

Three Peaks Challenge!

The day began with an earlier start than previous years due to the weather forecasted to be particularly hot and so rather than having to endure prolonged periods of time in the hottest part of the day the team arrived in the car park at the foot of Pen Y Ghent for a 5am start!

The initial climb up Pen Y Ghent went really well and at a good pace though the weather closed in somewhat when the Summit was reached and the wind rapidly picked up pace. The team had to scramble to get on some extra layers and work quite hard on the descent as the gusts picked up their pace.

Safely at the bottom, 12km down, it was time to refuel and get prepared for the longest and highest peak of the challenge - Whernside. This is a slow and steady climb that feels never ending but the views from the Summit are spectacular. Here we rested for a moment and fueled before heading down the 5km descent where the support team would be waiting for us.



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A change of socks for many, a loo break for all and a well earned ice lolly were on order for the final rest stop before the last push. Ingleborough, the final peak of the challenge isn't as long as the previous two though is far steeper and with heavy legs is a tough ask. The team did amazingly well and from the Summit of this peak you can make out just how much of a challenge this event actually is as the previous two peaks stand epically on the horizon as a reminder of the distance you've travelled in the day. We're not done there though; the descent from atop of Ingleborough is almost 10km! You might think that going downhill would be easy but it's steep, rocky and relentless and for me, makes you ask the question as to why you're doing what you're doing!

There's no better site when you arrive at the bottom of that last peak, cross over the river and is if by magic appear in the car park that was hidden from site just 50 yards away. Walking boots off, celebratory drink and team photo to finish an amazing day spent with an amazing group of people. 40km in total distance and 5000 feet of climbing, this is the third year that we have run this challenge and the first that we have had all participants gets the full way around. It was truly an awesome day. Our 3 Peaks Challenge for 22 will return and we have set a target of a minimum of 20 participants to get involved.

