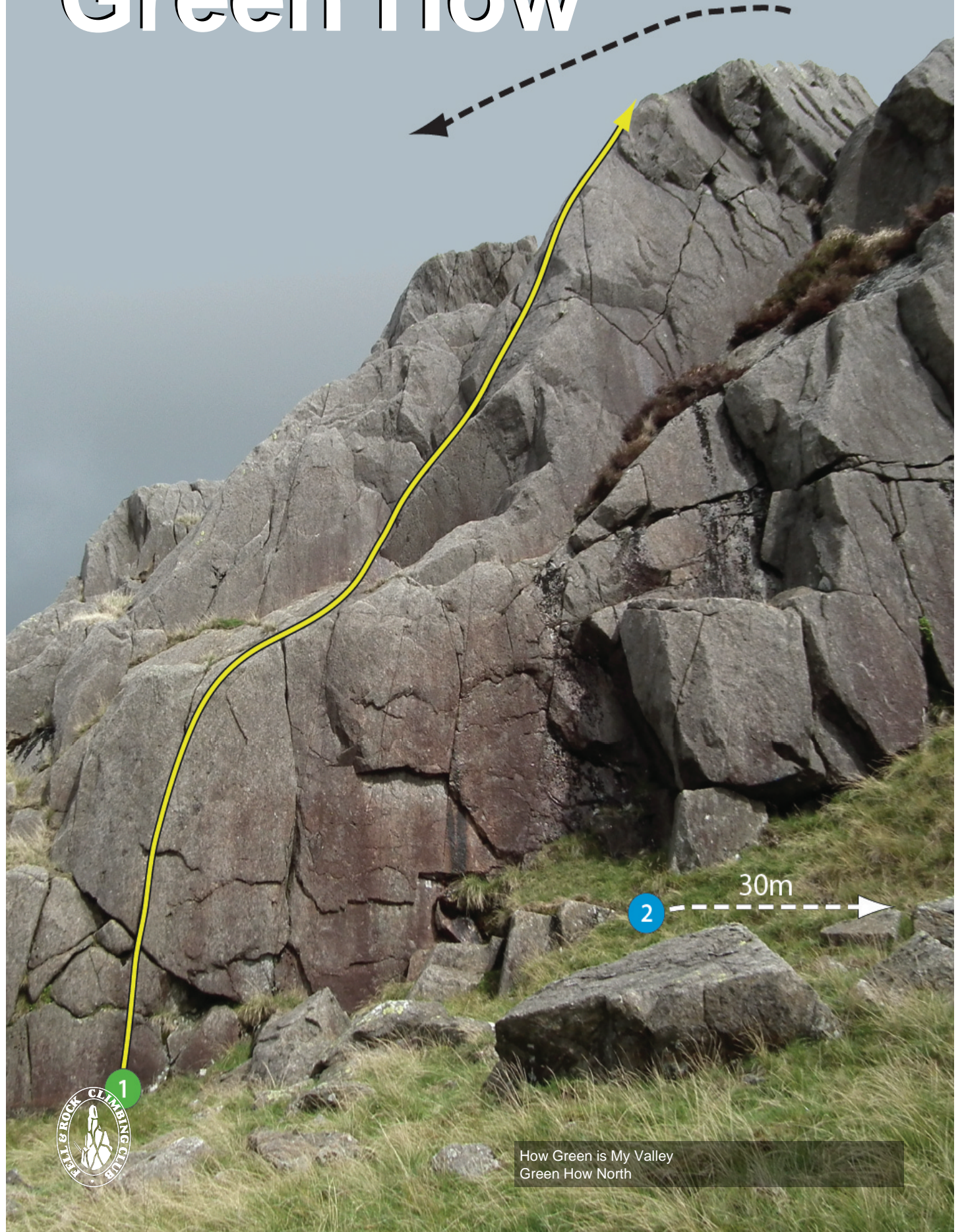


Green How



How Green is My Valley
Green How North

WARNING

You climb at your own risk. Climbing is a dangerous activity carrying the risk of serious injury or death. If you climb, the presumption is that you are aware of and accept these risks together with responsibility for your activities and your safety. You are the sole judge of conditions, the suitability of any chosen route, the ability of the party and you take sole responsibility for your actions. Rock is a dynamic medium and rockfalls are frequent. In the mountains the weather changes quickly, climbs change unpredictably; blocks, flakes and holds become loose and fall off, rock becomes vegetated and dirty, in situ gear deteriorates or disappears. Even a minor change can have a dramatic effect on the difficulty or seriousness of a route. There can be no presumption that any given climb will be found in the condition described. It is therefore essential that climbers judge the seriousness or difficulty of any route before committing themselves.

