

# Sunny Pike



Birthday Crack & Sunny and Share --  
photo Ben Heinrich

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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.

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5. on your computer select Print or Export and print or save the pdf
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# Sunny Pike

OS Ref: SD 242 974

Alt: 200m

The name gives a clue as to the character of the crag - this is a super pleasant spot located to the west of the Seathwaite Tarn track.

There has been considerable development at this pleasant area since the publication of Duddon & Wrynose (2021). This mini-guide updates the details given in that book.



Grades

17

5

23

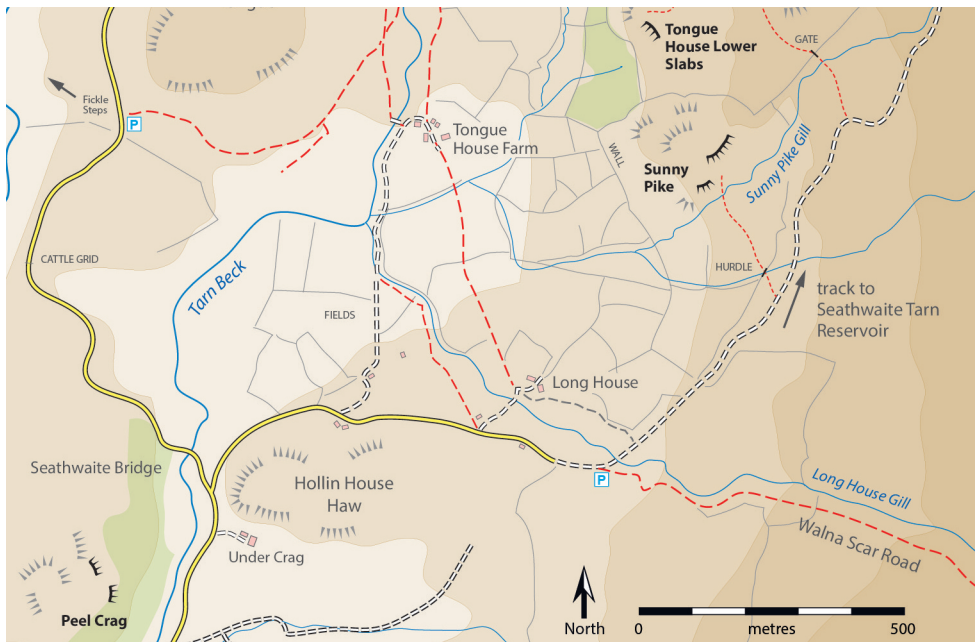
Parking (off-road)

Walna Scar  
parking (6)

## Approach

Park at the bottom of the Walna Scar Road and walk 500m up the Seathwaite Tarn track. On the left is a lone scots pine and on its right is a hurdle closing a gap in the wall. Go through the gap and the crag can be seen 200m to the north. Alternatively, the crag can be reached from the High Close enclosure by a short walk to the east.

Approach time is 15-20 minutes, however it may be stretched to a somewhat insouciant saunter of 30 minutes.



Sunny Pike map



## Mini-guide to Sunny Pike



Sunny Pike Overview

## Sunny Pike Slab

SOUTH facing 🌞

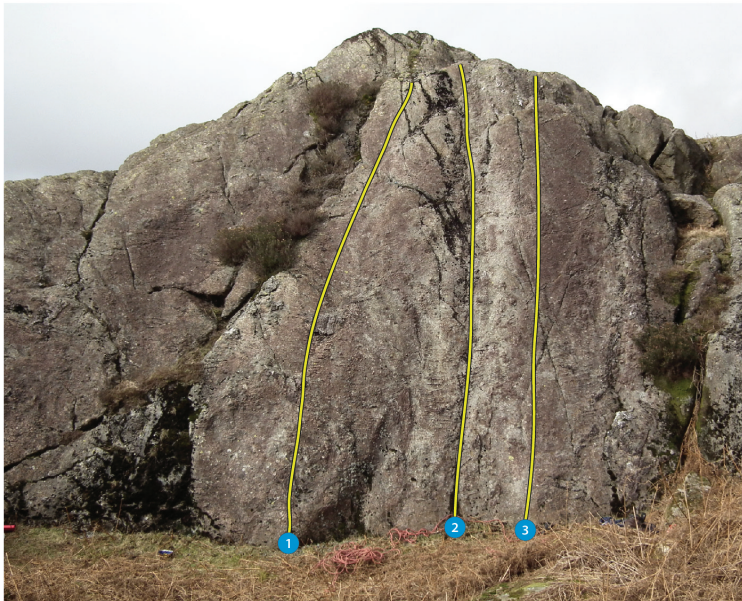
Lat/Lng: [54.366323468093, -3.1667823651301](#)

### Introduction

50m in front of and left of The Main Crag is a small slab; The routes are all thin on gear.

