

SCRAMBLES IN THE LAKE DISTRICT - SOUTH

Langdale, Coniston, Eskdale, Patterdale & High Street

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The first of a pair covering the Lake District, this guide presents 106 scrambles in the south of the national park. These are linked together to form 24 longer day outings but are all individually graded. From Grade 1 to climbing grade V Diff, there are scrambles to suit all abilities, from beginners to experienced mountaineers, and although most outings include scrambles of Grade 3 or above, these can be optionally bypassed in order to keep within a suitable grade.

Included are several gill scrambles and 10 classic rock climbs as well as the usual crag scrambles. The classics are all there – Jack's Rake, Esk Gorge, Pinnacle Ridge and Middlefell Buttress – alongside new routes discovering previously unexplored corners.

Summary statistics and an appendix listing all the scrambles help readers to choose an appropriate route – or devise their own – and the clear route description details the preferred line of ascent. Photo topos of the crag scrambles illustrate these lines and there is advice on equipment and safety.

Key marketing points

- Routes for all abilities (scrambles from 1 to 3S, climbs Mod to V Diff)
- Scrambles grouped together into longer mountain days
- Clear descriptions, maps and topos to aid route finding

About the author

John Fleetwood has lived in the Lake District for over 20 years, and has developed an intimate knowledge of the area. John loves exploring and has visited every potential crag in the area to find new routes, some of which have been included in this guide. He is a keen runner, photographer and mountaineer. He was the first person to complete the Bob Graham, Ramsay and Paddy Buckley rounds in winter, and a previous winner of the FRA Long Distance Award. He has climbed and walked in South America, China, Iceland, Norway and the European Alps as well as Britain.

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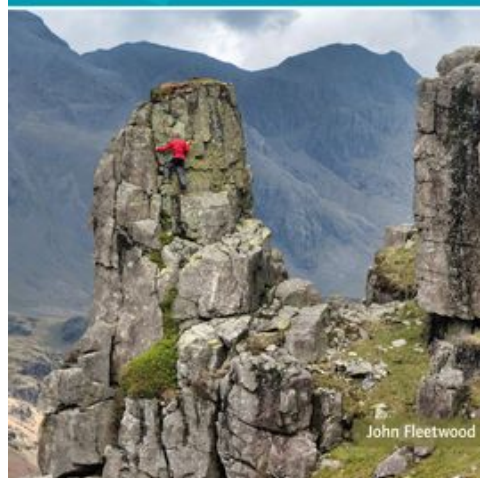
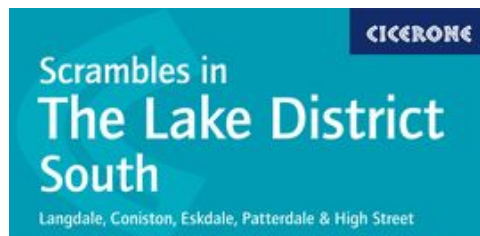
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