

PARTICIPANT GUIDE

5th September 2026

YORKSHIRE
**THREE
PEAKS**
CHALLENGE

*Everything you need
to know for on the day*

26 MILES • 1700M ASCENT • 12 HOURS



Lancashire and South Cumbria
Hospices Together
THE HOSPICE PROVIDER COLLABORATIVE

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SPAR



Yorkshire Three Peaks Challenge

Thank you for joining Lancashire & South Cumbria Hospices Together for the Yorkshire Three Peaks Challenge. By taking part, together, you are helping local hospices continue providing vital care and support across our communities.

This guide contains everything you need to know ahead of challenge day, we hope you are looking forward to the adventure.

Participating hospices:



Event Overview

The Yorkshire Three Peaks Challenge is a demanding continuous circular route covering approximately:

- 26 miles
- 1,700m of ascent
- Three iconic peaks:
 - Pen-y-ghent
 - Whernside
 - Ingleborough

We will be completing the route anti-clockwise, starting and finish in Horton-in-Ribblesdale.

Participants should be prepared for a full day of walking in all weather and sometimes challenging conditions.

Event Timings

6:15am

Registration: Horton-In-Ribblesdale

Registration will take place in the large field opposite the main Horton-in-Ribblesdale car park, where parking is also available at £5 for the day, please bring cash. The postcode for the main car park is BD24 0HG.



Please register and check in with event organisers Getoutdoors upon arrival. Representatives from Lancashire & South Cumbria hospices will be on hand to support and encourage participants as they begin the challenge. Lunch will be provided and available to collect here, thanks to the generous support of SPAR. **Please allow plenty of time for arrival and parking.**

7am

Set off on the 12 hour challenge!

8:30am

Summit Pen-y-Ghent

11am

Refreshment Break at Ribblehead

Complete the first peak and reach Ribblehead for your first break, we will be awaiting your arrival with snacks, refreshments and plenty of cheers to keep you going!

Toilets are available just up the hill at the Station Inn Pub

however a purchase is required. A public portaloo is also usually available in the car park which can be used for free.

This is a great opportunity to rest briefly, refuel and for the guides to ensure you are fit to continue.

2pm

Summit Whernside

3pm

Refreshment Break at Philpin Farm Cafe

At the base on Ingleborough you will pass through Philpin Farm for your second refreshment break. At this checkpoint you will find a café, toilets and drinking water tap free to use to refill. We of course will be here to cheer you on before you tackle the final peak.

For safety reasons, all participants must have left Philpin Farm and started the final ascent of Ingleborough by 4:30pm. This cut-off helps ensure everyone completes the challenge safely before darkness falls.

4.30pm

Summit Ingleborough

7pm

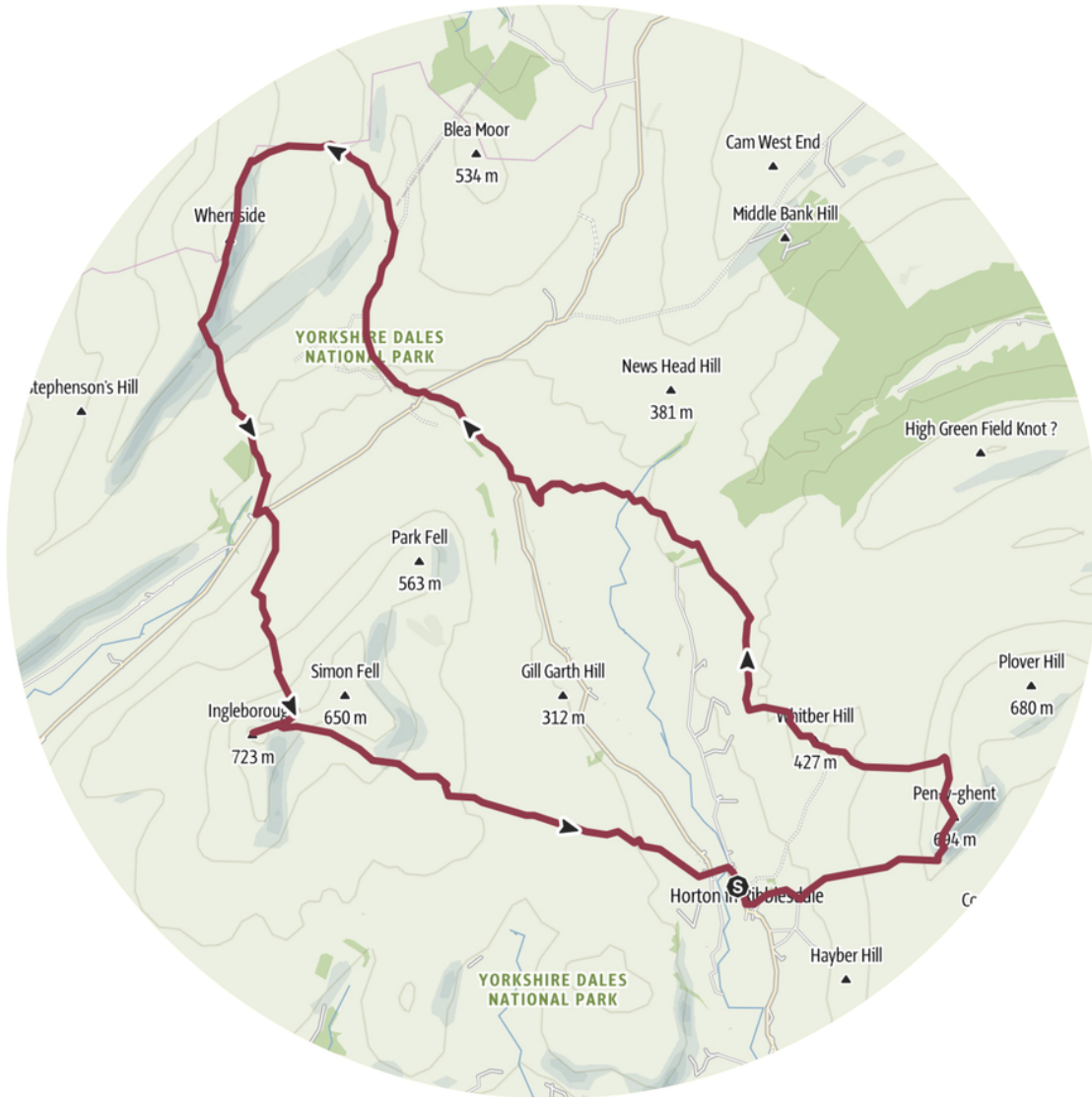
Challenge Target Finish Time!

