

**Trip Report: The Lake District**

**Date:** 2th August 2011

**Group:** Tony (Leader), Jim G, Jim W, Elena, Rob, Ian and Molly

**Route:** Torver, Goat's Water, Old Man of Coniston, Dow Crag, White Maiden

**Total Distance:** 9.75 miles

**Total Ascent:** 3189 ft

**Weather:** Sunny and later a bit wet

**Time:** 7 hours

It was a great turnout considering it's the holiday season and also good to see a couple of BUMS we've not seen for a while - Elena and Rob.

With the bonus of free parking at Little Arrow between Torver and Coniston we headed off alongside Torver Beck and climbed over the fells to reach the Walna Scar Road in bright sunshine. My Wainright guide tells me it's the old road to the quarries and AW further recommends that we leave some sort of marker where our path joins the track so that later on we can easily find our way back to Little Arrow...

The climb continues as we head on to Goat's Water a fine clear lake embraced by the Old Man of Coniston and Dow Crag.

There's soon a split in the group as the 2 Jims and Ian race hare-like past the lake, but the hares are then forced to wait for the tortoises as the leader decrees the spot a coffee stop on the edge of Goat's Water. Refreshed we start the steep climb to the top of Goat's Hawse ridge at 649 metres, and upon reaching the top we are rewarded with magnificent views north, south, east and west. To the north lies Scafell and with it our marvellous memories of our BUMS Boot trip back in June.

We're now firing on all cylinders and Rob and Elena are keen to join the rest of us for a peak-bag of the Old Man of Coniston (803m). Once again the views were stunning from the top down the valley to Coniston Water and Windermere.

We double-back towards our next peak Dow Crag. The climb of Dow Crag is made even more interesting with a bit of scrambling to the top at 778 m and we are able to admire the cascading cliffs to the clear waters of Goat's Water.

Lunch is called and the absence of Ian's usual mirth-inducing Monster Munch is happily replaced with the unveiling of Rob and Elena's Fortnum & Mason's luncheon hampers.

Rain had been forecast for later on in the day and we are keep moving and our route now takes us over Buck Pike, Brown Pike and back to the Walna Scar Road. The plan was to move on to White Maiden but somehow we hit

White Pike instead. Finding our way back eventually to White Maiden has Elena wondering who was to blame for the extra mileage - Jim, Jim and Ian do the 3 wise monkeys bit.

Once again the hares race off down the Walna Scar Road as the threatened precipitation starts to fall.

Tony then remembers AW's sound words of advice about leaving a marker on the Walna Scar Road and remembers not remembering to do it. After a mile over-shoot Tony, Elena and Rob (the tortoises) do a bit of map-reading, compass bearing, star-gazing and then expertly work out the way back to Little Arrow along the correct path.

The hares panic and bushwack their way back across the moor back to the cars just beating the tortoises by about 5 minutes - which sort of spoils the story.

The warm and dry Dysart awaits and the end to a satisfying and interesting day out.

Tony