will need to stay with a team and one of our instructors throughout the challenge to ensure your safety. This is a team event and not a marked race. The group will initially leave the village together but by the first summit people will have settled into their natural walking pace. Once you reach the summit of Pen-y-Ghent one of our team will split you into groups and this is the group that you will complete the challenge with. If you wish to walk with friends please ensure that you arrive at the first summit together. If you find you need to be in a faster or slower group please speak with one of our team that will try and accomodate this where possible.

Q: What if I can't keep up or I can't complete the route?

A: We encourage everyone to walk at their own pace, and there will always be a member of staff at the back of the group to ensure no one is left behind. Our team will monitor progress and have cut-off times in place, which will be discussed with you if there's a concern about reaching a checkpoint in time. If you don't meet a cut-off time or are unable to complete the challenge for any reason, the support vehicle will safely return you to Horton-in-Ribblesdale once the rest of the group has passed through the checkpoint. Your safety and wellbeing are our priority, and our team will be there to support you throughout the event.

Q: Can I use the support vehicle to put extra snacks and water in?

A: Absolutely! One of the benefits of having a support vehicle is that you don't have to carry everything with you. You're welcome to place extra snacks, water, and other essentials in the vehicle. Just make sure all your items are kept together in a bag, and it's even better if you can label it with your name. Please note, however, that we cannot be responsible for any items left in the vehicle, so avoid leaving valuables in there.

Q: What about the weather?

A: The UK weather can be unpredictable, so it's important to be prepared for all conditions. There have been times when it was warm in the village but cold, wet, and windy at the summits. Please refer to our kit list for advice on what to bring. We will be monitoring weather forecasts leading up to the event and will inform you as soon as possible if any changes need to be made due to weather conditions. Generally, rain won't affect the event, but if there is lightning at the start, we will delay the event. If lightning occurs while on the hill, we will return to the valley using the safest route. Strong winds may also require route adjustments, and if temperatures are high, we recommend carrying additional water.

Q: I have a disability or medical condition, can I take part?

A: We are not medical specialists and therefore cannot assess your ability to take part if you have a medical condition/disability. If you have concerns we suggest that you speak with your doctor/medical professional and seek their advice before attending. If you require any further information regarding what the challenge entails then please get in touch on info@dolomitetraining.co.uk. We will request you declare all medical conditions and disabilities prior to attendance, it is important that you do this so that our team can support you throughout. All of our staff are first aid trained and will offer support with any injuries and conditions that arise due to the mountain environment such as sprains, strains, heat and cold injures etc.

Q: How do I get there?

A: If you're traveling by car, please park in one of the car parks in the village, please do not park on the side of the road and be respectful to the local residents. For those using public transport, there is a train station in Horton-in-Ribblesdale, and local buses run from Settle.

Q: Where can I stay?

A: We highly recommend you staying over the night before and after your challenge. There is a huge range of places to stay in the village of Horton-in-Ribblesdale from Camping, Glamping, Bunkhouses, Air BnB and Hotels.

Q: Do I need insurance?

A: We have public liability and professional indemnity insurance but this doesn't cover cancellation. We highly recommend that you take out insurance to protect you in the case of cancellation. You can see our terms and conditions here - <https://www.dolomitetraining.co.uk/terms-conditions/>



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Challenge Walk Event Training

Training Suggestions for the Event

While we are not qualified to provide bespoke training programs, we encourage you to consult with your doctor, gym, or a personal trainer for specialized advice. This is a long, sustained event lasting approximately 12 hours and covers varied terrain, so it requires a high level of fitness. Even if you are active and exercise regularly, adapting your training for this challenge is essential. We can offer the following general tips to help you prepare:

