

Lakes **BOULDERING**

Jonathan Lagoe and Andy Hyslop

A bouldering guidebook
to the Lake District

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Cover: Jonathan Lagoe on
The Crack (V2) on the
Truss Boulders at Gouthor - [page 95](#)

This page: Al Hewison bouldering on the
Fisherman's Steps Area of
St Bees Head North - [page 152](#)
Photo: Hewison Collection



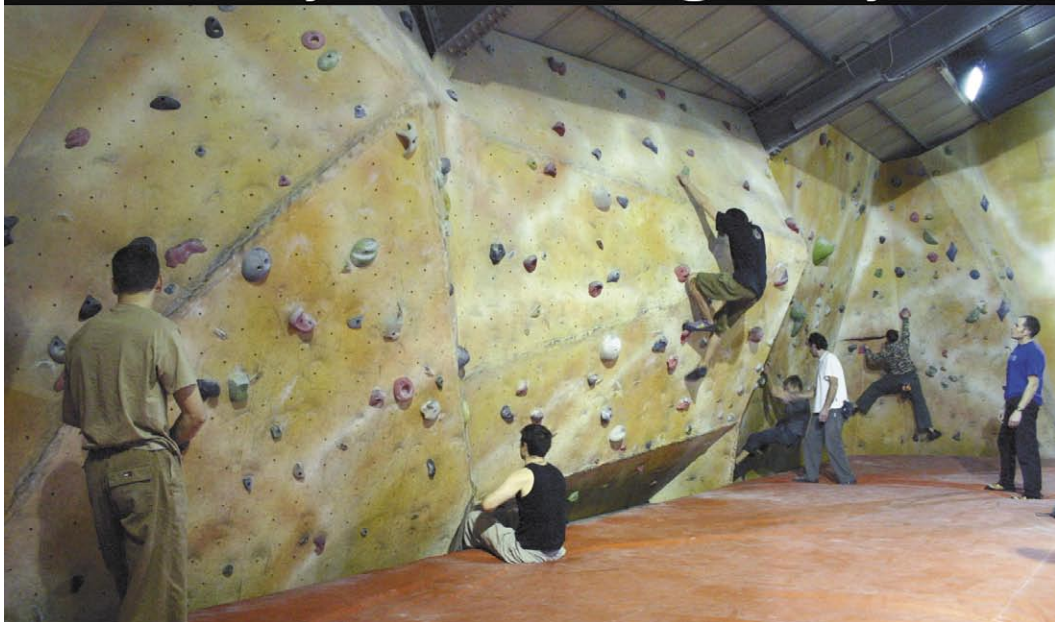
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LAKES BOULDERING

This is the first guide dedicated to bouldering in the Lake District, spanning a range of areas largely within the National Park. The guide is intended to be useful to the visiting climber looking for a day or evening's light bouldering, just as much as the hard-core local - and we hope we have succeeded in giving decent coverage from V1 to V9.

The Lake District is a world-renowned area of natural beauty, steeped in history and literary connections and with the highest mountains, deepest and largest lakes in England. Despite the associated development and busy roads it is still possible to get into wild and unspoilt mountain country by taking a 15 minute walk from the road. Rock climbing - and perhaps surprisingly, bouldering - have been practised here since the 19th century, in the famous centres of Wasdale, Borrowdale and Langdale.

The most striking aspect of Lakes Bouldering is the sheer variety of rock types and environments available in the area, from the seaside sandstone of St. Bees to the high volcanic boulders of the Central Lakeland fells and from the grit-like Carrock gabbro to clean Eskdale granite. This variety means that conditions are likely to be decent somewhere in the region

on most days of the year, though spring and summer are likely to give the best weather and autumn and winter the best friction for the hardest problems. The guide also reflects a mix of venues, from the extremely well known and long-documented Bowderstone, Langdale Boulders and Badger Rock, through to areas hitherto best known to locals, such as Carrock Fell and the Eskdale granite boulders. We also hope to tempt you off the beaten track to some great new areas that have been developed recently, places like Lad Stones, the Wrynose craglets and the prominent, impressive, and seldom visited Sampson's Stones.

Lakes Bouldering has seen an explosion in popularity over the past couple of years, as interest in the sport has grown, and enlightened individuals have been prepared to put on their walking shoes and go and find out what lies beyond the roadside. We hope that many more will follow this example and make the effort to get to these excellent remote areas where the rewards are as much from the fantastic environment as from the bouldering itself.



