WE ARE MACMILLAN. CANCER SUPPORT

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

DEFEAT THE PEAK - YORKSHIRE 3 PEAKS CHALLENGE UK

Sat 12 Sep - Sat 12 Sep 2026

In aid of Macmillan Cancer Support

12 Sep - 12 Sep 2026

MACMILLAN CANCER SUPPORT

1 DAYS | UK | CHALLENGING

This exciting and rewarding challenge will have you trekking over the famous Yorkshire Three Peaks within a period of just 12 hours.

These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble in the Yorkshire Dales National Park. The route is extremely scenic and provides spectacular views over the Yorkshire countryside.

While it lasts just one day, this challenge should not be taken lightly as the terrain is extremely varied involving some steep ascents and descents. Participants can expect to cover almost a marathon distance by foot – but in just a matter of hours.

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary. Precise timings during the challenge may vary depending upon things such as weather, group's ability etc.

- Iconic UK challenge in the heart of the Yorkshire Dales
- Summit Yorkshire's three highest peaks in one day
- Accomplish an ascent of 1,532m – higher than the UK's largest mountain
- Take in the wonderful scenery of Yorkshire Dales National Park
- 38km trek – and with three hills!

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 12 Sep*

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The challenge day!

And we're off! After a very early start it's time to start trekking. The plan is to tackle Pen Y Ghent (691m) as the sun is still rising, enjoying some fantastic views across the mountain landscape en route.

After lunch, next up is mighty Whernside (728m). You are now midway through the challenge, with just one more peak to complete before the end of the day!

Ingleborough (723m) is the third hurdle and the most challenging of the trio. Once at the top, take in the awesome panoramic views across the Yorkshire Dales National Park.

What goes up must come down so it's time to descend back to Horton in Ribblesdale, where we are free to depart.

You may want to book yourself a night at a hostel/hotel to avoid travelling/driving home when tired. Visit www.visittheyorkshiredales.co.uk for lots of accommodation options.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £45.00 when you book
Then a balance of £135.00
(9 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £45.00 when you book
Raise a minimum of £400.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance

On your challenge

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- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 27/06/2026), and the remaining 20% within 4 weeks of completing the challenge (by 10/10/2026). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Typical group size	The typical group size is 10 - 50 participants

Why book with Charity Challenge?

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide
- High quality route design that incorporates major landmarks and undiscovered highlights
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle.
- The very best leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it!
- Thorough safety management systems in place (Challenge Safe)
- Medal at the finish
- The very highest quality Yorkshire 3 Peaks on the market!

Level of Difficulty

This challenge is graded as **challenging**. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but who perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone.

You can tell your supporters that on your **Yorkshire 3 Peaks Challenge** you will be:

- Trekking for around 12 hours in a single day.
- Covering 24 miles of undulating terrain. Almost a full marathon, but with 3 hills!
- Ascending a total of 1532m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting 3 of the highest hills in the Yorkshire Dales, Pen Y Ghent (694m) Whernside (736m) and Ingleborough (723m)

Training

The Yorkshire 3 Peaks Challenge is a long, sustained event over 12 hours and covers varied terrain. It requires a good to high level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards your chosen challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

For challenges that involve steep terrain such as hills or mountains or even the coast, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12 hour challenge!

For challenges taking place at night, practicing walking at night with your headtorch is also useful although not essential. You should only do this on routes you are very familiar with where there is no risk of getting lost or put in danger. This will prepare you for being comfortable with walking with reduced visibility and using your headtorch.

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

Group Size

Our minimum group size is 100 and groups are typically made up of between 100-150 people. There will be one challenge leader for approximately every 10-15 participants.

Group Management

This is a leader-led challenge and you will be accompanied by our challenge leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals.

Partway into the challenge you will have begun to spread-out into your natural walking speeds. For larger groups, once you reach the first 'checkpoint' you may be allocated into a small group and designated a walking leader. These leaders will then be responsible for your safety. If you have any problems or need to join a faster or slower moving group, then please speak to your leader.

If you wish to walk together with friends, colleagues, family etc then this is no problem. Please just ensure that you all keep together and reach the checkpoint at the same time so that we can ensure you all get allocated together.

Your leaders will be aware of several important cut-off times at locations that we need people to reach by a certain time so the group can complete the challenge. This gives everyone plenty of time to reach the summits. Your leaders will manage the group pace and keep you informed about these and your options if they think you might be struggling to achieve these times. In certain situations you may be asked to turn around and descend. We ask everyone to respect the leaders decisions. They are made with the group's safety in mind.

