



  
**MOUNTAINEERIN**  
*Yorkshire 3 Peaks Trip Notes*



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## **Walking Equipment**

Below details the minimum items which are required for a mountain day. Additional items may be taken but all participants are expected to carry their own personal kit therefore keeping weight to a minimum is recommended.

Item	Notes
Walking Trousers	Lightweight and not denim/jeans.
T Shirt/Base Layer	Cotton is best avoided for better moisture management
Fleece/Jumper	A lightweight fleece such as micro fleece is best
Walking Socks	Thick walking socks
Hat	Temperatures can be up to 10 degrees lower on the summits
Gloves	Temperatures can be up to 10 degrees lower on the summits
Walking boots	Should be waterproof, have ankle support, fit properly, be worn in
Gaiters	Optional
Waterproof Trousers	Essential regardless of weather forecast
Waterproof Jacket	Essential regardless of weather forecast
Personal 1 <sup>st</sup> Aid Kit	Small 1 <sup>st</sup> aid kit to include blister plasters and any personal medication/inhalers etc.
Head Torch	To allow your hands to be free. Ensure batteries are new.
Rucksack (25L Max)	Small rucksack with 2 shoulder straps. Waist belts are beneficial for carrying the weight of the pack on the hips.
Food/Snacks	Walkers should eat little and often to maintain energy levels (cereal bars, nuts, bananas, pasta are all good examples)
Water	At least 2 litres. Any energy drinks taken should be in addition to water to avoid dehydration.
Walking Poles (Optional)	Walking poles have been proven to reduce pressure on the knees and can be of great benefit when descending.
Camera (Optional)	Optional but great to capture the moments.

**The above list is not exhaustive and you may have additional items you may wish to bring with you.**



## Example Itinerary - Yorkshire 3 Peaks Challenge Itinerary

### **Saturday**

06:45am – Meet at the Pen y Ghent Café, Horton in Ribblesdale, Settle, BD24 0HE

07:00am – Begin challenge

**08:30am – Summit Pen y Ghent (10 minute break for photos etc)**

08:40am – Leave summit and head for the Ribblehead Viaduct

12:10pm – Arrive at the Ribblehead Viaduct and take 15 minute break

12:25pm – Leave Ribblehead Viaduct and begin Whernside ascent

**13:55pm – Summit Whernside (10 minute break for photos etc)**

14:05pm – Leave summit and head for main road and Ingleborough start point

15:05pm – Arrive at main road and take 15 minute break

15:20pm – Leave road and begin Ingleborough ascent

**16:50pm – Summit Ingleborough (10 minute break for photos etc)**

17:00pm – Leave summit and begin descent back to Horton in Ribblesdale

19:00pm – Arrive at Horton in Ribblesdale

This 12 hour itinerary includes a total of 1 hour of breaks. The remaining 11 hours will be spent walking around the planned route.

Please note that the above times are a guide and some groups will complete the route faster and some will take a little longer.

Please note that no meals are provided for this event unless previously agreed.



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## 3 Peaks Challenge Fitness – How to Train

The 3 peaks challenge is a test of endurance and all round fitness. The very nature of the challenge also means that at some point you will feel tired and feeling like you can't go on. This means the challenge also requires a certain level of mental fitness with participants needing to remain focused and push themselves even when they feel they can't go on.

Most people who have a general level of fitness can complete the challenge however fitness levels can determine the time the challenge takes and also how much enjoyment can be taken from it. It has to be said that the fitter you and your group are, the quicker you will complete the challenge and the more enjoyment you'll get out of it.

If in preparing for a challenge you can become as hill fit as possible, this will help greatly. Also the longer you train for, the better prepared you will be for the challenge. It is often however difficult to fit in long training sessions or lots of small ones due to work and other commitments so often anything extra is a bonus.

Fitness programmes vary however as long as some form of training is completed this will be of benefit. Below are a couple of options for more intense training programmes in the weeks before the challenge.

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	Rest	Rest	Rest	Rest
<b>Tuesday</b>	Run for 2 Miles	Run for 3 Miles	Run for 5 Miles	Rest
<b>Wednesday</b>	Rest	Rest	Rest	Rest
<b>Thursday</b>	Run for 3 Miles	Run for 4 Miles	Run for 6 Miles	Rest – Load up on carbs
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	Training walk – 12 Miles	Training walk – 18 Miles	Simulated Challenge - 25 Miles	Rest - Load up on carbs
<b>Sunday</b>	Warm down run 1 Mile	Warm down run 2 Miles	Warm down run 1 Mile	<b>Three Peaks Challenge!</b>

Note: This programme is particularly focused on running.

