

## The Easedale Circuit.

Wednesday 24th September 2003.

Group: Cyril, Trevor, David & Popsie

Weather: Sunshine & Clouds with a fresh wind especially in exposed places.

Time taken 9hrs 10 minutes - Distance 12 miles

Height climbed 2,650ft Average Speed 1.31 mph.

- 8.40 am Arrived at Easedale Car Park - Usual refreshments served courtesy of Margaret & Cyril. Popsie refused her breakfast !
- 9.05 am Departed for **Helm Crag (1299')** arriving at the top at **10.10 am** approx and continued along the zig-zag "Ridge" to **Gibson Knott (1379')** 2.25 miles
- 11.20 am Coffee break at **Moment Crag**.  
Onto **Calf Crag (1762')** 3.25 miles to descend to cross Moor Moss to ascend Flour Gill to **Greenup Edge** and upwards to **Low White Stones (2,300' contour)**
- 1.30 pm Arrived at **High Raise (2,500')** 7.50miles where a thirty minute lunchbreak was taken in the shelter !
- 2.20 pm As directions on both OS map and A W's book seemed to differ Trevor took a compass bearing in a South Easterly direction. A faint footpath led directly off High Raise and with a series of small cairns to guide us reached a small tarn North East of **Sergeant Man (2,414')** 8.00 miles
- The party then took a well marked path towards Blea Crag and on seeing Easedale Tarn turned down hill towards it.
- A tricky descent was made past **Belles Knott (The Matterhorn of Easedale)** with the consensus being that it was the "Rossett Gill" of Easedale !
- 4.30 pm Level ground was finally reached by Easedale Tarn when a well earned tea break was enjoyed.
- 6.15 pm Arrived back at the car park with a total of 12 miles. A decision made to go to The Travellers Inn which unfortunately had a large event in progress and so we went onto The Badgers Bar at the Glen Rothay Hotel just past Grasmere where thirsts were quenched !!