



## Further information for those taking part in the Yorkshire 3 Peaks

### Top Tips and Safety Information

*The Yorkshire 3 Peaks is a great challenge, but please remember that it is hard work and will require you to climb over 1600m, cover around 24 miles and all in 12 hours*

**Keep eating and drinking! It's important to keep your energy levels up.**

**If you feel any sore spots on your feet stop as soon as you can and put a plaster/zinc tape on the area.**

**Don't be tempted to stop for too long at the checkpoints – you will soon get cold and stiffen up!**

### Safety:

Your progress will be managed around the 3 peaks – if the route is being marshalled make sure you take the time to 'check in' with each marshal. If you have an emergency, or get lost – please contact us via mobile on the safety number provided. If you can't contact us please contact mountain rescue by calling 999 (emergencies only).

In the case of an emergency stay calm and put plenty of warm clothes on. Either then contact us with your location or ask a passerby to do so.

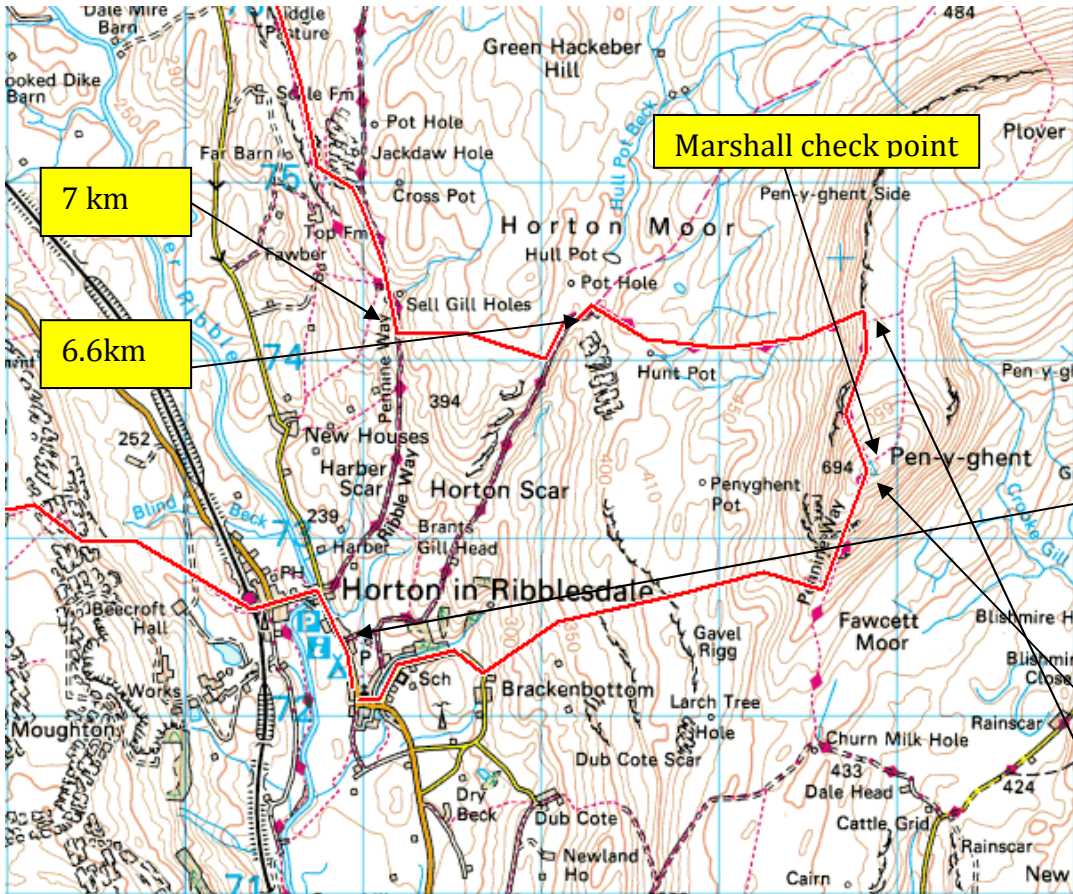
Marshalls and water stations are marked on the maps.