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	30 Min Exercise	30 Min Exercise	Rest	30 Min Exercise
<b>Tuesday</b>	Rest	30 Min Exercise	30 Min Exercise	30 Min Exercise
<b>Wednesday</b>	30 Min Exercise	Rest	30 Min Exercise	30 Min Exercise
<b>Thursday</b>	Rest	30 Min Exercise	30 Min Exercise	30 Min Exercise
<b>Friday</b>	30 Min Exercise	Rest	30 Min Exercise	Rest
<b>Saturday</b>	Hill Walk (Mod)	Hill Walk (Mod)	Hill Walk (Mod)	Hill Walk (Hard)
<b>Sunday</b>	Hill Walk (Easy)	Hill Walk (Easy)	Hill Walk (Easy)	Rest

Note: This programme focuses on any form of cardiovascular exercise.



We appreciate that not everyone lives near or has time to get out on the hills prior to the challenge however in terms of training for a mountain challenge there is no substitute for walking or mountain walking. Even walking 15 miles around your local town would be of benefit.

The best forms of exercise in preparing for mountain challenges other than mountain walking are running, cycling and swimming. These forms of exercise are the best substitutions for hill walking and also exercise similar muscles groups to that of hill walking.

Mountaineerin Ltd also offer guided mountain days which would be a great opportunity to see how your body will react to mountain walking.

Contact us to enquire or book a guided walk. (Walks to choose from include; Snowdon, Scafell Pike, most summits in England's national parks and the National 3 Peaks.)

**Please note that Mountaineerin Ltd would like to acknowledge that although mountain walking is the best form of training for a mountain challenge it should be completed responsibly. Mountain environments can change rapidly and pose risk to those unprepared and inexperienced in such conditions and terrain. When venturing into the mountains you should also have the correct equipment and have at least one person in your group who can navigate confidently in difficult conditions.**

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**You Haven't Failed Until You Quit Trying!**



## **3 Peaks Food Management – What to Eat**

### **Breakfast**

Breakfast is going to be one of the most important meals during your 3 Peaks and as it will be before you have actually started the challenge it is a good opportunity to make it a BIG breakfast.

A cooked breakfast can be a good start as usually contains a lot of protein and carbohydrates, which will give you energy throughout the day. Other good breakfast foods include; cereal, porridge, flapjacks and croissants/pastries. All of these items are high in energy and will give you a good start for your challenge.

It is also important to be fully hydrated at the start of your challenge to ensure the body can perform to its maximum ability. Being even slightly dehydrated can affect the body's ability to complete tasks effectively. On any normal day the average adult should consume between 1.5 and 2 litres of water to maintain hydration.

### **Snack/Lunch**

There is likely to be little time for a long lunch during your walk on your challenge and this isn't necessarily a bad thing. When taking part in prolonged physical activity it is better to eat little and often rather than all at once. Fill your pockets with snacks and eat them as you're walking. Snacks could include:

Peanuts	Dried fruit	Energy bars
Fruit and nut mix	Granola bars	Cereal bars
Flapjacks	Snickers (Chocolate bars)	Sweets

Snacks should be a mixture and not all sweets for example to ensure your energy levels are maintained at a constant rather than fluctuating up and down.

If you do have an opportunity to stop for a short period of time other heavier food items can be great for boosting energy such as; fruit cake, malt loaf, scones and cakes.

### **Drinks**

Drinking water is the most effective way of staying hydrated. You may choose to bring energy drinks with you however it should be noted that not all of these help rehydrate the body so should be taken in addition to water.



### Minimising the Impact – Consider the Environment

The hills and mountains of the UK and the rest of the world are there for everyone to enjoy however challenges, the need to carry less and ignorance have led to some of our mountain environments becoming littered and instead of being Areas of Outstanding Natural Beauty are becoming rubbish dumps.

Everyone who enters the mountain environment should be aware of the impact that they are having and how this might impact on the land. When walking in the mountains nothing should be added and nothing taken, is it really too much to carry down an empty energy bar wrapper rather than leaving it on a nearby rock?

As a provider of the National 3 Peaks Challenge (often blamed for causing the biggest impact on the 3 highest UK peaks) and other events we like to think that our clients can understand the need to help maintain the upkeep of the mountain environment by not littering and sticking to the paths so others in future can have just as much of a wonderful experience.

Some other things to consider:

- Paths help to manage erosion and keep it to a minimum. Stick to the path.
- It is a real achievement for plants, flowers and animals to flourish and survive in the mountain environment so leave them where they are. By all means take photos.
- Take all rubbish with you. Not only is it unsightly, it can harm local wildlife. Even a banana skin can take more than 2 years to biodegrade. Just pack it back in your bag and bin it later.
- If you really want to help, you can pick up a piece of litter that isn't yours and bin that too
- If the need arises to use the toilet, choose somewhere appropriate. For example not near a water source such as stream or river. You may also need to dig a small hole to bury your waste. **Note:** all toilet paper and sanitary towels etc should be carried out of the environment and put in a suitable bin when off the mountain.

As a company we try to ensure all of our clients are aware of the impact they are having and could potentially have if they are not aware of how fragile the mountain environment can be.

Where large groups are heading into the mountains we may opt to split the group into smaller groups just to reduce the impact on the mountain at once.

Most of all we want you to enjoy the mountains but we also want generations to come to enjoy them also so ask you to respect them.

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