

Trip Report: Helvellyn via Striding Edge**Date:** 12th July 2014**Group:** Mike H (leader) Jim G, Jeff**Route:** Helvellyn (3117ft), Nethermost Pike (2923ft), Dollywaggon Pike (2815ft), Seat Sandal (2415ft)**Total Distance:** 12 miles**Total Ascent:** 4625 ft**Weather:** Unknown

After an early departure and a relatively traffic free M6, the group arrived in the car park in a sunny Glenridding at 9.15 ready for a full day's walk along the Helvellyn range. Despite ascending Hevellyn from Glenridding on at least a dozen other occasions, the leader had some difficulty finding the right path. So after consulting the map rather than relying on memory, we soon found ourselves doing the steady ascent. Following the rising footpath alongside Mire beck we had a good view across Grisedale to the northern face of St Sunday Crag. The reconstructed path soon gains height in a series of gentle zig-zags onto Birkhouse Moor.

As we reached the ridge of Birkhouse Moor we got our first sight of Helvellyn. To the left of Helvellyn the craggy ridge of Striding Edge was in clear view, and at this point Jim G informed us that the classic route is along the top of the ridge and not the path that runs just below. (There is photographic evidence to show whether each of us kept to the classic ridge walk). The main hazard along the ridge was a large party of noisy teenagers walking on the lower path, so we had to traverse the ridge quickly to keep ahead of them. Unfortunately, they got to the 'chimney' ahead of Jeff, so he had to climb this awkward section in the midst of a noisy rabble.

Having successfully negotiated Striding Edge we then had a scramble to reach the plateau on top of Helvellyn. Here, we decided to enjoy our time on the Helvellyn Range to the full, so rather than descending via Swirral Edge, we went south along the ridge to bag two more summits - Nethermost Pike and then Dollywaggon Pike. Then, instead of descending to Grisedale Tarn, we decided to bag our fourth peak of the day - Seat Sandal. Although this was the lowest peak of the day, it was the most demanding - a 'real beast' of an ascent. Worth it as the views over to Fairfield and back to Dollywaggon were amazing. Only from the Grisedale side do you realise the size of Fairfield.

The route back to Glenridding followed the path along Grisedale valley. It looked straightforward on the map, but it was much more demanding

than we thought and we arrived back at the car park feeling the strain of a good day out in the high fells. And, surprisingly for Cumbria, we did not have any rain!!

Our luck then continued as we enjoyed a homeward journey with no hold-ups until we reached Beeston. However, only two of us kept with tradition of rehydration in the Yew, as Jeff decided he had to waltz off 'elsewhere'.

Mike H