

Wild Camp Meet – Dow Crag, Lake District

Dates: 12th – 14th June 2009

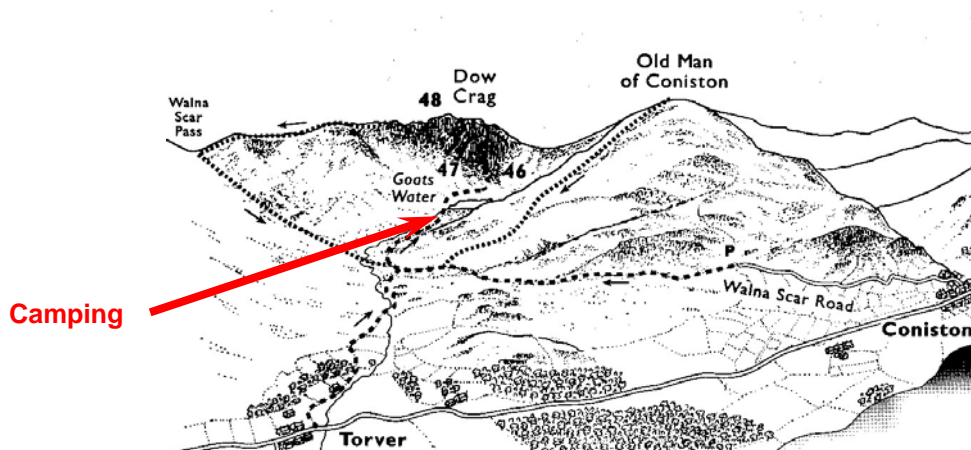
Meet Leader: Ian Smith & Nik Howard

Location: Dow Crag Map ref 264 977 – OL6 Explorer 1:25000

Dow Crag is the largest crag in the southern Lake District, and is easily reached from the south. An excellent crag which provides a rich variety of first class climbing throughout the grading spectrum, from the early classic gullies to the desperate test pieces of recent years. It has a special atmosphere, with extensive scree slopes sweeping down to the steely blue depths of Goat's Water, backed by enchanting views of the lowlands and estuaries to the south. Dow catches the morning sun and is a fast drying crag.

The crag has 5 main buttress, A, B, C, D and E, separated by fine gullies and chimneys. Only on A Buttress do the climbs continue to the top of the mountain. Climbs on the other buttresses usually finish on a half-way ledge called Easy Terrace which affords the most convenient means of descent (grade 3 scramble).

Climbing: Classic routes include: Arete, Chimney & Crack MS***, Gordon & Craig's Route MS**, Eliminate A VS***, Isengard HVS**, Giant's Crawl D***, Nimrod E1***, Catacomb E1***, Leopard's Crawl HVS***, Murray's Direct VS***, Murray's Route S***, Central Chimney S**, C Ordinary Route D***, Eliminate C VS**, Intermediate Gully MVS**, Woodhouse's Route VD*. D Ordinary Route VD*, Hopkinson's Crack HS*** and so many more.



Directions: The most popular approach is from Coniston, where a road leads up the hill opposite the petrol station (signposted Walna Scar track) to an even steeper section. Follow this to a gate at 1.5km, where the metalled road becomes a track. Park here, then follow the direct continuation for 2km, passing through two rocky 'gateways', to a very large cairn which marks the junction with the Torver to Goat's Water track. Walk rightwards up the steep grassy bank and after 1.5km the tarn is reached. Approach time approx 1 hour.

Maps/Guides: Ordnance Survey OL6 Explorer 1:25000. Dow, Duddon & Slate - FRCC, Lake District Rock - FRCC.

Walking: Situated next to The Old Man of Coniston, one of the most popular peaks in the whole of the Lake District.

If you need any further information or have any questions, please contact either Ian on 07930 950385 or Nik on 07793 815213. Hope to see you there.