**IMPORTANT – please ensure that you check in with each marshal. If you don't then we will be looking for you!**

**To avoid an unnecessary Mountain Rescue call out please contact us as soon as possible.**

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The route is described clockwise from Horton. Distances are measured in kilometres from the Pen-y-ghent Cafe in Horton in Ribblesdale and grid references are 6 figure.

Where directions are given as left, right or straight on they are relevant to the direction of travel.

Points of the compass are abbreviated eg: N is north, SW is south west. The accompanying photos are at points where people regularly make navigation mistakes; they immediately follow the relevant text.

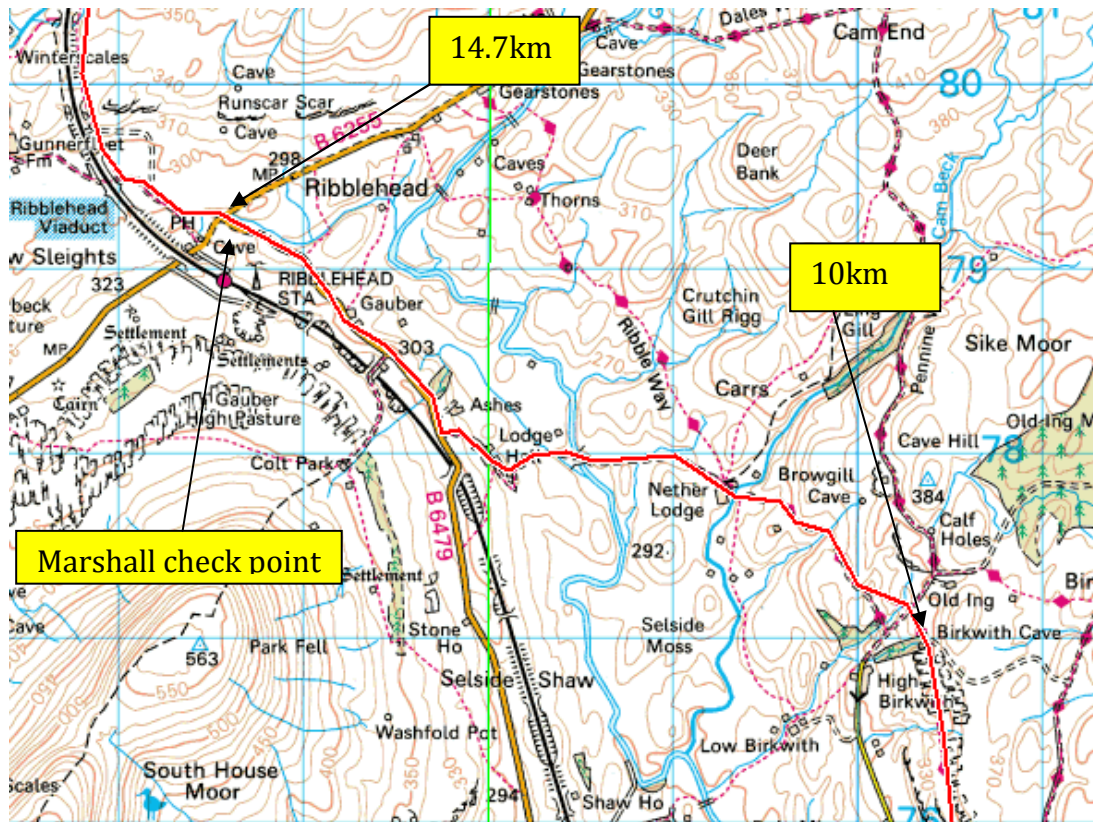
- 0.0km SD 808 725 From the Pen-y-ghent Cafe, turn right and follow the road towards the Golden Lion. After the church, take the 2nd road on left and follow it to the crest of a hill. On the left is a barn and a footpath signposted Pen-y-ghent, summit 1 3/4 miles. SD 816 722
- Follow this path NE and then ENE, roughly following a wall on the left, up to the ridge SD 826 737 and then turn left and take the path N to the summit.
- 4.2km SD 838 733 At the summit, cross the wall and take the obvious path leading W down the other side.
- 5.1km SD 837 741 After 900 metres the path does a sharp left turn opposite a small limestone edge on the right, at this point there are two options

1. Go straight on over Red Moss. This shorter route (by 600 metres) can be extremely boggy, some of which are knee to waist deep. This route is not described in this text but you will see plenty of people following it.
2. Down the hill towards Hull Pot and skirt around Red Moss. Slightly longer but only likely to result in wet ankles if you aren't careful. This route is as follows:



Follow the hardpack path W down the hill and at the bottom climb over the double stiles .