Phil Wake climbing the classic *Rob's Wall* (V9) - [page 178](#) - at Eskdale Fisherground.
Photo: Phil Wake Collection



Chris Hope enjoying *The Crack* (V4) on the Bowderstone - page 125 - in Borrowdale. Photo: Alan Wilson

GRADES

This book uses the 'V' grading system invented in the US by John Sherman and which is currently slugging it out with the French 'Font' grades for dominance in the UK bouldering scene. The choice of the V grades was an easy one - it's a simple, logical, open-ended system, and as both local www.Lakesbloc.co.uk and www.LakesBouldering.com websites already use it, the precedent had been set. The only problem with the V system is that the entry point was set at quite a high standard, and with the growing popularity of bouldering in recent years there is more interest in the lower grades. For this reason we have adopted the now-common approach of subdividing the V0 grade into three, with 'plus' and 'minus' subdivisions. The observant will also spot the odd 'VB' – a grade reserved for problems which are worthwhile but easier – less than British 4c.

For those who boulder casually, or who are making the transition from more traditional UK climbing, we have also attached British technical grades to problems below V3. If referring to these, bear in mind that the V grade rates the overall difficulty of a problem and not its hardest move. Whatever system is used, boulder problems are notoriously difficult to grade - particularly short ones, where physiology plays a big part. Some of the sit-down starts may seem undergraded - as pure power rather than technique is needed to get your backside off the ground - and you've either got it or you haven't. Please also note that many of the areas covered are new and a consensus has not yet settled. All-in-all it's best to regard the grades in this guide as an indication rather than definitive.

All routes are given a colour-coded dot corresponding to a grade band.

- 1 - Up to V0 (5a and easier)
- 2 - V0+ to V2 (5a/b to easy 6a)
- 3 - V3 to V6
- 4 - V7 and above

V Grade	Font Grade	UK Tech Grade
VB		< 5a
V0-	4	5a
V0	4+	5b
V0+	5	5b
V1	5+	5c
V2	6a	6a
V3	6a+	6a
V4	6b	6b
V5	6b+	6b
V6	6c	6c
V7	6c+	6c
V8	7a	7a
V9	7a+	7a
V10	7b	7b
V11	7b+	7b
V12	7c	7b
V13	7c+	7b
V14	8a	7b
V15	8a+	7b
	8b	7b
	8b+	7b
	8c	7b
	8c+	7b

PROBLEMS AND ELIMINATES

In general we have avoided describing eliminate-style problems which proscribe certain holds or techniques. There is an infinite variety of ways in which a certain piece of rock can be climbed, so in general we have graded and described independent problems which follow the line of least resistance. There are some exceptions, such as the Bowderstone, where eliminates have long been part of the 'forcing ground' nature of the venue - and here some classic eliminates are described. At other venues, where climbing an arete on a particular side, or not using a significant feature makes for a particularly good problem, this has been included. Sit-down starts are an accepted part of bouldering nowadays and are included here if they add value to a problem.

Light of Other Days (V7) at Sampson's Stones - [page 192](#) - in Upper Eskdale. The Stones are well worth the hour plus walk-in. The superb *Axions* (V8) takes the chalked wall just left.



THE ENVIRONMENT

Many of the bouldering venues described in this book are in beautiful and unspoilt settings, hitherto passed-by or ignored by most climbers and walkers. Even popular roadside boulders at places like Carrock Fell had untrammelled grass landings only 5 years ago - and places like Sampson's Stones and Gillercombe are still pristine. For me the pleasure of bouldering here is intricately connected with the unique environment and setting in which it takes place. If these places suffer damage in the next few years we have only ourselves to blame. Please treat this finite resource with respect.

The BMC guidelines are as good as any, please observe them.

- 1) No chipping whatsoever.
- 2) No wire or hard nylon brushing. Use a soft nylon brush or a cloth.
- 3) Use as little chalk as possible, and only use tick marks when absolutely necessary.
- 4) Gently brush away any excessive build-up of chalk and any tick marks at the end of your session.
- 5) No use of resin (pof).
- 6) No blowtorching. If you come across a wet hold, dry it gently with a towel, or come back on a windy day when it will have dried out naturally.
- 7) No gardening of indigenous vegetation.
- 8) Do not leave carpet patches at the crag. Not only are they an eyesore, but they quickly become sodden, and thus useless. They also kill off any vegetation that they cover.
- 9) Use a bouldering pad to decrease the impact on the vegetation at the base of popular problems.
- 10) Do not drop litter at the crag, and take home any that you find.



Excessive brushing on Carrock Fell

ETHICS

Fortunately bouldering ethics are a relatively simple matter. If you start at the bottom and get to the top that's pretty much it, though an onsight is always a worthy goal. Just remember that the sit-down starts are graded for just one mat!