### Descent

Descent: to the right.



Sunny Pike Slab

#### 1 Sunny Spells MVS 4c 8m

Climb the slab with a hard rightwards move at three-quarters height.

16 Feb 2019 A Phizacklea, JL Holden

#### 2 Sunny Slabs VS 4c 8m

The very shallow groove with first gear at half-height.

16 Feb 2019 JL Holden, A Phizacklea

#### 3 Route X HVS 4c 8m

The right-hand slab with a thin X-shaped crack. Beware of lack of gear and deck out potential.

16 Feb 2019 A Phizacklea, JL Holden



## Ra Ridge

SOUTH facing 🌞

### Approach

Beyond [The Main Crag](#), 50m to the north, is a long rocky ridge.



Sunny Pike Ridge

1 **Ra Ridge** M 120m



Climb the ridge which is mostly grade 2 scrambling. A rope is recommended for the tricky section following a ramp up rightwards with an awkward move to get established on a ledge (gear). Then climb up directly on good holds.

16 Feb 2019 JL Holden, A Phizacklea



## The Main Crag

Uphill 30 mins SOUTH facing 

Lat/Lng: [54.366323468093](#), [-3.1667823651301](#)





Mini-guide to Sunny Pike  
Sunny Pike LHS routes 1-6

**1** **Wilderness Edge** HVS 5a **New** 15m

The groove just left of [Rayon de Soleil](#) gives a well-protected bridging exercise.

16.10.2022 R Graham, T Rogers

**2** **Rayon de Soleil** E2 5c **New** 14m

★★

Just left of [Glenr](#) is a clean steep slab and arête, blank save for one good hold on the arête at the half-height diagonal break. Ascend just left of the water streak. There is reasonable protection left of the arête when you gain the good hold, however it might not be high enough to save you from a ground-fall from the crux above.

29.04.2022 P Sterling, K Sanders

FA climbed on sight , gear better now after cleanup.

**3** **Glenr Super Direct** HVS 5b 15m

Start between [Rayon de Soleil](#) and [Glenr](#) then gain and climb the thin cracks..

13.10.2022 R Graham, T Rogers

**4** **Glenr** HS 4b 20m

★

At the lower left end of the crag lies a steep slab with a ramp to its right. Climb the slab moving right onto the ramp which gives access to a ledge above topped by a large block. Gain the ledge and block then step left up to a second ledge leading to the top.

22.11.2021 PC Bennett, D Baker

Glenr was husband of Sol

**5** **Huggin** S 4a 20m

Start one metre right of [Glenr](#), climb the slab direct to the crack between the blocks and finish up the short walls above.

20.01.2022 P C Bennett, D Baker

Named after one of Odin's Raven's Thoughts

**6** **Huggin Direct** S

Start one metre right of [Huggin](#) and climb to the right side of the block moving left round the top of this to join [Huggin](#).

2022 P C Bennett



Sunny Pike LHS route 7-10

**7** **Vildsvin** VS 4b † **New** 20m

To the right of [Huggin](#) the base of the crag rises a couple of metres. At the left edge of this rise are some flat stones marking the start of [Vildsvin](#). Climb a series of small ledges to the right end of a left-slanting ramp giving access to a slab topped by a roof. Step right onto the slab to gain a slanting crack and some jugs, continue directly to the top.

6.03.2022 P C Bennett, D Baker  
Name of a wild boar.

**8** **Varg** HVS 5a † **New** 20m

Start 2m right of [Vildsvin](#) and follow a line of slanting holds to a small pillar. Climb the block/pillar to make an awkward and committing high step onto a ledge, follow holds to the left to gain the top.

