

## **Trip Report: The Lake District**

**Date:** 13th October 2012

**Group:** Mike H (leader) Selina, Lynn, Tony, Jim G, Jeff, Colin (plus Roxie)

**Route:** Grasmere - Helm Crag - Gibson Knott - Calf Crag - Far Easedale - Codale Head - Sergeant Man - Belle Knott - Easedale Tarn - Grasmere

**Total Distance:** 9.94 miles

**Total Ascent:** 2890 ft

**Weather:** Unknown

**Time:** 6 hours 21 mins

After a slightly delayed start due to a missing pair of boots, the group arrived in Grasmere to find all the surrounding fells covered by clag. Selina couldn't help doing a bit of early morning shopping before the group made the first ascent up to Helm Crag (1300ft). As the group made its way up we found ourselves behind a group of other walkers making the route rather busy and to be named Horaces' Way. Helm Crag is described as a miniature mountain with a mighty summit. The shape of the rocky summit gives rise to its alternative name 'the lion and the lamb' although Tony reckons making such a resemblance from the rock shapes is the result of too many pints.

Following a quick coffee stop and the obligatory photos on the crags for the October calendar the group continued over Gibson Knott and Calf Crag through numerous bog trots on to the end of the ridge at Far Easedale. Throughout the ridge walk we were surrounded by clag with the sun occasionally promising the burn through. The route across from Far Easedale to Codale Head is not a recognised path so we hoped the clag would clear to make navigation easier. And so it did, making the route across to Codale Head less of a slog, but nevertheless it was hard going - even Roxie took a wrong turn.

Lunch on Codale Head was followed by a quick detour around a bog to the main summit of the walk - Sergeant Man (2414ft). Here the views made the ascent well worth the effort. From the summit of Sergeant Man the views down onto Stickle Tarn and the Langdale Pikes were spectacular, with the white mist holding on in the valleys and gulleys. Having been chastised for not lunching on the Sergeant Man summit to behold the views for longer, the leader led the group on the descent to Easedale Tarn. Following advice from Selina about a previous navigation error, care was taken to find the correct route down (thanks for the help Jim). Imagine the conversation in the Dysart if we had headed for the Langdales instead of Grasmere!

After brief stops to admire the mirror images of the fells on the still waters of Easedale Tarn the group continued route down along Sourmilk Gill back to Grasmere. The tarn is a honey pot for tourists venturing out onto the fells in their Sunday best, but to witness a guy walking up in flip-flops was a sight to behold (not to mention his scent!). Jim must have had his mind on the usual Dysart rehydration as he missed the sight and the smell.

For future reference the route described here could be extended from Sergeant Man to continue along the ridge to include Blea Rigg and Silver How before descending into Grasmere.

Mike H