

# Outdoor Adventure at its finest...

Dramatic and uncompromising, the Three Peaks, in the heart of the Yorkshire Dales National Park, encompasses three of the highest summits in Yorkshire: Pen-y-ghent, Whernside and Ingleborough.

Dominated by the looming presence of the peaks, great rock scars, extensive limestone pavements and honeycombed by miles of caves and potholes, the area is a magnet for anyone who enjoys the great outdoors and is looking for adventure.

## Mountain Biking:

Cracking rides over limestone blocks, along rocky tracks, tough climbs and handlebar gripping descents. From the many testing routes, try a circuit around each of the three peaks, starting with a tour of Pen-y-ghent.



For information about these and other routes, visit [www.mtbthedaes.org.uk](http://www.mtbthedaes.org.uk)

Cycles can be hired from [www.offtherails.org.uk](http://www.offtherails.org.uk) and [www.countrylanes.co.uk](http://www.countrylanes.co.uk)

## Road Cycling and Touring:

Classic climbs, awesome scenery, and great descents are not just the preserve of the mountain biker, a tour around the country lanes can provide a challenge, which demands both fitness and experience. Devise a route of your own, or follow the long distance cycle ways.



For information on suggested day rides or details of the long distance cycle ways, visit [www.cyclethedaes.org.uk](http://www.cyclethedaes.org.uk)

Cycles can be hired from [www.offtherails.org.uk](http://www.offtherails.org.uk) and [www.countrylanes.co.uk](http://www.countrylanes.co.uk)