NAMING BOULDER PROBLEMS - A personal view

Significant problems have always been named in the *North Arete* or *Joe's Wall* tradition. Recently it has become popular amongst some to name problems as if they were routes - particularly those wanting to make a name for themselves. For new areas and lines (and for guidebook writers) this does make sense. It's easier to chat to your mates in the pub about sending *Stefan Grossman* than 'that line to the left of problem six on boulder four'. For old schoolers and in traditional areas, this can seem a little pretentious, and if it takes longer to say the name of the problem than climb it, maybe you should think again. Right now the practice seems to be to name significant new or particularly difficult problems and leave the rest alone. We are reluctant to retro-name problems wholesale, particularly as they may have had many names over the years - and the first ascent details are usually lost in the mists of time.



SYMBOL and MAP KEY

Problem Symbols



A good problem



A very good problem



A brilliant problem



A problem graded for a sit-down start



Rounded holds



Technical climbing involving complex or trick moves



Powerful moves requiring big arms



Sustained climbing, either long and pumpy or with lots of hard moves



Fingery climbing - sharp holds!



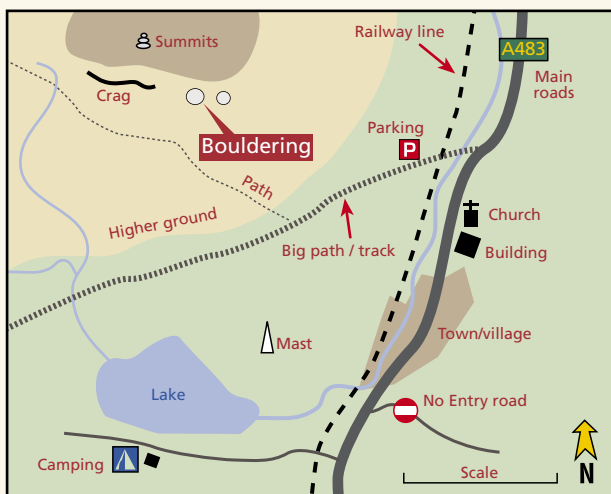
A highball problem



A long reach is helpful/essential



A dyno problem



Crag Symbols



Approach - Approach walk time and angle



Sunshine - Approximate time when the sun is on the main boulders



Boulderling can suffer from seepage after rain



Area offers some shelter from the prevailing wind



Restriction on climbing - see crag introductions

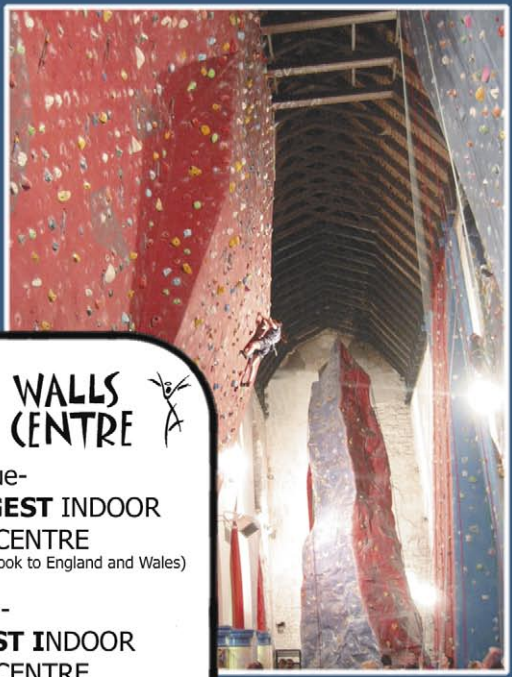
ROCKFAX WEB SITE - www.rockfax.com

The Rockfax web site is a mine of useful information about climbing all over Europe. It contains the Rockfax Route Database (see below) plus many MiniGuides and updates, both complementing the printed books produced by Rockfax, and also covering new areas. These downloadable guides are stored in PDF documents - a universal format which can be viewed and printed out on all modern computers using the free application Adobe Acrobat Reader. For some MiniGuides there is a small charge to download but many are free. As Lakes Boulderling develops we will be producing updates and possibly extra MiniGuides covering any new areas, so keep checking the web site.

ROCKFAX ROUTE DATABASE - This database contains a listing of every problem in this book, and most of the other Rockfax books as well. Many of the listed problems don't have specific names but we have given them numerical names to help to identify them. Please use the database to keep everyone informed about any changes in the problems, or your own opinions on grades, stars and the problems in general so that we can amend the information and make the next edition even more accurate.

