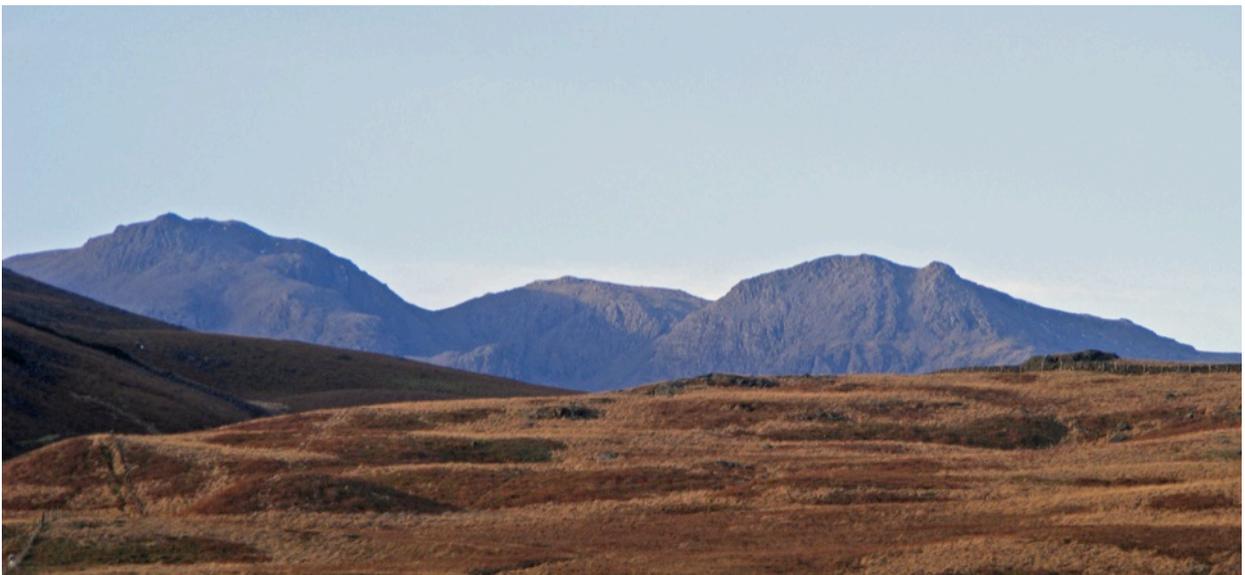




Undiscovered Lake District



Views towards the Scafell group with the mountain of Ill Crag on the right

General

The Lake District contains some of the most beautiful scenery in the world. With hundreds of fells which create a vast terrain of rugged mountains. Since time began the landscape here has provided inspiration to poets such as William Wordsworth & Samuel Taylor Coleridge. Even the Roman Empire made home just below the picture above!

Day 1: Begins in the delightful and little visited Duddon valley, a truly unspoilt area of Lakeland. We find an entertaining route to the summit of Harter Fell before heading over the wild moorland of Ulpha Fell and onto Great Whinscale, Crook Crag, The Pike & Green Crag, where we find further entertainment and fabulous views. Our return takes us through the ever changing Dunnerdale forest and back to the babbling river Duddon.

Day 2: Starting at the famous landmark of The Old Dungeon Ghyll, we take the steep path up Rossett Gill to Angle Tarn, forge a way on to Esk Hause where we

can enjoy some rest, shelter & views. We then descend towards the Great Moss, a real wilderness, before making an interesting scramble via a fine ridge to Ill Crag summit. We return easily to Esk Hause, and from here either walk straight back to the Langdale valley, or take in the summits of Esk Pike & Bowfell (recommended) before returning to the valley.

Equipment

This list just details the requirements for the hills. We have not listed any casual clothing or personal items that you may need. The aim of an equipment list like this is to prepare you for poor weather eventualities. It can get very cold on UK hills even in the summer and therefore we need to be prepared.

Boots	General hillwalking boots with good ankle support and fitted with a good sole unit for extra grip	
Waterproof & Breathable Jacket	This should have a waterproof / breathable membrane	
Waterproof & Breathable Overtrousers	As jacket above	
Base Layer Top	Should be 'wicking' to help keep you dry and comfortable	
Fleece Top	Mid-weight fleece	
Lightweight Walking Trousers	Comfy & not too long	
Zip-Off Walking Trousers or shorts	These are great during warm spells, they convert into shorts in seconds or, if it's really hot, just wear the shorts	
Fleece Jacket / Windstopper	Thick fleece for during rest periods or when it gets really cold	
Warm Hat	We lose most heat through our heads – a must	
Thick Waterproof Gloves / Mitts	These will protect your hands from cold winds on the summits	
Buff	Super versatile and weighs almost nothing	
Sun Hat	A baseball cap or similar	
Thick Walking Socks	To help keep your feet comfy	

Personal Equipment

Rucksack	25–35 litre	
Rucksack Liner	Industrial strength bin liners to pack gear into	

Trekking Poles	These will ease the pressure away from your knees	
Sun Glasses	For those good days - the mountain sun can be really strong	
Sun Screen	At least Factor 20	
Lip Protector		
Emergency Survival Blanket	Aluminium blanket/bag	
Personal Medication & First Aid	Any prescription medicines you need + small personal first aid kit	
Compeed Plasters	Bring welcome relief to blistered feet	
Map & Compass	If you want to learn more about how to navigate	
Whistle	To attract attention	
Water Bottle - at least 1 Litre	Any secure, lightweight container suitable for drinking is fine	
Head Torch & spare batteries	Lightweight is best	
Vacuum Flask	Filled with a hot drink	
Camera	Lightweight and in a waterproof case	
Mobile Phone	Please keep it on silent whilst we're on the hill	
Personal favourite snacks	Easy to eat Snacks, Chocolate, Energy Bars, fruit, nuts, etc	

If you're at all unsure about what to bring, call or e-mail us, we are more than happy to answer any questions.

Mountain Journeys Team

There will be at least one qualified mountain leader on each trip. The leader will also act as trip coordinator ensuring that the trip runs as smoothly as possible.

Environment

As they say in the Himalaya – "take nothing but pictures, leave nothing but footprints". Although this is not the Himalaya, we try and apply the same rule here. Respect fauna and flora so that all can enjoy it. And remember to take your litter home.

Fitness

A decent level of fitness is needed for these walks. The days are relatively long, approximately 6 - 9 hours of mountain walking. You need to feel comfortable carrying a small day-sack and walking for extended periods and during adverse weather conditions. Complete some training walks before you arrive. A little time invested in training will undoubtedly add to the enjoyment of your trip.

Weather

The weather in the mountains of the British Isles can be unpredictable. If we're lucky it'll be just great! However, it's best plan for wind & rain just in case.

Disclaimer

This dossier is intended for use with a Mountain Journeys trip only. It should not be used as a guide book. This trip involves travel to mountainous areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit participants, the weather or for any other reason deemed necessary.



Views from near Esk Hause

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