Return to Horton-In-Ribblesdale for the finish line! The hospice teams will be waiting to celebrate your incredible achievement.

Whether you're walking in memory of a loved one, supporting your local hospice, or taking on a personal challenge, every step you take helps make a difference.

Timings are an estimate and the time you arrive at checkpoint could vary on the day, dependent on weather, conditions and group walking paces.

Route Map



The route uses well-worn public footpaths and Pennine Way sections, with some scrambling needed at times.

- Pen-y-ghent: The first and smallest peak, featuring a steep, direct ascent with rocky scramble near the top.
- Whernside: The highest peak, approached via a long, gradual ascent past the iconic Ribblehead Viaduct.
- Ingleborough: The final peak featuring a steep stepped climb, tackled on tired legs with a flat plateau summit. The journey back from the last summit is often underestimated, please hydrate and refuel at the summit to prepare for your last push back to Horton-in-Ribblesdale.

You can find routes on Apps like *AllTrails* or *OS Maps*, should you want to track your journey and challenge progress. Please note: phone signal in the national park is limited so ensure you download the route to the relevant App prior to heading to the Yorkshire Dales.

Kit List

It's vital to get your kit right ahead of taking part in the Yorkshire Three Peaks - the balance of a weight you can carry all day and what you need is crucial. Below is a kit list put together by GetOutdoors.

YOU WILL NEED:

- Rucksack_- minimum 25 litres with waterproof cover
- Walking boots - Broken in. NO trainers!
- Double layer walking socks; prevent blisters
- Waterproof jacket with hood
- Waterproof trousers
- Base layer top – breathable for evaporation
- Walking trousers: NO jeans!
- Multiple thin tops allowing you to change your temperature
- Warm fleece upper layer
- Clothes for after the challenge
- 2 litres of fluid per mountain
- Sun cream
- Warm gloves, hat/balaclava
- Head torch with spare batteries
- Whistle for sounding the alarm

OPTIONAL:

- *Sports supports*
- *Basic First Aid kit*
- *Insect repellent*
- *Blister plasters (e.g. Compeed)*
- *Trekking poles – these reduce pressure, but take practice*

FOOD & FUEL:

- Ensure you have eaten a good meal the night before, and don't skip breakfast on the morning of starting the walk.
- Packed lunches are provided at the starting point, kindly provided by SPAR but if you have dietary requirements or food preferences, please do pack your own.
- Carry 2 litres of fluid - refill points are available at Ribbleshead and then again at Philpin Farm
- Flask of hot drink
- Snacks/sweets

NOTICE: Leave nothing but memories... there is absolutely NO waste to be left in the Yorkshire Dales National Park, please bring home EVERYTHING you bring with you - banana peels, apple cores and all. It's worth having a plastic bag or a couple of nappy bags in your backpack to gather all the waste you produce while taking part in the challenge.

An emergency guidance/briefing will take place on the morning of the event, but if you have any questions please do speak to a GetOutdoors guide prior to setting off, or en-route.



THE DIFFERENCE YOU MAKE

Thank you for supporting East Lancashire Hospice.

Together, you are helping us to secure a future where everyone across our region has access to high quality end-of-life care in the place they choose.

Raising sponsorship makes a huge difference and could help to secure care for your community

£50

could pay for **counselling session** for a bereaved family members who need support

£100

could help **Hospice at Home** teams care for a patient and their family in the middle of the night

£250

Could fund a **specialist nurse** in hospice community care teams to visit patients and provide support in their own homes

Around **20% of donations** come in after people finish their event, so keep fundraising once you've completed your challenge. It's also a good opportunity to touch base with your supporters and update them on your achievement once you have finished, which gives you the opportunity for a final appeal!

Important Information

While on the walk: we ask you to remain with the group and following instructions from Get Outdoors leaders, who have the final decision in all instances.

Parking charges: £5 for the day. Please bring cash.

Problems: if you experience any problems on the day call the guide team on **07885 157 903** or speak to your closest Get Outdoors guide and they will be able to assist/advise.

Dogs: are not allowed on the event, due to the extreme distance being covered and the number of participants expected.

Livestock: If encountered do not walk too close to livestock or get between a cow and calf.

Public rights of way: please keep to them and respect the property of landowners at all times.

Countryside walking: includes hills and uneven terrain. Stiles are often present on the route to negotiate on this type of walk.

A good level of fitness and hill-walking experience is advisable.

Health: please consult your doctor if you are at all worried about your fitness and ability to take part. Please inform the walk leaders, Get Outdoors, of any underlying health conditions that may affect your walking ability before signing up.

SEE YOU IN THE DALES!

Hospice contact:

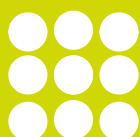
Should you need to contact staff from your charity on the day, use the information below.

Barney Shaw
07506 855849

ENJOY!

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