

**Trip Report: The Lake District**

**Date:** 26th September 2009

**Group:** Tony (leader), Lynn, Colin, Mike, Lesley, Selina, Jim W, Sue, Ian, Molly, Roxie and Tilly

**Route:** The Kentmere Horseshoe

**Total Distance:** 10 miles

**Total Ascent:** 3100 ft

**Weather:** Sunny all day

Parking places in Kentmere can be difficult to find so an early 7.00 am start was necessary from Bunbury. We could squeeze all people and dogs into 2 cars, so it was a Golf estate road-show that made its way up the M6 to Cumbria, blessed with rapidly improving weather conditions. At Kentmere a farmer had opened up his field as a car-park and after Mike had checked-out the parking terms and conditions we were on our way. It was decided by the leader to break with convention and follow the Kentmere Horseshoe in an anti-clockwise direction, and this probably explained why he got lost in the village, but with the sun beating down we were soon off through the beautiful Kentmere valley and the start of our long ascent to Nan Bield Pass.

Colin and Roxie were now way ahead and this sort of late-September slog to the top of the pass was more difficult than usual due to the intensity of sun beaming down upon us. Many of us were nearly wishing for a bit cooling rain currently being enjoyed by Jim G in his *Casa de Campo*.

At the top of the pass and with the S-shaped Haweswater to our right we traversed along to Mardale Ill Bell, and with a 10 metre detour we bagged our first Wainwright at 2496 feet.

Up till now we had met few fellow walkers but all that began to change as we approached the Lakeland mecca for Horaces - High Street. To avoid the crush we decided to keep a dry-stone wall between ourselves and the rest of humanity but it may have also been the leader was a bit nervous about his nutty dog trying to protect the BUMs pack.

We joined everybody else once we reached the stone post on High Street (2nd Wainwright) near Stonethwaite Crag and sat down in brilliant sunshine to take in the views and pork-pies.

After lunch the view of the roller-coaster path towards Ill Bell dismayed a few nameless BUMs who even suggested walking around the peaks or waiting for someone to run-up a rope bridge, but the leader would have none of it and it wasn't that long before we reached our 3rd W at Froswick 2359 feet.

One peak left and the highlight of the day lay ahead - Ill Bell. This looked

like a proper peak and although only 2476 feet its shape and magnificent position made its ascent the highlight of the day.

A long but gentle descent took us back to Kentmere via the beautiful Garburn Pass and back to the cars.

A glorious day out in Lakeland in glorious weather and with a couple in the Dysart afterwards, days out in the hills don't get much better than this !

Tony