



Aspect

Long Crag is situated on the Western slopes of Wrynose Fell overlooking Wrynose Pass and on towards Little Langdale. The crag is between five and eight meters in height and has an almost artificially good landing of crisp turf, flatted over centuries by sheep sheltering from the elements. On first impressions the crag looks to suit the steel fingered aged master but do not be fooled, on closer inspection you will soon discover an element of burl is necessary on the harder problems.

Approach

Park in a two car lay-by 150m up the pass from Wrynose bridge. From here strike an Easterly path across the hillside to Wrynose beck, cross the beck and take a direct line (North) up the hillside keeping Wrynose beck to your left. After around 150m a tributary stream is reached, cross this and continue up a steep section to the top of a grassy knoll. The crag summit can now be seen on the horizon in a North Easterly direction and is a further 400m walk.



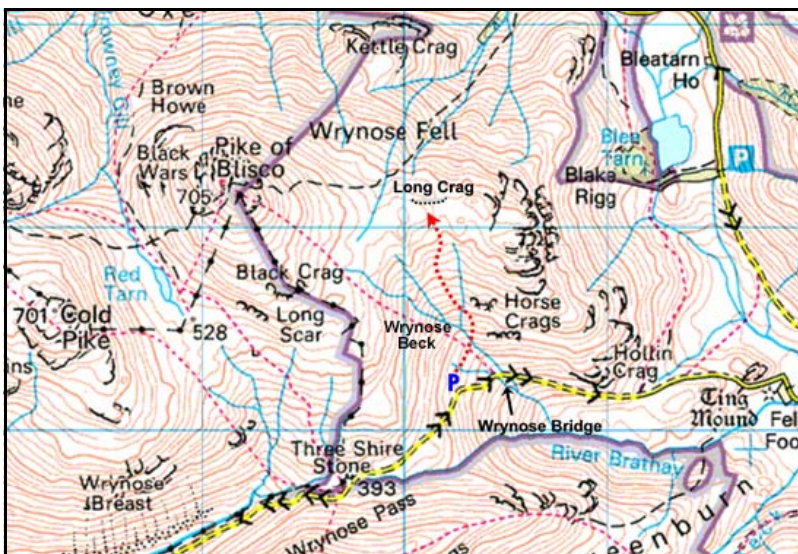
Grid Reference
Lakes SW - 282 039

Total Approach Distance
1 Kilometre

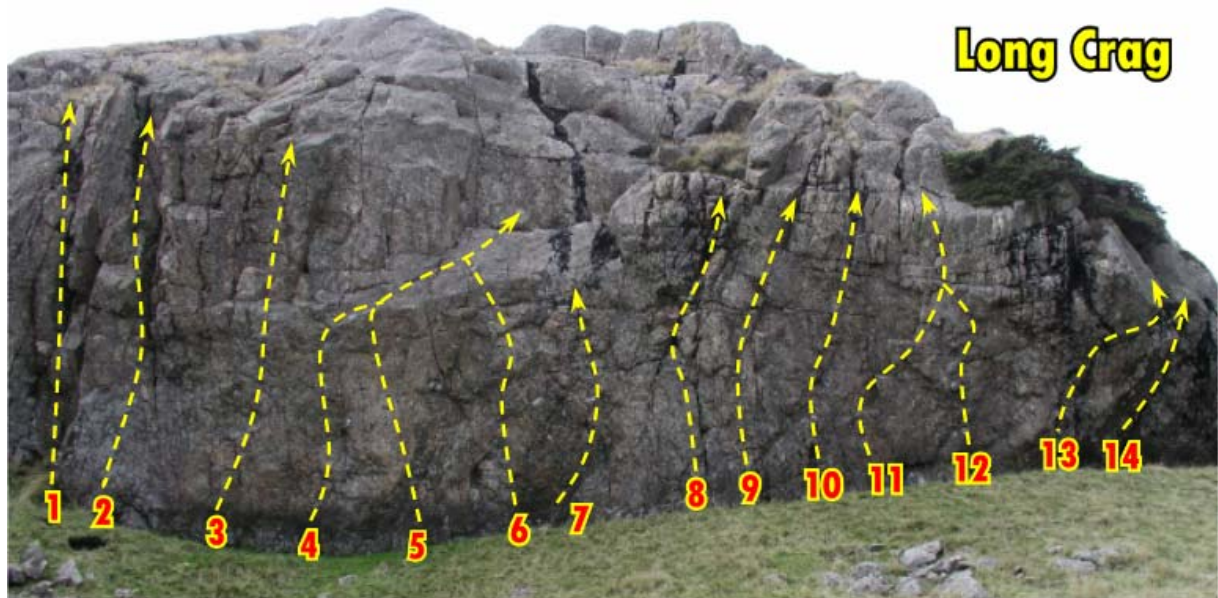
Approximate Approach Time
25 Minutes

Grade Spread
V0 to V9

Picture Left
Longitude V8



Approach Map



1. **V0** - Broken gully
2. **V0** - The next shallow gully is slightly more invigorating.
3. **V2** - The crimpy wall is easier than it looks and very good. *
4. **Long Division V9** - The slight crack line is climbed direct and requires the despatch of an extremely hard move. **
5. **Beast of Burden V7** - A brilliant problem involving some big moves off a good side pull an upside down pinch and some high foot stacking. ***
6. **Long Wave V4** - Another good problem off an appealing undercut. *
7. **V5** - (sit start) Two hard moves lead to much easier climbing.
8. **Mossy Crack V0** - The dirty crack is often wet.
9. **V2** - The wall and niche trending right. (V3 From sitting)
10. **White Wryno V6** - (sit start) Tricky moves off the ground lead to a reverse pinch, a crimp and hard finishing move. *
11. **V1** - The diagonally rightward trending line of shelves. (V3 From sitting)
12. **V3** - (sit start) The slight prow involves one hard move off the ground, up to a ledge and finish direct.
13. **V4** - (sit start) The vague right trending groove may improve with traffic.
14. **V0** - Mossy crack is short and poor.
15. **Longitude V8** - (sit start) A superb traverse/link starting up P12 and finishing up P6. ***
16. **Project V?** - Start as for Longitude but traverse the whole crag leftward finishing up P2.