While every effort is made to present accurate information, the descriptions, grades and comments provided in this guidebook are compiled from a number of sources. They may contain errors, are subjective or may have changed and should not be relied on. Neither the FRCC nor anyone involved with the production of this guide can be held responsible for any inaccuracies, omissions or mistakes, nor liable for any personal or third party injuries or damage, howsoever caused, arising from the use of this information.

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FRCC GUIDES

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1. click on the link <https://www.frcc.co.uk/mini-guide-downloads/>
2. scroll through the menu
3. select the pdf you want by clicking the link
4. a new window opens with the contents of the pdf
5. on your computer select Print or Export and print or save the pdf
6. on your smartphone or tablet choose send and choose a destination

Printing

A5 pdfs can be printed 2 pages side-by-side on A4 paper.

Each crag starts at the top of a new page so, to save paper and ink, you can choose which pages (Crag) to print.

To keep you informed and updated we are publishing crag and mini-guides to the area. Our pdfs are constantly updated to provide accurate and up to date information about new developments in the Lakes. All of this information is collated by volunteers from the FRCC Guidebook Team. These downloads supplement our comprehensive and selected guidebooks:

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- Buttermere & St Bees
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- Lake District Winter Climbs
- Scafell & Wasdale
- Eskdale

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Green How

OS Ref: **SD 248 998**

Alt: **480m**

This group of dispersed outcrops of clean and rough rock with an elevated outlook are really rather pleasant. The main difficulty is getting to them!

This mini-guide updates pages 236/7 of the current FRCC guidebook to Duddon&Wrynose.

Approach

There are two possible approaches to Green How -

Park at the bottom of the Walna Scar Road and follow the Seathwaite Tarn gravel track. Cross the dam and aim for the top of craggy Loft Rigg How to the north west; contouring the hillside northwards gets you to the crag. A 1:25,000 map is very useful.

A far quicker approach is to park at SD 237996 (space for 2-3 vehicles) at a triangular widening and forest access gate 200m up the valley from the Forestry Commission car park. Walk along the track till it fades out at a clearing / turning head, then head uphill for 50m to a stile over the forest fence. A good path runs along the fellside above the stone wall. Follow this northwards until tracks lead up through the bracken below Looking How. Take a map as [Green How](#) is not visible until you get above the steeper initial slope and onto the bracken free hillside.

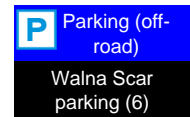


Grades

5

11

1



Green How North

60 mins Aspect: South



Green How - North

1 How Green is My Valley S 30m

Avoid the initial crack on the left. The crack is way harder and a sandbag! The upper groove is pleasant.

07.06.2017 A Phizacklea, JL Holden

30m south is:

2 The Cistercian Way VS 4c 22m

Pleasant slab climbing all the way. Thin on gear.

07.06.2017 A Phizacklea, JL Holden

3 Grey Friar HS 4a 24m

1 10m 4a The delicate ramp and slab.

2 14m 4a Traverse right and follow the crack above.

07.06.2017 JL Holden, A Phizacklea

4 Fat Fryer VS 22m

After the thin slab gear is found, easing the tension for the finishing moves.

07.06.2017 A Phizacklea, JL Holden

5 Little John VS 4c † New 20m

Takes the wall and groove just right of *Fat Friar*.

06.2021 R Graham, T Rogers

6 Dominican Republic VS 4b 22m

Climb the slab and fearlessly move past the perched block. After a couple of metres, break back right onto the upper slab. Starting further left, to climb just left of the perched blocks, makes the route a pleasant MS.

07.06.2017 A Phizacklea, JL Holden

7 Dominican Direct HVS 5b † New 20m

Start just right of *Dominican Republic* and take a direct line up the headwall via a stiff jamming crack.

06.2021 T Rogers, R Graham

8 Spare Rib VD

The pleasant rib on the right.

