

Lake District Winter Meet: 29 January 2023

Location:	Coniston Old Man area
Meet Leader:	Mike Haines
Starting Point:	Sun Inn Coniston
Starting Time:	09.30
Route:	Old Man of Coniston
Weather:	Murky, Cloudy and Windy, very cold at the summit
Attendees:	8 - Mike Haines, Ian Philips, Roger Gott, Linda Palentine, Anne Thompson, Nick Thompson, Paul Buxton, Jonathan Bakewell
Young Attendees:	None
Newer Members:	None

Report

On a murky Sunday in January, a group of 8 set off from the Sun Inn to ascend the Old Man of Coniston via Low Water tarn. The original plan was to then head North along the ridge to Swirl How, down the Prison Band and either continue up to Wetherlam or head down to Levers Water before returning to Coniston.

The ascent of the Old Man was pretty uneventful as the ice and snow of previous weeks had pretty much gone, the weather was cold but calm(ish) and we were all appropriately dressed. However, by the time we reached the summit of the Old Man, it was very very cold, exacerbated by strong, gusting icy winds. On a clear day you can see for many miles from the top. However, clear day this was not with poor visibility. As a result of the conditions, we decided to change our plans and abandon the idea of following the ridge along to Swirl How. We opted instead for a more sensible option which was to drop down to Goats Hause before descending past Goat's Water to Walna Scar Road and return to Coniston.

It was much calmer and clearer as we walked back down Walna Scar Road to Coniston where we had a well-earned drink and a chat in the Sun Inn, which was a great way to finish off the day before heading back home.

Once again, it was a great day out in the Lakeland Fells, provided you wrapped up warm and didn't mind the poor conditions at the top.

Mike Haines