**6.6km SD 822 742** At the sign post, the track left goes to Horton and right goes to Foxup (follow this for a short diversion, 290 metres, to the impressive Hull pot). Instead go straight ahead up hill on a grass track. The following 3.4km to Birkwith crosses low undulating hills and can be difficult to follow in poor visibility. Use a compass or handline the walls.

**7.0km SD 819 743** Near the top the path turns right, heads N and follows a broken wall for a 100 metres. It then crosses a low boggy area, heading towards a wall fence corner.

**7.7km SD 818 750** After a short climb the path passes through this wall and heads NNW across the heather on a narrow path. After a short descent it passes close to the corner of a wall fence and carries on up a short climb.

**8.4km SD 815 756** Soon this path joins the boggy Red Moss path coming in from the right at a particularly boggy section, starts to climb and goes through a gate in a wall and climbs a peaty path, heading NW.

The path now descends and is much more obvious.

**8.7km SD 812 758** Cross a stream and another wall / fence, go over another small hill and cross the Ribble Way.

**9.1km SD 810 761** Over a wall by stone steps and follow a wall. Cross another wall, then leave the wall and cross a grassy field.

**10.0km SD 804 768** Join a track that comes in from the right, cross a wall and arrive at a small conifer plantation at Birkwith.

**10.4km SD 803 771** This track then crosses a main farm track and joins a grass path, soon joining a hard pack track towards Nether Lodge.

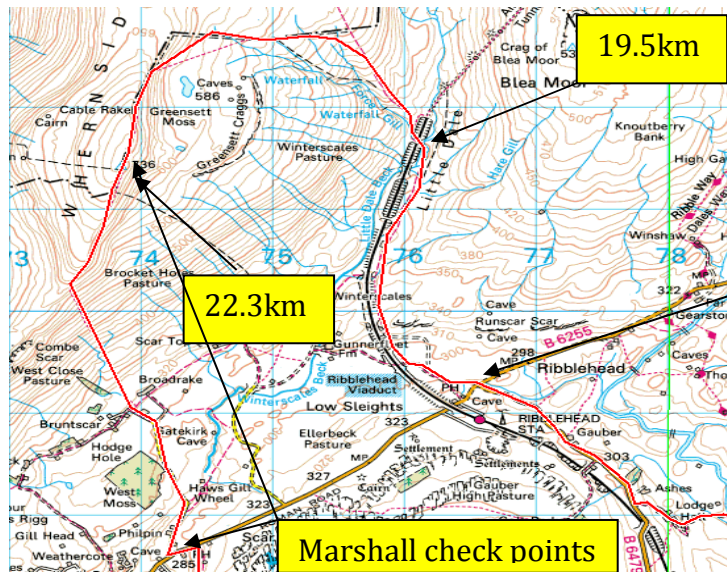
**14.7km SD 793 778** At Nether Lodge, follow the road W all the way to the B6479, Settle to Ribblehead road, turn right and proceed to Ribblehead T junction where there is often a butty van.

**15.6km SD 765 792** From the T junction walk towards far end of viaduct.

**16.2km SD 760 794** Before the track goes underneath the viaduct, follow the footpath on the right signposted to Whernside.







Follow this track with the railway line on the left, passing a tunnel on the left and going through a gate where the path turns into a bridleway. Pass a house and cross a stream by either stepping stones or the small bridge, until the track crosses the railway. The bridleway now starts to climb and follows a fence on the left, heading NNW.

**19.5km** SD 757 824 Eventually a stile and good path on the left is seen, follow this all the way to the summit of Whernside.

**22.3km** SD 738 814 From the summit, continue SSW along the ridge, slowly losing height until it turns sharp left and goes SE down a steep slope at SD 734 802. At the bottom, go through the gate and follow the track right and then left in quick succession - look for a signpost to the Hill Inn and a one way sign marked "3 peaks walk".