GUIDEBOOK FOOTNOTE

The inclusion of a climbing area in this guidebook does not mean that you have a right of access or the right to climb upon it. The descriptions of routes within this guide are recorded for historical reasons only and no reliance should be placed on the accuracy of the description. The grades set in this guide are a fair assessment of the difficulty of the climbs. Climbers who attempt a route of a particular standard should use their own judgment as to whether they are proficient enough to tackle that route. This book is not a substitute for experience and proper judgment. The authors, publisher and distributors of this book do not recognise any liability for injury or damage caused to, or by, climbers, third parties, or property arising from such persons seeking reliance on this guidebook as an assurance for their own safety.

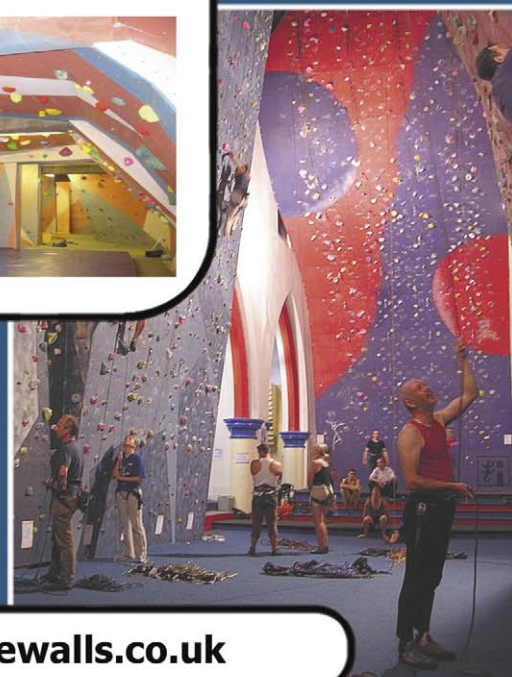
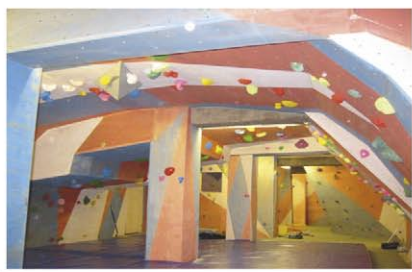


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ACKNOWLEDGEMENTS

When we started work on the guide in 2003, it looked like a relatively simple job to photograph and write up the 15 or so known Lakes Bouldering areas, add a couple of new finds of our own and go to press. After all, the main venues had already appeared in the Lakes Rockfax in 1994 and we knew all the others pretty well. Little did we know that during the next two years, new areas, boulders and problems would be discovered, worked out and publicised faster than we could record them.

Greg Chapman has probably a fair claim to being the most influential force during this whole period - discovering new areas, developing the existing ones and relentlessly chasing down rumoured or mythical venues in the high fells. Above all, Greg has put Lakes Bouldering on the map through his website www.lakesbloc.co.uk, which is an excellent source of information, news and topos; including some for areas not covered in this book. Thanks also to Greg for grading advice on the harder problems.

Phil Wake and his Eskdale-focused website www.lakesbouldering.com have also been a helpful source of information for this part of the world.

Thanks are also due to Jim Arnold, who along with wife Kate, Alan Hewison and Al Davies has been developing and recording areas in the North Lakes consistently over the last few years. These guys have been very generous with their information, time and photos.

Thanks also to Dave Birkett, Pete Whillance and Tim Lofthouse for some great bouldering days; to Chris Craggs and Graham Hoey for their proof reading; and to Al Wilson for supplying some photos and help with the Bowderstone.

Fortunately, access to the vast majority of the bouldering here is not a problem; Stephen Reid and in particular, Norman Holton from the RSPB, have been helpful in resolving any outstanding issues.

Finally I'd like to thank my wife Jackie for her encouragement and support during the project.

Jonathan Lagoe, March 2006

Lots of people have helped me with information for this guide, many of them long before I knew I would be writing it. I would like to mention a few of them here: Dave Birkett, Greg Chapman, Tony Greenbank, John Topping, Simon Berry, Angus Tree, Chris Thorpe, Tom Burns, Paul Cornforth, Jim Arnold, Jim Bird, Mark Glaister, Dave Kells, Stuart Wood, Bill Williamson, Stephen Hubbard, William Holligan, Sue Wood, Iain Greenwood, John Burrell, Tim Lofthouse.

Andy Hyslop, March 2006



Jonathan Lagoe at Sampson's Stones, Upper Eskdale



Andy Hyslop on the Gillercombe Boulders

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INFORMATION

MOUNTAIN RESCUE

In the event of an accident requiring the assistance of Mountain Rescue:

Dial 999 and ask for 'POLICE - MOUNTAIN RESCUE'

All mountain rescue incidents in the Cumbria area fall under the responsibility of the Cumbria Constabulary.