Please note that this route will not be marked by event arrows, nor is the event designed as an event for individuals to race. It is designed to be a team event, with like-minded people, all raising money for charity, supporting each other throughout the challenge.

Weather

Weather, safety and decision-making

The weather in the UK can be unpredictable, particularly in mountainous and exposed areas. Charity Challenge plans for adverse weather on all UK challenges and closely monitors forecasts in the lead-up to, and during, each event.

We use the **Met Office weather warning system**, alongside specialist forecasts where appropriate (such as mountain weather forecasts), and live assessments by our experienced Event Managers and challenge leaders.

How we use Met Office weather warnings

- **Yellow weather warnings indicate that conditions may be challenging. Events will usually go ahead, with leaders managing conditions on the day and making adjustments where required. Rain alone rarely results in changes to our challenges.**
- **Amber weather warnings indicate a higher likelihood of severe weather and increased risk. This may result in significant route changes, altered timings or, in rare cases, postponement or cancellation if safety cannot be assured.**
- **Red weather warnings indicate dangerous conditions and events will not proceed.**

Where thunder and lightning are forecast or observed, we follow a strict safety protocol. Challenges will not begin, or will end immediately, until it is safe to proceed.

How decisions are made

All weather-related decisions are made by Charity Challenge's **Event Manager in consultation with the leadership team**, using forecast information and real-time conditions on the ground. Participant safety is always the overriding priority, and leaders' decisions on the day are final.

Decisions around route changes, delays, early finishes or cancellation are based on the **expected weather conditions at the challenge location and along the event itinerary**.

Challenges will **not** be cancelled, postponed, or refunded solely due to severe weather warnings in a participant's local area or place of departure if conditions at the challenge location allow the event to proceed safely.

Unless Charity Challenge cancels or postpones an event, refunds or transfers are not available due to weather or travel disruption, in line with our terms and conditions.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is predominantly on good paths, but it's the variation of good walkable limestone and bogs that makes this challenge a unique and fun experience.

Challenge Timings

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

On the day of the trek, you will have a very early start. You will meet the leaders, as well as the rest of your challenge team, in time for a full safety briefing. You will be walking for approximately 12 hours, which makes your trek a very long day. You can expect to finish at around 7pm.

Getting to and from the Challenge

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

We will confirm your start/finish location no later than one month prior to the start of the challenge.

If travelling by car, please note that car parking is not included and will need to be paid for. This should cost approx. £5 per car.

If you would like to travel by public transport then buses do run from nearby Settle. Settle is easily accessed by train from Leeds.

Accommodation

No accommodation is included in the challenge.

If you would like to book any pre-or-post accommodation either before or after the challenge, there are several options in the area. Visit www.visittheyorkshiredales.co.uk for lots of accommodation options.

The challenge begins and ends in the village of Horton-in-Ribblesdale where there are two good pubs in Horton-in-Ribblesdale that can provide accommodation, The Golden Lion Hotel and The Crown Hotel. Alternatively, there is an excellent campsite in Horton-in-Ribblesdale.

The slightly larger towns of Skipton, Settle and Ingleton are all within 30 minutes drive and have a wider choice of accommodation.

Food & Drink

The following meals are included in the cost of this challenge:

- A packed lunch will be available to you during the day. This usually consists of a sandwich, fruit, crisps and a snack bar.
- At each checkpoint there will be water and checkpoint snacks available. These typically include a piece of fruit, crisps and chocolate/cereal bar per person per day.
- Celebration cake and hot drink after the challenge

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an EpiPen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals and checkpoint snacks are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

Clothing & Equipment

This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the challenge.

Footwear

The most appropriate footwear for this challenge is a pair of walking boots.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate on any of our non-urban challenges.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

Waterproofs

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

Walking Poles

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on how to set them up for your height and the best way to use them.

Personal First Aid

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an EpiPen, please make sure you bring two and that your leaders know where they are kept.

Head Torch

It is vital that you bring with you a good quality head torch along with spare batteries. Good quality head torches can be expensive, so rather than buying one it is possible to hire a very good quality one from Outdoorhire for £6.

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain or on the coastline can vary significantly from that in a valley or inland. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Snow + Rock, Water to Go, Sporttape and Nomad & MASTA.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

Toilets

Toilet facilities are limited on this route. You will be made of aware of designated toilet points by your walking leaders.

Where public toilets are not available then toileting is available in the great outdoors!Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Money

During the trek there may be opportunities to purchase an ice cream, some extra snacks or even a cup of tea, for which approximately £20 should be sufficient, which excludes your joining and returning home travel costs.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a few important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- The ascent of Ingleborough, your last peak, is particularly steep and does involve the use of your hands to a small extent.
- 12 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leadership team is trained to deal with emergency situations in remote areas and will be carrying mobile phones and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace ‘beyond your ability’. There will always be a wide variety in people’s walking abilities which will be carefully managed by the leader team. This team will keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within the planned time frame. Should you find yourself unable to continue for any reason, then our support team, including our support vehicle, will be able to assist you coming off the challenge. Emergencies will be coordinated with the local Mountain Rescue service.

