



the yorkshire three peaks challenge

IKIGAI ADVENTURES: Y3P Itinerary

We recommend an early start this gives all participants the best opportunity to complete the 39.2km (24.5mile) route and takes advantage of daylight.

The traditional challenge has a time limit of 12hrs, therefore be prepared to finish your day around 7-7:30pm. The timing below is only an approximation as many factors affects the speed of individuals or group including weather conditions.

We recommend the traditional itinerary below, beginning the Challenge at **7am** in Horton-in-Ribblesdale, and walking anti-clockwise, Pen-y-Ghent first, followed by Whernside and finally Ingleborough before returning to Horton.





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ROUGH TIMES:

06:45am

Meet in Horton-in-Ribblesdale for introductions and a safety briefing. [Horton in Ribblesdale car park and public toilets - Yorkshire Dales National Park : Yorkshire Dales National Park](#)

7:00am

Start the walk, from Horton to Pen-Y-Gent summit.

08:30am approx. Summit Pen-y-Ghent

Onwards over Horton Moor towards Whernside, this is a long stretch, about 12km, we stop at the famous Ribblehead viaduct for a well-earned break, lunch and refreshments roughly 20mins.

11:00am approx. Ribblehead Viaduct

Lunch at Ribblehead Viaduct 20mins.

11:20am

Set off towards Whernside, from the viaduct to the summit.

14:30pm approx. Summit Whernside

Descending Whernside toward Chapel-Le-Dale, stopping for a 15min break, at Philpin Farm for refreshments (note the café is only open May 1st – Oct 1st) toilets, and vending machine available all year round. Crossing the main road B6255 to start the ascent of Ingleborough.

14:45pm.

Set off towards Ingleborough, from Philpin Farm to the summit.

16:30 approx. Summit Ingleborough

We aim to complete the challenge by 19:00pm, that leaves around 2.5 hrs to descend Ingleborough back to the start point in Horton-in-Ribblesdale, this should be plenty of time. Of course, these are just approximations and actual timings will vary.

NOTES:

Food: Ensure you take enough snacks and food for the whole day (we recommend 1 or 2 sandwiches, plus snacks), although Philpin Farm do sell tea/coffee/cake they may not be open during your event!

Toilets: Toilets at the start in Horton and at Philpin Farm, there are portaloos at the Station Inn near the Viaduct. If you need to go on route, please be discreet.

TIPS:

Socks: Some people like a change of socks midway.

Feet: Ensure you trim your toenails as these can become a cause of discomfort and bruising due to the amount of downhill.

Health: Keep hydrated, we recommend you start with 2 litres of water, and you will need a **minimum** of 1ltr per hill thereafter, you can top up at Philpin Farm. You may also want to use electrolyte in your water to help prevent cramp.

Injuries: Common injuries include, blisters, hurty knees and muscle strains and early intervention is important as these can be treated. If left untreated they can prevent a successful attempt. All leaders are medically trained and used to dealing with these issues. If you have an underlying medical condition you may want to make the leaders aware so they can administer treatment accordingly.

Equipment: Don't carry anything 'just in case' it is unlikely you will use it! If you are unsure ask the leader. Please use walking poles if you are used to them or suffer from hurty knees as these will help. Please ensure your footwear is comfortable and you have 'worn them in', as blisters can prevent a successful attempt.

Weather: Check the weather forecast, carry appropriate waterproofs or suncream/sun hat. In hot/warm conditions you will consume 2ltrs of water per hill.

FINAL NOTE: Enjoy your day; you are in one of the finest parts of the country and it's beautiful!