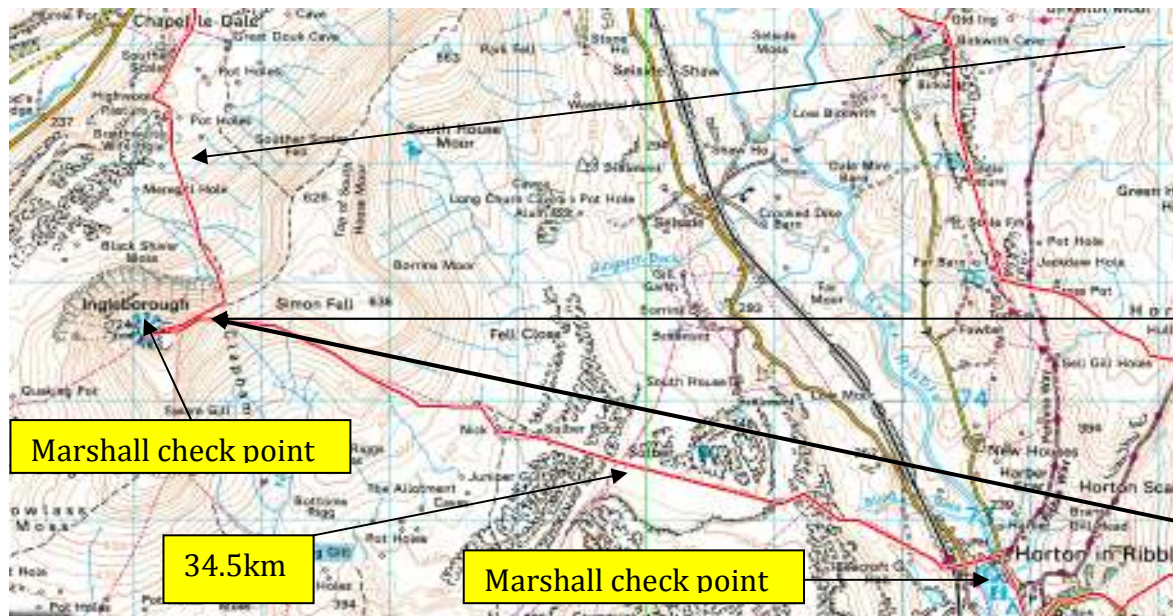
Image one way.jpg

The track now turns in to a road, follow this past the farm at Philpin Lane where a café is open in peak season, **26.2km**

**26.5km** SD 741 775 At the B6255, Ingleton to Hawes road, next to the Old School Bunkhouse, turn left up the hill and just past the Hill Inn there is a narrow gate on the right at SD 743 776.

Go through this and follow the path, roughly parallel to the wall on the right, climbing slightly. At the top of this you can see a gate in the wall on the right, go through this and follow the path / track, passing through 2 more gates and heading roughly SSW and then SSE, passing the large sinkhole of Braithwaite Wife Hole on the left.





28.4km SD 742 760 Eventually a wall with two sets of steps is reached, cross this and follow the flagstones to the base of the steep climb up Ingleborough,

29.6km. At the top of this climb, pass through the gate, turn right and head WSW up the hill towards the summit. Approximately 110 metres from the summit plateau, just before the final climb at SD 744 746, a path can be seen on the left heading ESE and then SE down to Horton,

30.0km. Take note of this (it's not sign posted) as you'll be coming back this way soon. Continue up to the summit plateau and after approximately 260 metres along the plateau the summit trig pillar and cairn is reached, 30.4km, SD 741 745. If there is a low cloud base take a bearing, people have been lost on the plateau.

**Reverse your steps to the previously mentioned junction, turn right and follow it down the hill. This path leads straight to Horton and can be seen on the horizon at various points, roughly heading SE. At any forks, stay left, at any crossroads go straight ahead.**

34.5km SD 777 734 At a crossroads, (left is signposted Selside), go straight through and follow Sulber Nick to a gate at 35.6km.

The path now descends the final slopes, passing through 5 gates. Cross the railway line and join the road in Horton going straight ahead towards the bridge and the Crown Hotel pub. Just before the pub is a wooden bridge for pedestrians on the right, cross it and arrive at your starting point, 38km.

