

### Fell Running:

Feel the exhilaration of travelling fast and light over the hills. Could you be the next winner of the premier Three Peaks fell race? Held on the last Sunday in April, it is one of the oldest, most



Photo by Pete Hartley

famous and best organised fell races in Britain – details on [www.threepkrsrace.org.uk](http://www.threepkrsrace.org.uk)

For a comprehensive calendar of all fell races, visit [www.fellrunner.org.uk](http://www.fellrunner.org.uk)

### The Three Peaks Walk:

Could you walk 24 miles (39km) over 5,000 feet (1,600m) of ascents and descents in under 12 hours? Many walkers attempt the challenge to walk all three peaks in one day; however, just as many choose to spend a day exploring each hill in turn.



Photo by Mark Town

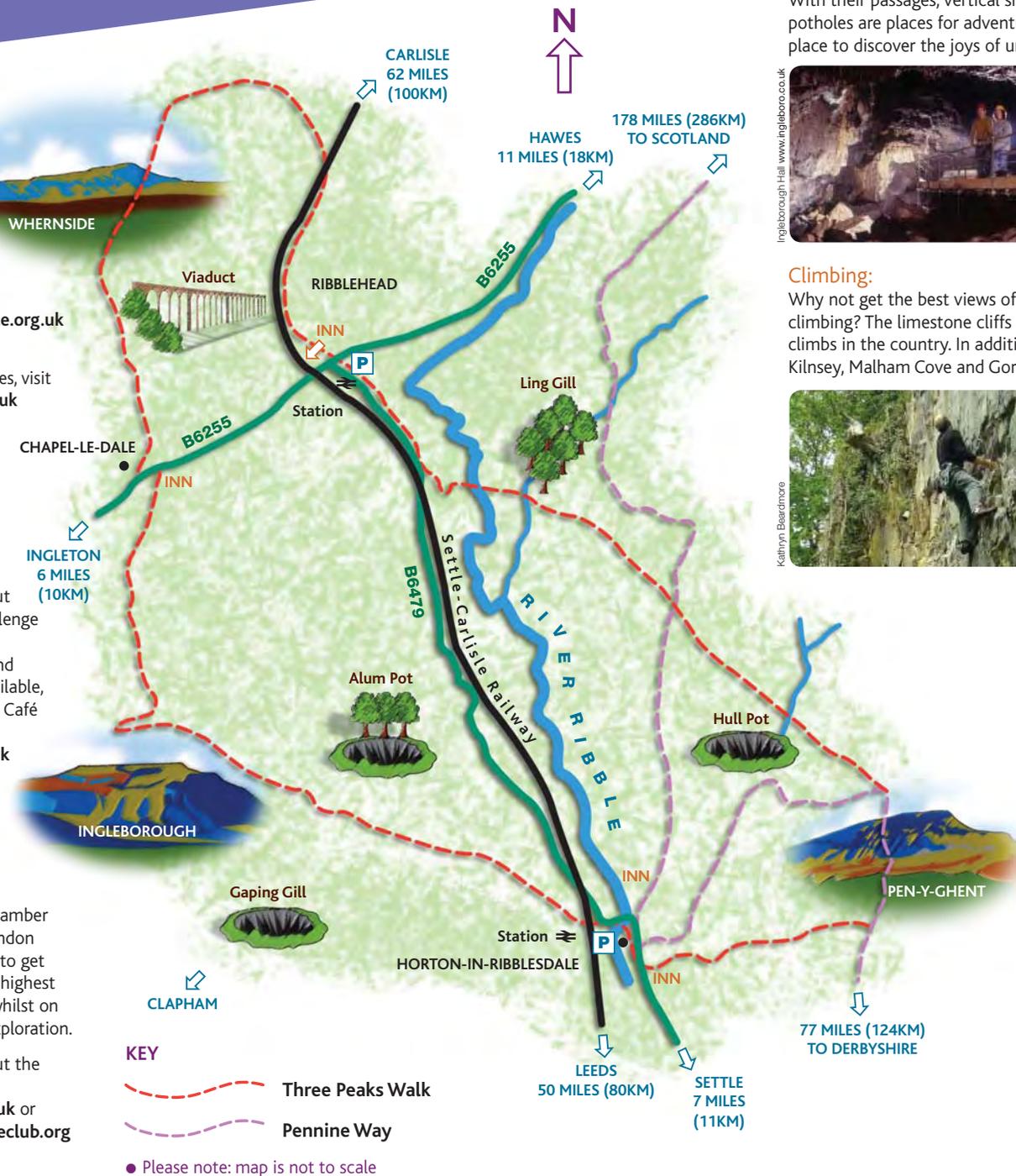
For information about the Three Peaks Challenge Walk, including the many other varied and interesting walks available, contact Pen-y-ghent Café on **01729 860333**, [horton@ybtbic.co.uk](mailto:horton@ybtbic.co.uk)

### Gaping Gill Winch:

Are you brave enough to be lowered on a winch into pure darkness? If you are, you will be treated to a truly awe-inspiring underground experience. Twice a year (Spring and August Bank Holidays), non-experienced cavers have the opportunity to descend into a floodlit chamber that is large enough to swallow St. Paul's Cathedral in London – just be careful not to get splashed by Britain's highest unbroken waterfall whilst on your underground exploration.



For information about the winch meet, visit [www.bpc.cave.org.uk](http://www.bpc.cave.org.uk) or [www.cravenpotholeclub.org](http://www.cravenpotholeclub.org)



### Caving/Potholing:

With their passages, vertical shafts, waterfalls and formations, caves and potholes are places for adventure and exploration. There is no better place to discover the joys of underground exploration than descending some of Britain's most spectacular potholes, such as Alum Pot with an experienced, qualified guide.



Ingleborough Hall [www.ingleboro.co.uk](http://www.ingleboro.co.uk)

For information on caving trips and courses, visit [www.yorkshiredales.org.uk/activity\\_centres\\_and\\_guides](http://www.yorkshiredales.org.uk/activity_centres_and_guides)

### Climbing:

Why not get the best views of this spectacular area, and try rock climbing? The limestone cliffs and crags provide some of the hardest climbs in the country. In addition to the intimidating 'big three' of Kilnsey, Malham Cove and Gordale Scar, all within 30 minutes drive of Settle, or why not try the less known Giggleswick or Twistleton Scars to name but a few, all less than 15 minutes drive from Settle.



Kathryn Beardmore

For information on climbing courses and trips, visit [www.yorkshiredales.org.uk/activity\\_centres\\_and\\_guides](http://www.yorkshiredales.org.uk/activity_centres_and_guides)



YDNPA

### Coming Soon – New National Trail:

With its spectacular scenery, natural treasures and challenging ascents and descents, the Three Peaks is one of the highlights on the new Pennine Bridleway. The Pennine Bridleway, to be completed in 2009, is Britain's first purpose-built long distance bridleway for horse riders, mountain bikers and walkers.

Visit [www.nationaltrail.co.uk/penninebridleway](http://www.nationaltrail.co.uk/penninebridleway) for details.