Pre-Existing Medical Conditions

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Responsible Tourism

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'.
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.
- Keeping noise to a minimum when passing houses in residential areas.
- Refraining from bringing glowsticks with you on our night challenges. This prevents them from becoming litter on the mountains when they are dropped.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.
- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

For more details about our responsible tourism policy then please click here.

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Any more questions?

Contact us:

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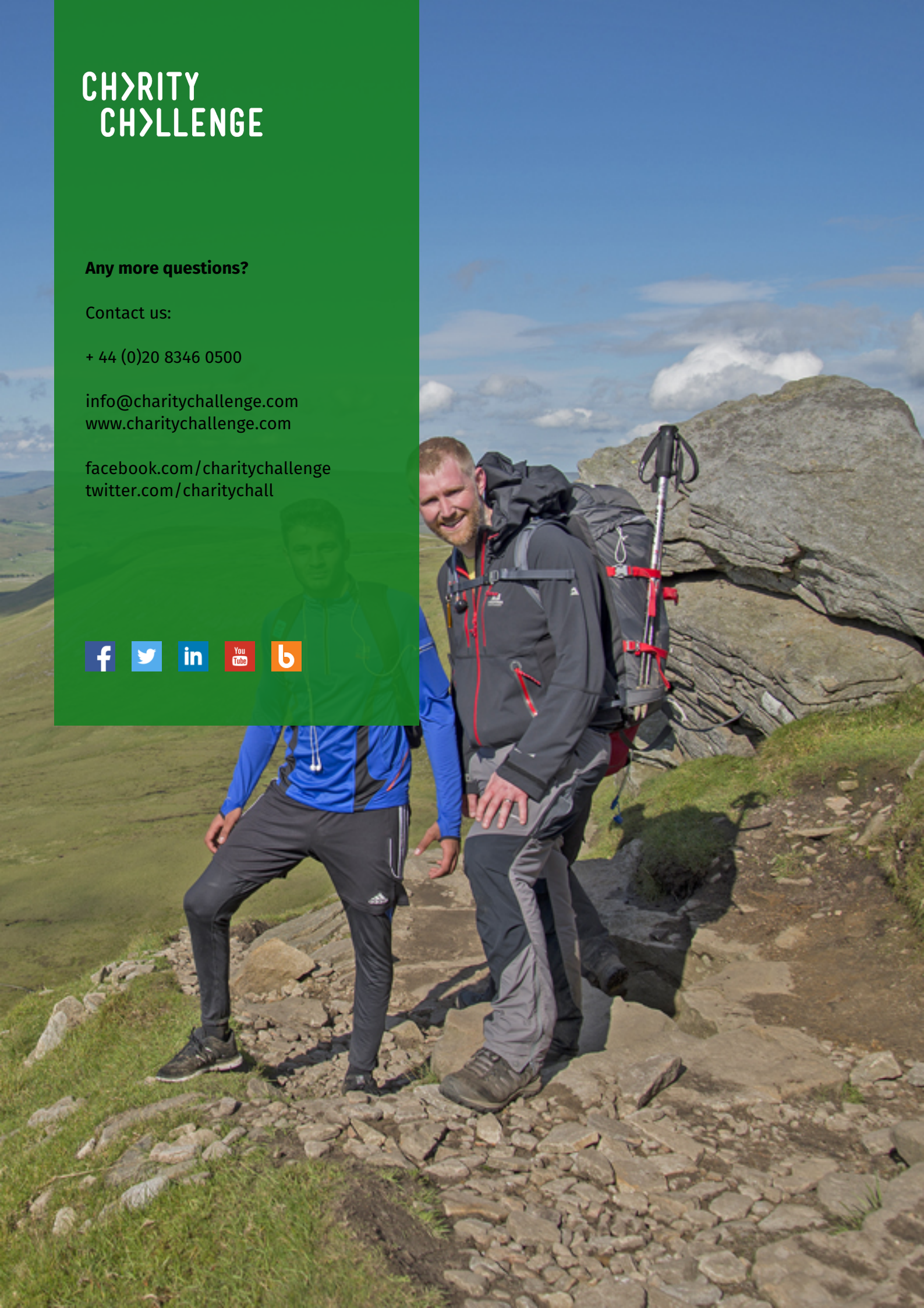
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