

Trip Report: The Lake District

Date: 14th September 2013

Group: Jim G (Leader), Gerry, Ian, Selina, Jeff and John

Route: Haweswater Horseshoe

Total Distance: 8.6 miles

Total Ascent: 2950 ft

Weather: Warm with a mixture of sunshine and clouds and light winds

Time: 5 hours 15 mins

A few last minute changes left a small squad of only 6 Bums for this trip, good for our carbon footprint as we could all squeeze into Gerry's Galaxy. A prompt departure at 7am, John was the only one hard enough to wear shorts!; saw an uneventful journey up the M6 to Shap, before the twisty narrow lanes down to Mardale Head at the southern end of Haweswater Reservoir. We thought we would be the only ones about at 9.30 am on a Saturday morning but we passed a load of Landrovers full of country folk and trailers full of Hounds for some sort of Hound racing meet. Low and behold when we reached the small car park at the end of the reservoir there was a gazebo set up for a Fell race with runners coming down from Nan Bield Pass and then, after refreshments, heading up over Gatescarth Pass, so much for a quiet corner of the Lake District!

The weather is fine, sunny and warm as we set off steadily uphill to Nan Bield Pass, where

a coffee stop is taken and then on to our first summit of the day, Mardale Ill Bell where there are extensive views to the south, Morcambe Bay, Heysham nuclear power station and Lake Windermere to name but a few.

A fairly easy pull then up onto High Street (a Roman road that connected Galava (Ambleside) with Brocavum (Brougham near Penrith), not a row of shops) and then a short drop down and back up to The Knott, where lunch is taken. This must be one of the best view points, on this very clear day, on the Lakeland Fells, as we had a 360 degree panorama of the entire Lake District Mountains, spotting: The Old Man of Coniston, The Sca Fells, Great Gable, Skiddaw, Blencathra, Helvellyn, Fairfield, to name but a few of the best.

Then easily onwards and upwards to Rampsgill Head and along on to High Raise before retracing our steps a bit before crossing to Kidsty Pike. I think we all agreed that Riggindale is **the** text book U shaped glacial valley which plunges down to Haweswater Reservoir. We then head on down eastwards to Kidsty Howes, entertained by a deep philosophical discussion (grumpy old man's rant) lead by Ian, on religion and God! Ian,

somewhat controversially, maintaining that God must have been a woman, because he had easy! This path is a steep, slippery and rocky descent that takes us down to the reservoir and back to the car park. We are entertained (?), as usual, by Ian who has a large repertoire of jokes and rants, some of which are actually funny! We arrive back at the Yew Tree, to be met by Colin for our mandatory rehydration therapy. A wonderful day in the Lakes.

Jim G