

# 100K



## Yorkshire 100k challenge



Activity: **Trek**    Grade:     Duration: **30 hours**

A true test of stamina! Take the opportunity to tackle an incredible challenge whilst raising vital funds for Blind Veterans UK.

Departing from Darley in beautiful Nidderdale, North Yorkshire, we tackle a route which takes us past Brimham Rocks and Ripley Castle before looping south to eventually finish back at our start point.

Trekking through day and night, this 100km route offers a gruelling challenge which is not for the faint-hearted, and an unparalleled sense of achievement.



### Detailed Itinerary

Upon arrival we register, receive a map, race number and safety briefing before setting off! We make our way along tracks and trails, following the River Nidd through beautiful Nidderdale, an area of outstanding natural beauty, before heading to the balanced rock formations of Brimham Rocks. We head east to Ripley Castle and pass through small, historic villages as we loop around to the south of Harrogate and back to our start point.

The scenery and terrain changes throughout our route as we walk on country footpaths and small lanes through the beautiful and at times dramatic scenery of North Yorkshire to the finish line. Stopping en-route to refuel and take in the scenery, upon completion the sense of achievement will be truly overwhelming.

Exact route subject to confirmation



## Trekking Information

Our treks are graded from 1 (Moderate) to 5 (Extreme). This trek is Grade 3. We trek mainly on grass, gravel paths, pavements and canal towpaths, but there are some small tarmac roads and road crossings. Some sections may be muddy after rain. There are some hills, especially in the first half of the trek.

It's easier to get disoriented or lose your footing in the dark, and you'll be less alert as you become fatigued, so it's vital for your success that you have trained enough to be a fit, confident and experienced walker.

The full 100k walk should take approximately 30 hours for fit and strong walkers.

This is not a competitive event! You can go at your own pace, but if we are concerned about you being able to finish the distance safely, we will recommend you stop early.

## What's Included

Fully marked route; overview maps and route information and race numbers.

Chipped timing.

Marshalled refreshments stops with drinks and food.

Relay option available in teams of 4  
Full trip support of experienced Discover Adventure leaders and doctor (depending on group size)

## Weather

It will hopefully be warm and sunny, but be prepared for anything! It could be hot, cold (especially at night), rainy or windy. Having good quality footwear and clothing, so you are comfortable in any conditions, could make the difference between being able to finish the event or not.

### DESIGNED TO BE CHALLENGING!

This is an endurance event, designed to be very challenging for those of good health and fitness. It is achievable for most people provided they train far enough in advance to gain the fitness and experience required – and have a healthy dose of self-belief and determination. We supply you with a thorough training guide when you have registered.