- **Base Fitness:** It's important to have a base level of fitness, so start walking regularly well in advance of the event. Many people use phone apps to track their daily step count, with 10,000 steps being a common target. Aim to increase your daily, weekly, and monthly step count to build your fitness gradually.
- **Hill Walking:** The best training for hill walking is, unsurprisingly, hill walking. Once you have developed a base level of fitness, incorporate walking up and down hills into your weekly routine. If hills aren't accessible, try adding more stairs to your daily routine. Remember, descending can be harder than ascending, and using walking poles can significantly reduce pressure on your knees—just be sure to set them correctly for your height and practice with them.
- **Walking Boots and Backpack:** Walking boots are heavier than regular shoes, and carrying a backpack will add weight. Incorporating both into your training will help you build the necessary stamina for the challenge. Wear and break in your walking boots and socks to prevent blisters
- **Longer Walks:** Gradually increase the length of walk each weekend. This will not only improve your fitness but also help you get used to the physical demands of the event.
- **Nutrition and Hydration:** Pay attention to the foods and fluids that work best for you during longer walks. Everyone's needs are different, so experimenting with different snacks and water intake will help you find what's most effective. A balanced diet is crucial. Ensure you're fueling your body with carbohydrates for energy and protein for muscle recovery. Try out different snacks like bananas for slow energy release or jelly babies for quick sugar hits during your training to determine what works best for you.
- **Stretching:** Regular stretching is helpful for hill walking. Many Yoga classes focus on stretches that benefit walking and overall flexibility.
- **Clothing Layers:** Get comfortable with different clothing layers during your training. This will help you figure out what works best for you in various conditions, making it easier to adjust on the day of the event. Test your waterproofs out in the rain beforehand too.

With Less Than 2 Weeks to Go:

- **Longer Walk:** Have your last bigger walk (15 miles or more) this weekend.
- **New Shoes:** By now, you should have broken in any new shoes. If not, wear them as much as possible before the event to avoid blisters.
- **Stretching:** Make sure to stretch every day leading up to the event date.
- **Hydration:** Stay hydrated in the days before the event.

With Less Than 1 Week to Go:

- **Toenails:** Cut and file your toenails to prevent any issues during the walk.
- **Rest:** Take 3-4 days off from walking to allow your body to rest and recover before the event.
- **Carb-Based Meal:** Consider having a carb-based meal the evening before the event. This will provide slow-release energy for the day ahead.

Most importantly, enjoy the journey and don't push yourself too hard too soon. Get used to wearing your boots, carrying a backpack, and experimenting with clothing layers. We look forward to meeting you at the event and walking together through some beautiful scenery!



Yorkshire 3 Peaks

Challenge Walk Personal Kit List

What you wear at the start of the challenge will depend on the weather forecast. As you ascend and you exert energy make sure to have enough space in your bag to remove layers. When we reach the summits, you may want to put those layers back on to stay warm on the descent.

Important Note: We follow a “Leave No Trace” policy, which means packing out all your rubbish and waste, once you reach the support vehicle there will be bin bags available.

Clothing:

- **Walking boots with ankle support:** These are crucial for ankle support throughout the walk and will help reduce the risk of injury. Be sure they are well broken in before the event. Also, check your laces are in good condition.
- **Walking socks:** Make sure these are comfortable and appropriate for long-distance walking.
- **Lightweight walking trousers:** Choose comfortable and breathable trousers.
- **Long-sleeved base layers:** For moisture wicking and temperature regulation.
- **Warmer fleece layers:** To keep you warm as temperatures drop.
- **Waterproof/windproof jacket:** Essential to protect you from the elements.
- **Hat, Buff & Warm Gloves:** For warmth and protection from the wind.

Carrying:

- **Rucksack (20-30L):** Large enough to carry your essentials but not too heavy.
- **Water (2 liters):** Hydration is key, so make sure you carry enough water.
- **Snacks:** High-energy foods like dried fruit, cereal bars, nuts, pasta, and sandwiches.
- **Waterproofs or windproof jacket:** If good weather is predicted, still pack your waterproofs just in case.
- **Hat, Sunglasses & Sunscreen:** Protect yourself from the sun, even in cooler conditions.
- **Personal medications:** Include any necessary medications, such as blister treatment (e.g., Compeed).
- **Space for fleece layers:** Room to store extra clothing as you warm up.
- **Warm layer:** A warm layer for watching the sunset and as the light and temperature drops into the evening.
- **Mobile phone:** For emergencies. Keep it in a waterproof bag to protect it from the elements.
- **Spare Gloves & Dry Socks:** It's always a good idea to have backups, fresh socks in the support vehicle is a great feeling.

Optional Extras:

- **Walking Poles:** These can be helpful for both ascents and descents. If you plan to use them, make sure to get accustomed to them beforehand.

Final Reminders:

- **Test your kit:** Practice using your walking boots, poles, and backpack during training.
- **Adjust layers:** Be prepared to adjust your layers based on the changing weather conditions.
- **Pack light, but thoroughly:** Make sure you have everything on the list, but avoid overpacking, don't forget you can use the support vehicle.

Looking forward to seeing you at the event! Stay prepared, and enjoy the adventure.