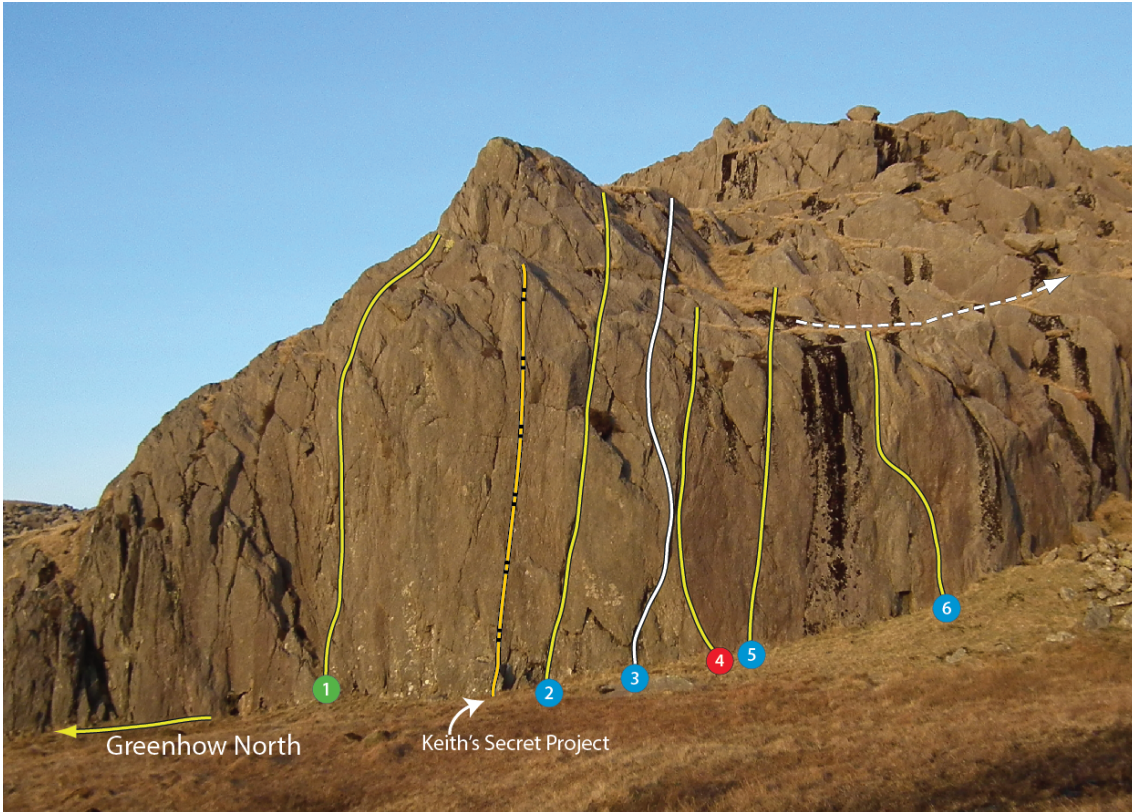
06.2021 T Rogers, R Graham



Green How South - aka Peat Hills

Introduction

120m south is [Green How South](#). A lovely clean wall with the remains of an old sheepfold to its right.



Green How - South

1 For Peat's Sake HS † New 12m

Climb up the wall left of *Keith's Project*.

06.2021 T Rogers, R Graham

Keith's Secret Project

Waiting to get Keith wound up for this one!

2 Save the Peat ! HVS 5b † New 12m

Climb the crack to the ledge and finish above.

06.2021 R Graham, T Rogers

3 Carbon Collection HVS 5b † New 12m

Direct start to *Shaolin Monk* then faint cracks and wall.

06.2021 T Rogers, R Graham

4 The Shaolin Monk E1 5b 12m

Thin hard climbing diagonally left to get established in the crack. Follow it to the top.

07.06.2017 A Phizacklea, JL Holden

5 The Finger Punched Tree HVS 5b † New 12m

Gain and climb a thin crack and crackline above.

06.2021 R Graham, T Rogers
Claimed and named later

6 Ewe Wool Compost HVS 5a † New 12m

Climb the wall and faint groove.

06.2021 T Rogers, R Graham



Green How Lower



Green How - Lower

1 The Brow VS † **New** 10m

Follow the left side of the wall.

05.2021 R Graham, T Rogers

2 Old Close VS † **New** 10m

Attack the wall direct.

05.2021 T Rogers, R Graham

3 Low Close S † **New** 10m

Start just right of the prominent crack - cross this and head upwards.

05.2021 T Rogers, R Graham