

Trip Report: The Lake District**Date:** 28th September 2008**Group:** Mike A (leader), Lesley, Jim G**Route:** Bow Fell to Pike O'Blisco**Total Distance:** 9 miles**Total Ascent:** 4800 ft**Weather:** Sunshine all the way**Time:** 6 hours

With summer consigned to the bin, we were finally treated to a wonderful autumn day in the Lake District. Bow Fell & Crinkle Crag had been on the agenda for many months but had been blighted by weekends of wind and rain. The 28th September more than made up for it. The only sad note was the small party of BUMS able to make the trip. We had every excuse under the sun barring the credit crunch. The most bizarre came from our chairman who preferred to check out the red squirrels in Formby! (see separate report at the end). So only three of us headed up the M6 towards the blue skies which awaited us at Old Dungeon Ghyll.

Our route was the anti clockwise version, ascending Bow Fell via the Band. This is a fine ascent with great views of the Langdale pikes to the right, Crinkle Crag to the left and Oxendale below, all unfolding as we climbed. There we found an excellent coffee break location where even Jim was happy to stop for 5 minutes to take in the views. Bow Fell was not visible until over half way up, from which we could see our route which took us on a traverse around the north side of Bow Fell to the Great Slab from where an easy scramble led up to the plateau below the summit. A short walk up to the summit and we now had great views of Scafell & Scafell Pike to add to all the rest.

The next leg took us down to the 3 Tarns and then onto Crinkle Crag. By this time Jim had hatched a plan for some gratuitous summit bagging so we zig-zagged over the mountain to take in all the tops including Shelter Crag North & south, Gunson Knott, and Crinkle Crag Long Top North and South. Lunch was taken on one of them but I couldn't possibly remember which one. After lunch it was down the Bad Step and that was the end of Crinkle Crag, however it wasn't the end of the day by any means with three more summits to visit. Firstly was Great Knott which involved only a minor detour and was not very inspiring. Secondly, to the south was Cold Pike, (a new one for me). It was not too much to look at from our approach but we then descended to Red Tarn and looking back it was far more impressive.

From Red Tarn we ascended Pike O'Blisco, which I had already pencilled in

as a possible new conquest. This mountain stands quite apart from the range on which we had spent the day, so it turned out to be quite a flog. It was worthwhile though, with great views to the Coniston Fells in addition to a view of the complete route we had already covered. By this time we had been walking up or down for over 5 hours with no respite. Les was feeling it by now - the catalogue of ailments had grown with every summit.

It was downhill all the way now, down an everlasting staircase heading east back towards the finish. Finally we found a short section of flat tarmac to the car park. The drive home was slower than usual thanks to the M6 road works and the road being overrun with cars that should have been somewhere else. We arrived at the Dysart for rehydration 3 hours later where the chairman was waiting to regale us with tales of the complete non appearance of the famous Formby red squirrels. Some people really know how to enjoy themselves!

Mike A