TOURIST INFORMATION OFFICES

If you are short of ideas of what to do on a wet day or need some accommodation, take a look at the *Tourist Information Offices*. They contain much more useful information than it is possible to include in these pages.

Kendal - The Town Hall, Highgate. Tel: 01539 725758

Windermere - Victoria Street. Tel: 015394 46499

Ambleside - Market Cross. Tel: 015394 32582

Keswick - Moot Hall, Market Square. Tel: 017687 72645

Coniston - Ruskin Avenue. Tel 015394 41533

Rheged (A66, west of Penrith). Tel: 01768 860034

Whitehaven - Market Hall, Market Place. Tel: 01946 852939

More information and other travel tips are at - www.visitengland.com

CAMPING

There are many more campsites in Cumbria but those listed below are the most convenient.

More sites - www.ukclimbing.com/listings/campsites.html

Langdale Area - National Trust Site

Great Langdale. Grid reference: NY 286059 Tel: 015394 37668

Good pubs locally and close for Langdale Boulders.

Coniston Area - Coniston Hall

Coniston Hall, Coniston. Grid reference: SD 304961 Tel: 01539 441223.

Lakeside camping - good for all Coniston area. Plenty of pubs in Coniston Village.

Eskdale Area - Fisherground Farm

Eskdale. Grid reference NY 152000 Tel: 01946723349

Within crawling distance of the granite bouldering and a decent pub.

Borrowdale Area - Hollows Farm

Grange, 5 miles south of Keswick, Grid reference: NY 249169 Tel: 017687 77298.

Good for most of the Borrowdale areas. The Bowderstone is a wade away.

Wasdale Area - National Trust Site

Wasdale Head. Grid reference: NY 181075 Tel: 019467 23349

St. Bees Area - Tarn Flatt Camping Barn

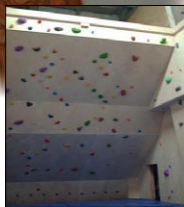
Tarn Flatt Farm. Grid reference: NX 947145 Tel: 017687 72645

There is a campsite in St Bees village, but the barn is a good option. Just 10 minutes walk from the bouldering at the North Head and Fleswick Bay.

Ullswater Area - Sykeside Camping Park

Brotherswater, Patterdale. Grid reference: NY 401120 Tel: 017684 82239.

Convenient site with pub next door.



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NOT CAMPING

The Lakes is awash with B&B, self-catering and hotel accommodation, although in high season it is advisable to book early. Check the Tourist Information Offices on page 14.

Youth Hostels - There are hostels in Kendal, Ambleside, Keswick and other places around the Lakes. Check - www.yha.org.uk

GETTING AROUND

Integrated Transport Web Site - www.transportdirect.info

Buses - Routes and timetables from www.showbus.co.uk/timetables/lancs

Trains - Routes and timetables from www.arrivatrainsnorthern.co.uk

CAFES

There are hundreds of cafes in the area, here are a few of the better ones.

Wilf's Cafe - Mill Yard, Back Lane, Staveley. Tel: 01539 822329

Pippin's - Lake Road, Ambleside. Tel: 01539 822329

Lakeland Pedlar - Bell Close, Keswick. Tel: 017687 74492

Shepherd's Cafe - Under Shepherd's Crag, Borrowdale.

PUBS

There are some decent pubs in the Lakes, but you have to look hard amongst the tourist-orientated dross. Here are a few hints:

The Eagle and Child - Staveley. The local for Kentmere and not too touristy.

The Golden Rule - Ambleside. Traditional climbers' and locals' pub.

The Old Dungeon Ghyll - Langdale. Love it or hate it - very traditional with good beer.

The Sun - Coniston. Decent bar and food.

The Wasdale Head Inn - Wasdale. A favourite haunt of Victorian climbers and ever since.

King George IV - Eskdale. The local for the Fisherground bouldering.

The Three Shires - Little Langdale. Closest to Wrynose areas.

Brewery Arts Centre - Highgate, Kendal. A lively spot and home to the Kendal Mountain Film Festival.

The Water Mill - Ings. A popular pub but with a superb choice of over 60 beers.

Mill Inn - Mungrisedale. The post-Carrock venue of choice. Beer garden and good food.

CLIMBING SHOPS

There is an unbelievable concentration of outdoor shops in Ambleside and Keswick. The following specialist shops are run by climbers, for climbers, have a good range of bouldering equipment and offer friendly advice.

