

Lake District, England

Saturday 13th - Sunday 21st July

2019



Information (including booking) for the RHM summer meet 2019 in the Lake District, England

Dates Saturday 13th July to Sunday 21st July 2019

Place Great Langdale National Trust campsite, Lake District

Advice This is a very popular area which is quickly booked up. You are advised to book what you want as soon as possible. Hotels may offer you 2018 prices if you book in 2018.

Accommodation

1. Great Langdale National Trust campsite. We have booked the group area near the entrance, but you will each have to book your own requirements direct with the campsite. Book online and in the special requests box write "group field with Stella Adams RHM group". Booking for 2019 opens at the end of October 2018, book online at www.ntlakescampsites.org.uk, or if you are unable to do this, call the booking office on 0044 (0)15394 32733. There is a discount of £3 per tent per night if you arrive on foot, by bicycle, or by public transport.
2. For those without tents there are (a) 9 pods of varying sizes in other areas of the campsite, all have heating, lighting and mattresses, (b) 3 yurts which you need to book separately from campsite: www.luxury-yurt-holidays.co.uk, email glamping@long-valley-yurts.co.uk; and (c) 3 tipis www.basecamptipi.co.uk, email info@basecamptipi.co.uk.
3. There are 8 hard standing places for campervans with electricity hook up, and a few places for campervans not needing this, but it is first come first served.
4. The campsite has toilets, showers, washing up area, drying room, small shop, small traversing climbing wall under cover. The shop sells milk, eggs, cheese, fruit, hot drinks, confectionery, and maps, and will take orders for croissants, rolls and bread for the next day. Bus stop outside the campsite on the road. No mobile signal in the whole of the valley, and no wi-fi at campsite. Wi-fi is available at the Sticklebarn bar and restaurant, which is open for meals all day and is 10 minutes walk away. We will have our final meal at the Sticklebarn. Mobiles can be charged at the campsite office.

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Other accommodation

5. Old Dungeon Ghyll (ODG) Hotel. www.odg.co.uk email: olddungeonghyll1@btinternet.com. 0044 (0)15394 37272. 5 minutes walk away from campsite. Hotel has a hikers bar for meals and drinks, as well as a restaurant. Public telephone. Bus stop.
6. Great Langdale Bunkhouse. www.greatlangdalebunkhouse.co.uk, email langdale.bunkhouse@gmail.com.

10 minutes walk away. It has 3 rooms with 2 bunkbeds, one room of 6 bunkbeds and one room with 8 bunkbeds. Sheets are provided but not towels. Each room has a kettle. There is no kitchen. Bus stop.

7. New Dungeon Ghyll (NDG) Hotel, close to bunkhouse. Bus stop. www.dungeon-ghyll.com, email enquiries@dungeon-ghyll.com. 0044 (0)15394 37213
8. Millbeck Farm provides Bed & Breakfast, and 2 cottages, close to NDG. www.millbeckfarm.co.uk. 0044 (0)15394 37364

Great Langdale has climbing areas within walking distance of 20 minutes to 1/ 1.5 hours. The area is good for mountain and valley walking, scrambling, and cycling. Further away are lakes for boat trips. Nearest Co-op shop (small) is at Chapel Stile. Nearest small town is Ambleside beside Lake Windermere. Windermere is bigger and has a large supermarket, Booths, which is on the left (when coming from Kendal) by Windermere railway station.

Climbing

There are many good quality multi-pitch routes in Great Langdale and in other parts of the Lake District. There is only traditional climbing, so no bolts and no equipped stances. Climbs are not marked. Descents are often scrambling.

Each climbing pair will need 2 x 50 metre 9mm ropes or equivalent, a variety of rocks, hexes, cams and slings.

Grades

The British grading system is different from the French or UIAA. We recommend that those attending the meet should be able to lead HS 4a (approximately 4+ French grade). There is no instruction.

RHM does not accept any liability; each woman is responsible for herself.

Partners

You do not need to come with a partner. Either you find a partner for yourself each day, or if you let us know, we will help introduce you to partners. It is generally a good idea to climb with different women, so you get to know new people. We very much welcome British women climbers who know the Lake District well and are willing to climb with women from other countries.

Guidebooks

The Fell and Rock Climbing Club (FRCC) produce all the climbing guides to the Lake District. Website www.frcc.co.uk and go to publications. There are also crag packages which can be bought from the App Store in the guidebook shop. We will have guidebooks available at very reduced prices. The following is the current range that is in print:

Lake District Rock (selective) £29-95, Langdale £25, Borrowdale £26-50, Scafell and Wasdale £25, Eastern Crags £20, Eden Valley and South Lakes £20, Gable and Pillar £16, Buttermere and St Bees £16.

Scrambling guides: Scrambles in the Lake District – North, Scrambles in the Lake District – South, both by Brian Evans, published by Cicerone: www.cicerone.co.uk

Lake District High Level and Fell Walks, published by Cicerone: www.cicerone.co.uk

An overall guide to the Lake District is The Rough Guide to the Lake District £13-99. ISBN 978-0-24125-611-4

Maps

Ordnance Survey (OS) Explorer series 1:25,000: 4 maps numbers 4, 5, 6, 7 cover the whole Lake District. You can subscribe to download maps with a 7 day free trial. www.ordnancesurvey.co.uk

Clothing

Although we hope for dry warm weather, it can rain, and the weather can change quickly, so it is essential to have waterproofs and warm clothing with you when in the mountains. Compass, map, whistle and headtorch are advisable too.

Weather forecasts

www.metoffice.gov.uk/mountainforecasts/lakedistrict

www.lakedistrictweatherline.co.uk

www.mwis.org.uk (Mountain Weather Information Service)

Flights

The nearest airport is Manchester. Swiss, Easyjet and other companies fly there. The airport has a railway station. Other airports, all much further away, are Birmingham, London Heathrow, London Gatwick, London Luton, London Stansted

Trains

Mainline trains stop at Oxenholme, from there a train runs to Windermere (final stop). Information from www.nationalrail.co.uk. Booking tickets in advance is cheaper than buying on the day but you are usually restricted to a particular train time, which may not be suitable if flights are delayed beforehand.

Bus

From Windermere station there are frequent buses to Ambleside. From Ambleside there is the 516 bus to Great Langdale every 2 hours, and it takes about 30 minutes to ODG, the last stop.

Car

If driving from Eurotunnel and Folkestone, head for M20, if coming from the port of Dover, head for A2 and M2. Both motorways join the M25, then use the M1 followed by M6 to Junction 36. Then use the A590, and A 591 to Ambleside. Follow signs from Ambleside to Great Langdale, using A593 and B5343.

Before Ambleside you will drive through Windermere and may want to stop at Booth's, a large supermarket, which you will find on the left (coming from the motorway and Kendal) by the railway station.

If driving from a London airport head for the M1, then the M6, or if from Birmingham the M6, then follow the directions above.

Remember to drive on the left!

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Reception

There will be a welcome drink and nibbles in the early evening of Saturday 13th July in the marquee in the group area of the campsite. Information on climbing in the Lake District will be given.

Contact

We are four organisers for the meet and we look forward to welcoming everyone to this beautiful area! We do hope you will come and join us!

Stella Adams

Jo Barnes

Fiona Sanders

Rya Tibawi

Email us at lakedistrict2019@rhm-climbing.net

RHM has a website: www.rhm-climbing.net

Booking form for the meet is online at <https://webcollect.org.uk/rhm>