

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

**Date:** 16th April 2016

**Group:** Mike H (leader) Lesley, Sue L, Jim, Steve, Sarah, Chris & Arran (guest)

**Route:** Ambleside - Nab Scar - Heron Pike - Great Rigg - Fairfield- Hart Crag - Dove Crag - High Pike - Low Pike - Ambleside.

**Total Distance:** 11.2 miles

**Total Ascent:** 3775 ft

**Weather:** Cloudy, bright and chilly in the easterly wind, no rain

After an early start and a clear motorway we reached Ambleside before 9am to meet up with Steve and Sarah, and Chris and Arran. The weather was perfect for walking with blue skies, slight breeze, chilly with the prospect of clear summits and superb views. After a brisk walk through Rydal Mount we reached the base of Nab Scar and the start of the first ascent of the day. As we climbed the path some of us realised we had lost our 'fell fitness' as this was the first mountain walk Bums had done for quite a while. Reaching the first summit of the day we had glorious views across Windermere and Rydal Water with many of the Lakeland peaks evident, so much discussion followed to identify each mountain on the skyline.

We were now on the main ridge of the horseshoe with a clear view of the route ahead. As leader I was keeping a check on progress of the group as Jim and Sarah raced ahead to wait for us on Heron Pike. So looking back I was surprised to see Lesley hugging an unknown walker. Chatting up walkers en route is a new one on me. I later found out the walker had found Chris's camera lens cover which had been dropped, saving Chris back-tracking to find it, much to Lesley's relief.

I have to say that throughout the walk Lesley was the brunt of much leg-pulling, as a result of 'the incident' on the summit of Fairfield several years ago. I am sure most Bums have heard the story - if you haven't I am sure Lesley will fill you in. Reaching the summit plateau of Fairfield we paused only briefly as there was a significant wind chill. Lesley and Sue posed for a photo on the spot where the incident happened.

Ready for a lunch break we found a sheltered spot behind rocks leading to Hart Crag. Away from the wind and feeling the bright sunshine it felt like the perfect time to be in the high fells.

Walking across a boulder field towards Dove Crag comments like 'how did you cross this on one leg?' were being directed at Lesley. The going then changed as we crossed the series of peat bogs leading to High Pike. Sue decided to mimick a high diver as she fell face first into the boggy

black peat. Lesley was on hand to rescue her, and instead of taking a quick photo of Sue's blackened face, she carefully cleaned her up to save further embarrassment.

Descending from Low Pike involves climbing down a small but tricky rock face. Some of us circled round the rock face only to be met with abuse from those struggling with the downward scramble for not pointing out the easier route.

The rest of the descent was trouble free except for the smallest of snow flurries. Jim couldn't help pointing out that you can't have a completely dry day in Cumbria.

The journey home was again very smooth. Arriving back in the Yew by 5.45 after a full days walk in the Lakeland high fells made for an excellent day. And well done to Lesley for putting up with Bums humour throughout the walk.

Mike H