



Tour of the Three Peaks (Self-Guided)

Please email us at info@ukexploratory.com or call us on +44 (0)1729 823 197 to chat about this holiday. You'll find all the latest information at www.alpineexploratory.com/holidays/tour-of-the-three-peaks.html.



Ingleborough from the Ingleton direction

About these Holiday Notes

These Holiday Notes help you decide whether this holiday is right for you. Before your trip we send you final detailed information.

Details

Start Horton-in-Ribblesdale
Finish Settle
Region Yorkshire Dales
Country England
Length 4 walking days and 5 nights
Total distance 68km or 42.5 miles
Typical day 17km or 10.5 miles, 320m ascent
Highest altitude 736m on Whernside
Grade Intermediate

Introduction

Spend a long weekend in the Yorkshire Dales to make a full exploration of the superb Three Peaks area. This is beautiful and inspiring walking country.

This 4-day route is one that we've devised to give a varied trek with the option each day of climbing one of the peaks. It suits those looking for gentle valley walks as well as those hoping to be out all day in the hills.

The famous Three Peaks walk climbs Ingleborough, Whernside and Pen-y-ghent in one day. It's the subject of a fell race each Spring and is also attempted by thousands of walkers on an informal basis throughout the year.

Villages and hamlets visited include Horton-in-Ribblesdale, Ribbleshead, Ingleton, Clapham and Settle. These vary from being little more than a wayside halt (with a pub!) to a small market town with everything you'd need.

Perhaps the greatest appeal of this trip will be in getting to know the ins and outs of this quietly beautiful area. Its appeal is less immediate than the Lake District's, for example, but on closer inspection there is a real charm to be discovered.

Our approach

Your route

Start in Horton with a gentle walk across the low-level moorland and fields to Ribbleshead. An ascent of Pen-y-ghent can be made in the morning before this stretch. At Ribbleshead you're well placed to walk up Whernside, highest of the Three Peaks, before the stroll down the valley to Ingleton. Pass waterfalls as you near the village. More waterfalls can be discovered on a circular walk from Ingleton before either crossing fields or climbing Ingleborough on the way to Clapham. Between Clapham and Settle, visit Horton on a walk over some classic Dales limestone landscapes.

Route cards and maps

Each day's route is explained in detail on your route cards, to bring you to your night's accommodation. We give you the real maps for you to follow, not printouts or photocopies.

Getting there and back

Your holiday starts in Horton-in-Ribblesdale and ends in Settle. Travel to Horton and from Settle is not included in the holiday price - we leave it to you to make the arrangements that suit you best. Horton and Settle are both on the Leeds-Settle-Carlisle train line. Your info pack contains full information on travel options. It is possible to leave a car at either your first or last night's accommodation. If you would like to do this, please let us know.

Itinerary

Day 1: Arrival in Horton-in-Ribblesdale

Get to know this small, pleasant village at the heart of the Three Peaks area. Inn, Horton

Day 2: Horton to Ribbleshead

(15.5km or 9.5 miles) Cross the open space between these two settlements on your first stage. Part of the distance follows the Pennine Way, before that path breaks off up to Dodd Fell. This is a day for appreciating the layout of the landscape.

An optional ascent of Pen-y-ghent from Horton adds much interest to the day. It's straightforward apart from two short rocky sections on the ascent. Adding this ascent makes the day 24km or 15 miles. Inn, Ribbleshead

Day 3: Ribbleshead to Ingleton

(12km or 7.5 miles) Ingleton is a superb destination with all the facilities you'd need. Getting there is a delight; this stretch of the walk is typical of the area's scenery. Waterfalls accompany the final stage of your route into the village.

An optional ascent of Whernside from Ribbleshead is very feasible. The long slopes lead to the slim summit ridge and wide views of the other two Peaks. Adding this ascent makes the day 19km or 12 miles.

Guesthouse, Ingleton

Day 4: Ingleton to Clapham

(21km or 13 miles, if all options taken) Start with a morning exploring the waterfalls near Ingleton in full. In the afternoon, take to the fields for the gentle crossing to Clapham. Clapham is a pretty place astride a river.

An optional ascent of Ingleborough from Ingleton makes it a smashing Dales walk. The climb is steady, first on lanes and later over the fellside. Drop down off the summit plateau by a different route and walk out along a long walled track to Clapham. Adding this ascent makes the day 13km or 8 miles.