Rock and Run - Ambleside.

www.rockrun.com

The Climber's Shop - Ambleside.

www.theclimbersshop.co.uk

Needlesports - Keswick.

www.needlesports.com



Rock formations at St Bees

Andy Hyslop bouldering
at Armathwaite in 1994

BACK

in the days

*before bouldering mats
were invented*

and climbers

*bought all their
gear from shops*

www.rockrun.com

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Main Street, Keswick.
Tel: 017687 72227
www.needlesports.com

ROCK AND RUN - Page 17
Tel: 0870 758 0745
www.rockrun.com

ULTIMATE OUTDOORS - Inside Back Cover
Heads Road, Keswick.
Tel: 01768 774422
www.ultimateoutdoors.co.uk

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AWESOME WALLS - Page 11
St. Alban's Church, Athol Street, Liverpool.
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Adam Hocking on the roof problem *Ears of Perception* (V8) on the Bowderstone - [page 125](#). Photo: Alan Wilson

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THE AREAS

The guide is organised into five areas - South East, North East, North West, South West and the outlying Furness area. The first four areas broadly reflect the access points to the Lakes, the mountain barriers to travel and the centres of activity.

SOUTH EAST

This is the easiest area to access from the south, most of the bouldering areas being reachable in less than an hour from junction 36 of the M6. Ambleside is the centre of activity here with plenty of climbing shops, cafes, pubs and accommodation. All of the bouldering is on mountain volcanics, but varied for all that. Highlights of the area are The Langdale Boulders, Garburn Boulder, the Lad Stones and Long Crag. For peace, quiet and scenic beauty, check out Cold Pike and the Pudding Stone.

NORTH EAST

This is a dispersed area, but very accessible from the motorway, with Penrith as something of a focal point. Carrock Fell is the stand-out venue and now has over 130 problems on dozens of boulders, Gouthier has some brilliant hard problems and visiting Rolling Rock will always ensure solitude.

NORTH WEST

Keswick is the logical base for this area and competes with Ambleside as the climber's centre for the Lakes. There is a good range of venues within an hour of Keswick - the Bowderstone is always worth a look - though the bouldering is hard-core and very public. St Bees Head ranks with the best in the UK and is good for any standard of boulderer and Gillercombe Boulders are well worth the 20 minute walk for their scenic value and excellent rough rock.

SOUTH WEST

The South West Lakes will always be the quietest part of the region, due to its relative inaccessibility. Eskdale or Wasdale are the traditional bases - don't expect the infrastructure of Keswick or Ambleside, though there is a climbing shop at Wasdale Head. Eskdale Fisherground is a beautiful and accessible area, it's just a shame there's not more of it. Sampson's Stones would be the Lakes most popular venue - if not for the one hour plus stomp required to get there. Stirrup Boulders are a really useful new addition if staying in the Wasdale area.

FURNESS AREA

The final section of the book covers the minor venues to the south of the main Lakes areas. The four small venues described have some worthwhile bouldering if you are in the area but there is not really enough to merit a special trip.



Eskdale looking towards the Sca Fell group.



THE TOP 60

Here are 60 of the best problems in the guide, listed in a very rough order of difficulty.

