

'SECRET CAVE' – CARROCK FELL

APPROACH

From the Kirk Stone, head straight up the fell past Laurel & Hardy and the Hawthorn Block, aiming for a tree with a smaller boulder next to it. Carefully navigate the small rocks and boulders for another 30m, still heading directly up the fell. Eventually you'll reach an obvious steep path that moves up for another 5m, bearing slight right, around a rock face. The neatly hidden cave block will completely reveal itself at this point.

The approach isn't a particularly long distance, but rather steep. As arduous as it may be with a mat on your back, the area's spectacular view of the valley, beautiful features, developed landing and unique lines make a visit well worth your while.

1. ZIG ZAG – f5 (Sit Start)

Start with both hands on the lowest edge, Climb directly up the middle of the face using the angled edges and mantle over. Stick left of the top slab and work up to the top to finish.



2. NOSE DIRECT – f6b+ (Sit Start)

Start under the nose prow on positive crimps. Climb directly up the nose using edges on both sides and good pinches on the arête before executing a tricky and precarious mantle over the top. Finish up the centre of the top slab.



3. JONNY'S TRAVERSE – f6a+ (Standing Start)

A lovely sequence that uses a unique knee-bar to navigate around the nose.

Start with both hands on a distinct diagonal edge and work your way around the arête. Reach into the crack to find a very good jug. Locking a solid knee-bar, reach through with your left hand to a lone crimp and bring your body around and under the nose to reach for either a positive edge above you, or go directly to the lip.

(Or go no hands all the way round from the jug to the lip to win at life)

Bringing your body around, traverse the lip before transferring to the perpendicular face of the smaller block.

Keeping low, continue to traverse around the arête and follow the top of the bloc before transferring to the back wall. Traverse to the end of this face and top out.



4. REVERSE TRAVERSE – f6a+ (Standing Start)

Start standing on the back wall and follow the line of *'Jonny's traverse'* in reverse. Top out as you would *Zig Zag* (climbing to the top of the slab is optional). The sequence to get around the nose without the initial luxury of the knee-bar makes for an interesting challenge (a reverse guppy on the lip helps).

5. FAT LIP – f6a (Sit Start)

Starting on the arête of the smaller block on good edges, reach directly over to the overhanging lip without using any other hand holds. Transfer over and work along it towards the prow. Use a good side-pull to climb on to the nose before finishing out as you would on *'Nose Direct'*.



6. FRONT FACE DIRECT – f6b (SIT START)

Climb directly up the middle of the front face (left of *Nose Direct*) on smaller, positive crimping edges. Top out using a sloped ledge and ascent the slab. *Avoid using the perpendicular Zig Zag face for hands or feet.*



7. CAVID 19 – f6c+ (SIT START)

Start in the cave on two small, angled crimps (one on each face), reach up to the protruding edge of the lip. Using two distinct crimps on the roof (while avoiding to use the smaller block face in any way), slap for a tilting but positive hold next to the lip. Control a tricky transfer to the overhanging lip and work your way over to a 45°, left hand side pull. Climb on to the rail using a palm and rock over, before ascending the steep slab face using good edges. An extra pad is handy to put on the top of the small block.



8. STEEP SLAB – f6a (SIT START)

Start in the centre of the small block's back face and traverse around the arête. Transfer on to the slab (without standing on the top of the small block) and ascend the steep slab using small but positive edges. An extra pad is handy to put on the top of the small block.

