

## Yorkshire Three Peaks Challenge

### Itinerary (subject to change)

- 06:15** Check-in - Ribbleshead Viaduct, Blea Moor Rd, Carnforth LA6 3AS (W3W Location - ///cleans.cheerily.reworked)
- 06:30** Commence the challenge
- 08:30** Summit peak 1 - Whernside
- 09:35** Arrive at checkpoint 1 - Philpin Farm Campsite Café, Chapel-le-dale (W3W Location - ///vocab.blame.defectors)
- 09:55** Leave café
- 11:55** Summit peak 2 - Ingleborough
- 13:55** Arrive at checkpoint 2 - Horton-in-Ribblesdale (W3W Location - ///slap.blasted.headrest)
- 14:15** Leave checkpoint 2
- 15:40** Summit peak 3 - Pen-y-Ghent
- 18:30** Arrive back at the start at Ribbleshead Viaduct Carpark

### Kit list

#### Mandatory

- Walking boots (with ankle support, not trail shoes or trainers)
- Waterproof jacket
- Waterproof overtrousers (with taped seams)

#### Recommended

- Hiking socks
- Backpack (15-20 litre size)
- Water container (bottle or Camelbak-style, 1-2 litres)
- Snacks (prepared pasta, cereal bars, dried fruit, nuts)
- Gloves
- Hat (covering ears)
- Walking trousers or sports leggings (not jeans or tracksuit trousers)
- Sports top (not cotton)
- Warm outer layer (fleece or wind stopper)
- Changes of clothes
- Sunglasses & sun cream
- Walking poles
- Backpack rain-cover
- Charged mobile phone

### Recommended hotels

- The Golden Lion, Duke Street, Settle, North Yorkshire, BD24 9DU
- The Golden Lion, Horton-in-Ribblesdale, Nr. Settle, North Yorkshire, BD24 OHB