V10 to V14

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V1

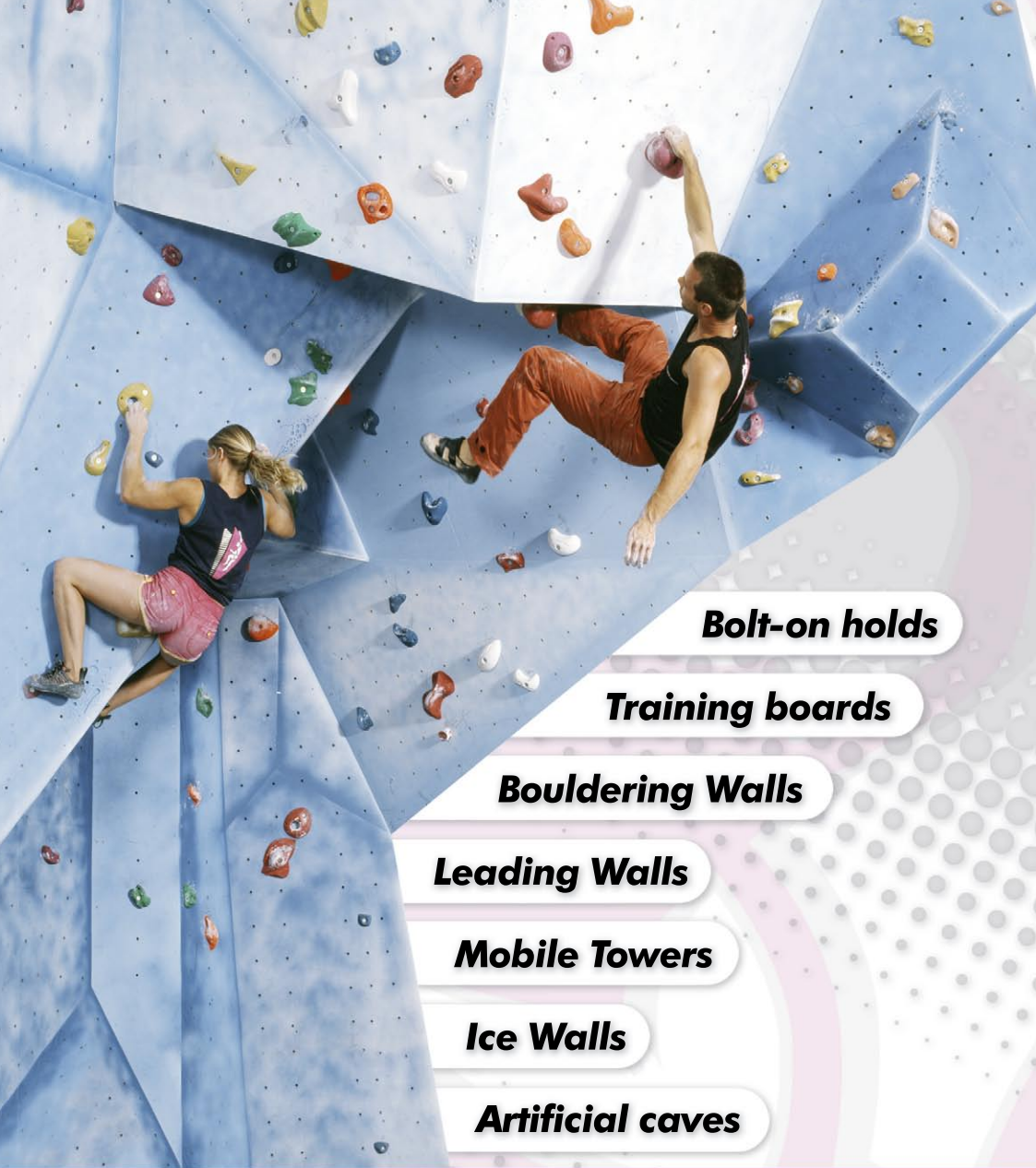
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Bolt-on holds

Training boards

Bouldering Walls

Leading Walls

Mobile Towers

Ice Walls

Artificial caves
























































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AREA		Problems	VB to V0	V0+ to V2	V3 to V6	V7 and up		
Kentmere	South West	Kentmere	127	24 ★★	44 ★★	36 ★★	23 ★★	
Chapel Stile		Chapel Stile Circuit	37	12 ★★	19 ★★	5 ★	1 ★	
Langdale B		Langdale Boulders	42	9 ★	6 ★	15 ★★	12 ★★	
Wrynose		Wrynose	96	27 ★	46 ★★	18 ★★	5 ★★	
Coniston		Coniston	74	11 ★	29 ★	23 ★★★	11 ★	
Gauthwaite	North East	Gauthwaite	17	0	3	8 ★	6 ★★	
Carrock F.		Carrock Fell	144	14 ★	46 ★★	60 ★★★★	24 ★★★★	
Thirlmere		Thirlmere Boulders	27	5	13 ★	7 ★	2	
Ullswater		Ullswater	9	1	1 ★	5 ★★	2 ★★	
Bowderstone	North West	The Bowderstone	25	0	0	6 ★	19 ★★★★	
Langstrath		Langstrath Boulders	19	4	7 ★	6 ★	2 ★	
Honister		Honister	19	1	9 ★	6 ★	3 ★★	
Gillercombe		Gillercombe Boulders	30	3	13 ★★	12 ★★	2 ★	
St Bees N		St Bees North Head	88	10 ★	32 ★★	34 ★★★★	12 ★★★★	
Fleawick		Fleawick Bay	46	7 ★★	21 ★★★	14 ★★	4	
St Bees S		St Bees South Head	10	1	6 ★	3 ★	0	
Wasdale	South West	Wasdale	41	5	14 ★	16 ★★★★	6 ★★	
Esk Fisher		Eskdale Fisherground	89	22 ★★	33 ★★★★	27 ★★★★	7 ★★	
Esk Upper		Upper Eskdale	61	12 ★	21 ★★	19 ★★	9 ★★★★	
Furness	Furness Area		40	9	20 ★	10 ★	1	

