

Yorkshire Three Peaks Challenge

Trip style: Challenge walks

Destination:  Yorkshire Dales

Trip code: MDL03-CHA01

Grades: 1, 4

Carbon Footprint:  55kg CO2



HOLIDAY OVERVIEW

Enjoy a weekend break reaching the tops of the famous Yorkshire Three Peaks: Pen-y-ghent, Wharfedale, and Ingleborough. On this holiday, we'll take the slightly more leisurely approach and complete the county's trio of tallest peaks over two days' walking, rather than one.

WHAT YOU'LL LOVE

- Summiting all three of Yorkshire's highest peaks in one weekend
- Enjoying fabulous views of Ingleborough from the summit of Whernside
- Soaking up scenes of Ribbleshead Viaduct and railway
- Walking the Pennine Way
- Marvelling at the dramatic landscape
- A more personalised experience thanks to small group sizes (maximum 12 people)

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- All transport to and from walks where necessary
- Guided walks with experienced HF Holidays Leaders (Please note that we choose our walk leaders primarily based on their capabilities, skills and experience. You may therefore have either a male or female walk leader on your holiday.)

TRIP SUITABILITY

This trip is graded walking grade 5.

Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6–8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 1: Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2: Pen-y-Ghent

Distance: 13 miles (21km) Total ascent: 2,200 feet (680m) From the official start of the Three Peaks challenge route in Horton, we make our way along tracks and fields and climb to join the Pennine Way. Before reaching the summit of Pen-y-Ghent, the 'hill of the winds', we have a steep ascent - crossing the alternating limestone and shale bands of the Yoredale Series. After admiring the views from the top, we begin our descent along the steep, grassy slopes of Plover Hill at the northern end of the Pen-y-Ghent massif. From here, views stretch away westwards into Ribblesdale, with, on a good day, excellent views of both Whernside and Ingleborough. Our walk finishes today at the famous Ribblehead Viaduct, hopefully with time for a stop at the Station Inn.

Day 3: Whernside & Ingleborough

Distance: 14 miles (22.5km) Total ascent: 3,000ft (900m) Our walk up the highest of the Three Peaks begins at Ribblehead Railway Station where a small visitor centre gives information about the Settle–Carlisle railway. We walk beside the railway for a short while, before beginning our ascent to Whernside ridge. Once on the ridge, a gentle gradient leads to the summit trig point and impressive stone shelter. Weather permitting, we'll have excellent views across to Ingleborough and can trace the route of the railway on its journey from Horton to Dent. A steep, rocky section of steps takes us down to the road, from where we begin our next ascent – Ingleborough. After crossing farm fields, a steady, stepped ascent takes us to the summit plateau of Ingleborough. The last push up to the top is a steep one. On the summit, you'll spot the remnants of an Iron Age hill fort, including the ramparts. It's now a long, gentle descent, down to complete our Three Peaks challenge, returning to where we started - the pretty village of Horton.

Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

Newfield Hall

Looking every inch the baronial mansion, Newfield Hall sits in two acres of grounds near the village of Malham at the southern base of Yorkshire Dales National Park. Given it was this very landscape which inspired Wordsworth to write a sonnet and Charles Kingsley to pen *The Water Babies*, the countryside views are as gorgeous as you'd imagine. You'll also have plenty of sightseeing greats within easy travelling distance, most notably Malham Tarn, Janet's Foss, Gordale Scar, Malham Cove, and The Dry Valley of the Watlowes. And then, of course, there's Yorkshire's famous trio of summits: Pen-y-ghent, Whernside, and Ingleborough, collectively known as the three peaks. Stay at Newfield Hall and experience the exceptional service of a VisitEngland ROSE award winner. Find out more about the latest accolade awarded to our country house in the Southern Yorkshire Dales by reading our latest blog.

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.