

Trip Report: The Lake District

Date: 9th June 2007

Group: Colin (leader) "Real Leader(s)" - Mike (aided and abetted by Richard) Lesley, George, Rob (photographer), and Roxie (the canine)

Route: Jack's Rake and the Langdale Pikes

Total Distance: 7.5 miles

Total Ascent: 3000 ft

Weather: Warm and sunny

As it's almost three weeks since this trip, I've already forgotten most of salient points!

Apologies for any omissions, but this walk was really an additional walk to the program and very much a pre-requisite and training exercise for the main even in the Alps.

The report will no doubt be rather dull compared to the adventures in Briancon, but nevertheless it was a great day out.

A late call off from Chris Green, but a very welcome late entry from Richard making BUMS debut. We set off in two cars with Rob and I in one (with Rob learning his shortcuts to Blackberry use on way up and the trusty Tom Tom taking us new short cuts on roads we never knew existed). This paled into insignificance however, when we heard that the main topic in t'other car was ironing, yes ironing and not extreme ironing as in (www.extremeironing.com), but if I dare say it, "girlie" ironing as in, ironing done to make your clothes look neat and tidy! Worse, this conversation apparently was neither initiated nor indeed did Lesley the only lady in the car even participate, the main culprits being George* and Richard!

We parked at Dungeon Gill. Note that it's cheaper to park in field and use honesty box and pay in pub (by about £4) over the £7 requested in normal car park.

George had also befriended M&S near Euston from his frequent trips to Smoke and handed out some cakes whilst we got togs on. The cakes succeeded in drying our muths out ahead of the steep climb (not a good idea!) A sharp incline up hill with Richard striding out ahead, meant we were soon fighting for air and stopping every 10 minutes or so to pretend we were looking at views. George seemed to be admiring views for longer than us as he was no where to be seen, but soon we had the explanation. He didn't want his M&S specials anymore and found a quiet place to regurgitate them. Brave soldier that he is, he marched on, only to realise he'd forgotten to get rid of the other cakes he'd eaten in car on way up, so a second chunder was called upon!

On reaching top, Jack's Rake resplendent in front of us, snaking up to top of Pavey Ark, but not for Rob who although having good control of disco legs these days, decided to take alternative route with me and Roxie. George on other hand recovered quickly, faced his fears, took it on, and conquered! Well done mate!

Rob and I enjoyed a mini- scramble and reached top of Pavey Ark about 10 minutes before the rest of crew emerged intact and exhilarated. A short coffee break with great views and we set off to Harrison Stickle, Loft Crag then Pike of Stickle (George bypassed middle two, but was happily back in full health by now).

A lunch break ensued with Richard demonstrating great knowledge of the peaks (almost in Selina's league! and we descended back down to the Pass. An uneventful but pleasant trek back, but looking back up to Pike of Stickle from valley was impressive.

The team took slightly different routes back from Old Dungeon Gill pub, but we met at car and headed back for re-hydration at Dysart. Excellent day out.

Colin

* George already has a dubious mark against him in terms of using illegal substances, which included moisturising cream that is allegedly applied to his face on regular basis??) Whatever next? Can I suggest that the chairman investigates these matters!