	Approach	Sun	Shelter	Access	Summary	Page	
	 10 to 25 min	 Sun and shade	 Sheltered		An important and accessible area. Head to Garburn Boulder for the steep and powerful, Badger Rock for the traditional and Giant Stone at Little Font for jaw-dropping difficulty.	28	Kentmere
	 10 min	 Lots of sun	 Sheltered		A beautiful and varied collection of problems scattered around a sunny hillside. The Circuit is now demystified and a perfect place for a wander - but only when the bracken is down!	44	Chapel Stile
	 2 min	 Sun and shade	 Sheltered		The 1 min walk-in is not the only reason for their enduring popularity. Fine, rough rock with some great features and friction and good landings. Don't miss <i>The Overhang</i> , <i>The Crack</i> and <i>The Pocket</i> .	52	Langdale B
	 10 to 40 min	 Lots of sun			Bouldering in high fell country with relatively easy access. A combination of craglets and boulders give solid fingery problems on rough featured rock in a perfect setting where solitude is almost guaranteed.	60	Wynnose
	 10 to 25 min	 Sun and shade			Something for everyone in this widespread area, but be prepared to walk a little for the best venues. Head to the Lad Stones for high quality, harder problems.	76	Coniston
	 10 min	 Not much sun	 Sheltered	 Restrictions	Secluded yet easily accessible and in a time-warp setting. A limited area but with some very high quality problems indeed in the V6 – V9 range, including a couple of Lakes classics.	92	Gouthorpe
	 5 to 10 min	 Morning	 Sheltered		Superb, extensive gabbro boulders spread over an east-facing hillside, with friction orientated problems, unlike many Lakes areas. Plenty to keep you occupied at any grade, though notoriously hard on the skin.	96	Carrock F
	 2 min	 Morning	 Sheltered		In dry summers these solid and attractive boulders emerge from the waters of the reservoir to provide a pleasant evening or afternoon's bouldering, with an emphasis on the lower grades.	114	Thimble
	 5-60 min	 Sun and shade			Not really a destination area – but there is some decent bouldering at the Rolling Rock, which has one excellent face. The really dedicated will make a 3 hour round trip to tick the superb <i>Impaled</i> .	120	Ullswater
	 10 min	 Not much sun	 Sheltered		Good landings, steep and powerful problems, skin-friendly holds and proximity to the road, make this 'must visit' destination. The main feature is the stunning 45-degree overhanging face - with at least V7 the entry ticket.	124	Bowderstone
	 30 min	 Sun and shade			The walk-in will deter many, but this is a pleasant venue. Varied, with some good lower grade problems and a selection of harder and steep stuff in the Austria Boulder area. Good swimming in the beck nearby.	128	Langstrath
	 2 to 12 min	 Not much sun			A roadside area offering traditional bouldering on decent holds with many eliminates, and the recently developed High Rock. The latter has the new millennium feel - with some powerful moves on slopers and crimps.	132	Honister
	 20 to 25 min	 Lots of sun			Classic boulders, mostly on flat and grassy ground. The rock is clean and rough, with some excellent problems in a mountain setting. <i>Ian's Arete</i> is the hard classic, but there's plenty of easier stuff to go at.	136	Gillercombe
	 15 min	 Afternoon	 Sheltered	 Restrictions	Ranks with the best in the country as an all round bouldering experience. Problems of all types and grades in a unique and beautiful environment hidden in the industrial wastelands of West Cumbria.	144	St Bees N
	 15 min	 Afternoon	 Sheltered		A low grade and family bouldering nirvana, with beach-side problems on a long low face, and the softest landings in the book. Not one for the grade obsessed, as varying beach levels can turn last week's V9 into today's V1.	158	Fleawick
	 20 min	 Lots of sun			A minor area suited to a relaxing session on a sunny day. Plenty of undocumented problems and variations to explore.	164	St Bees S
	 25 to 30 min	 Lots of sun			Typical Lakes volcanic bouldering on sharp, featured rock. Overbeck Boulder makes a small but high quality venue for a short trip; Stirrup Boulders reward the hiker with generally steep and powerful problems.	168	Wastdale
	 7 to 15 min	 Sun and shade	 Sheltered		Sunny granite bouldering in the Lakes' most attractive valley. Delicate and subtle as well as burly problems on perfect rock – just a shame there's not more of it.	176	Esk Fisher
	 15 to 70 min	 Sun and shade			Impressive large boulders with some aspirational problems which rank amongst the finest in the Lakes. The long walk-in will usually keep the crowds away.	188	Esk Upper
	 1 to 10 min	 Lots of sun	 Sheltered		Some decent limestone bouldering on natural and quarried edges. If you are in the region, or in the South West Lakes and looking for a bad weather escape, give it a try.	198	Farness

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