Guesthouse, Clapham

Day 5: Clapham to Settle

(19.5km or 12 miles) Today's final stage puts everything in context, being a cross-country journey of great variety, and climbing to some higher ground. Cross the flanks of Ingleborough to Horton (where the train can be taken to miss out the second half of the day) then follow a superb route over moorland and beneath crags to Settle. Settle is a neat little town, the largest on the route. Today also gives the chance to climb Ingleborough or Pen-y-ghent if you haven't already done so!

Guesthouse, Settle

Day 6: Departure from Settle

Set off from Settle after breakfast.

Our usual schedule of accommodation might not be available, especially if there is not much time between booking and your trip starting. We will book accommodation as closely as possible to this itinerary and present you a schedule for you to check before we proceed.

Accommodation

This holiday stays in pleasant guesthouses and inns along the route. We place most value on a friendly welcome, comfortable standards and a good location within the village or town.

We book ensuite accommodation except where it is not available, for example in older buildings or more remote locations.

Your info pack contains full details of your accommodation including contact details and directions.

### Food

The food of the Yorkshire Dales is hearty and often locally produced. Classic dishes include Cumberland sausages or lamb shank with mashed potato; steak and kidney pie; and of course fish and chips. Fish or game of many types are often seen.

You will have enough chances to buy lunch ingredients, or to stop for lunch, along the way. However, on some stages you will have to be self-sufficient throughout the walk. Your routecards show places to eat and stock up on the route.

We include breakfast on all mornings.

### The walking

#### Terrain

The Tour of the Three Peaks runs mostly on paths, which are for the most part quite clear but which are sometimes indistinct or boggy, and also on some wild areas of land where experience of navigation will be essential. The terrain should be treated as wild terrain in which you will need to be self-reliant. Each day is typically a mix of paths through fields, tracks between dry-stone walls and paths across the open moor. You might also encounter stony mountain tops and short sections of steeper, rockier ground.

#### Signposts and waymarks

Directions on the ground are relatively sparse in terms of signposts. Please be prepared to navigate! Our routecards point the way.

#### Your own routes

While your routecards make up the walking for the trip, you are of course free to walk wherever you choose, taking side trips or going by a different route of your own choice. Please note that if you follow your own route you will have left the holiday for the duration.

### Local transport

No local transport is needed for this holiday due to its nature as a continuous walk. Your only focus is on the walking – a real break! There is the option on some days to use local transport to shorten the walk or to skip sections.

### Language

English is the local language.

### Weather

The weather in the Pennines between April and October is generally very suitable for walking. While snowfall is in theory possible on higher ground all year round, it is very rare

in the summer months. April and May can often be excellent months for warmth and relative dryness. Any time in June, July and August is likely to be warm enough for comfort but with a good chance of rain on at least some days. Towards the Autumn, September and October can be quieter and very pleasant, though colder.

This all means that it is sensible to come equipped for and expecting all the types of weather that might be experienced in a typical summer in the UK: from heavy rain storms with a chill in the air, to hot sunshine.

### Equipment

You will need the usual equipment for mountain walking in the UK. Especially important are good walking boots, waterproofs and sun protection. Your info pack contains a suggested equipment list. Please also see the Equipment page of our website for more information.

### Insurance

We recommend, but it is not compulsory, that you have insurance cover for personal liability, cancellation and your baggage and money. Your info pack contains details of suitable insurance policies.

### Money in the UK

The currency is the Pound Sterling (GBP).

### Local expenses

Local expenses include food and drink other than breakfast, which is included, plus any local transport, attractions and extras. The morning's walk from Ingleton involves a small entrance fee.

### Guided days

Hire a professional mountain leader to join you on this self-guided holiday, for one or more days. A leader helps plan and carry out each day's walking and adds interest to your holiday by pointing out local features. Please contact us for prices and more information.

### Groups

Walk by yourself or in your own group, or see if we can match you up with other like-minded walkers on the same holiday. Any group will be a maximum of 8 people.

### Hazards

#### Health

The UK does not require tourists to take any vaccinations. However, it is recommended to keep tetanus vaccines up to date.

#### Safety

This is adventure travel! This holiday takes you to some wild and remote areas, in particular some areas of upland moor and mountain where navigation can be difficult in poor weather. The weather can also be a

hazard in itself. During any walking, whether following a routecard or making your own route, you are responsible for your own actions and safety and you should join the trip with suitable skills, experience and equipment.

### Further information

Please email us with any questions at [info@ukexploratory.com](mailto:info@ukexploratory.com).

### Disclaimer

This information is given in good faith and is believed to be correct at the time of issue. UK Exploratory cannot be liable for any loss or injury incurred.