6.03.2022 P C Bennett, D Baker  
Named after a wolf

**9** **Bjorn** HVS 5a † **New** 20m

## Mini-guide to Sunny Pike

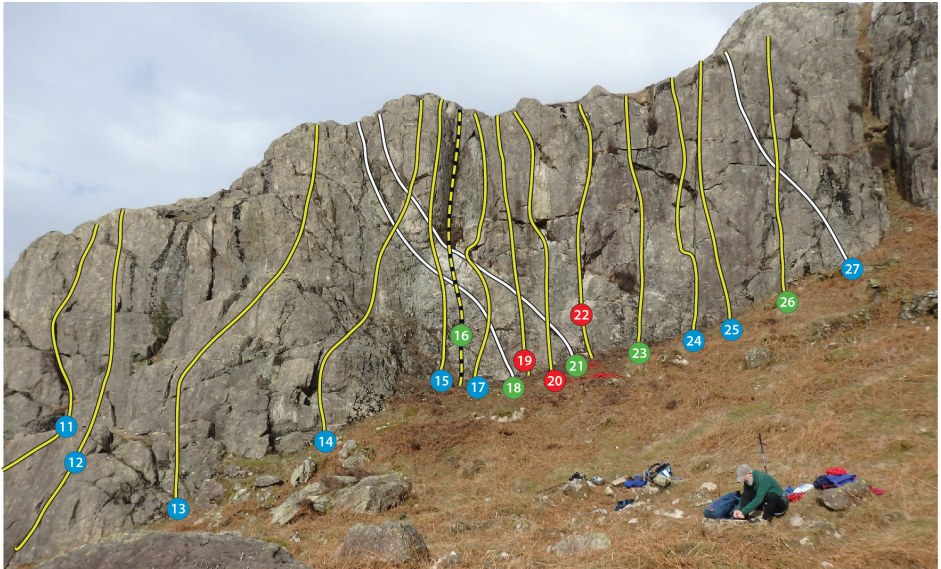
Start 2m right of *Varg* below a short left-facing corner. Climb the corner and then make awkward moves to exit right onto a ledge, step left to finish.

6.03.2022 P C Bennett, D Baker  
Name after a bear

### 10 Korp HS 4a † New 20m

Start 2m right of *Bjorn* at the convergence of two slanting cracks. Climb the steep slab on slanting holds to gain a ledge, then gain the next ledge and finish pleasantly ascending to the right.

08.03.2022 P C Bennett, D Baker  
Named as for a raven.



Korp HS

### 11 Sunny Outlook VS 4c † New 25m

Climb the bold slab, about 2m left of *Sunny Jim* to reach the grass ledge. Continue up a short groove and crack to the left edge of the sloping shelf of *Sunny Jim*. Finish pleasantly up and left. A spotter (singing I Got you Babe?) may make the initial slab feel more comfortable.

2.06.2021 I Bradley, M Elliott  
Originally called Sunny and Share but realised route, elsewhere, already called this.

### 12 Sunny Jim VS 4c 25m

Climb the slab confidently to reach a grass ledge. Continue to a shallow corner and sloping shelf. Once established move up and left then back rightwards to finish. Poor belays.

18 Nov 2018 JL Holden, A Phizacklea

### 13 Sunni Wall S 25m

Climb up to a grass platform, then move slightly right to follow steep flake holds directly to the top.

16 Feb 2019 A Phizacklea, JL Holden

**14 Sol MVS 4b** † **New** 30m

To the right of [Sunni Wall](#) is a hanging pod. This route starts at the base of a shallow corner some 10m left of the pod. Climb the shallow corner to a mossy slab which is traversed up to the right to the base of a steep wall. Use a high jug to reach a higher jug which allows progress to be made to the left side of a small roof, continue directly above to finish.

03.11.2021 P C Bennett, D Baker  
Named after the sun goddess.

**15 Arvavr MVS 4b** † **New** 25m

Start slightly to the right of the hanging pod at a series of ramps trending up to the left. Follow the ramps to the left arête of the pod and climb it on spaced jugs to finish.

03.11.2021 P C Bennett, D Baker  
Named after Early Riser.

**16 Akrala VD** † **New** 15m

The hanging pod between [Arvavr](#) and [Alsvior](#). Climbing the easiest way to the ledge then up the groove between the two VS's is about V Diff. Don't miss a Walnut 5 placement in the mucky bed of the groove. No cleaning required, must have been done earlier in the year to miss out on the tricky VS moves either side.

R Graham

**17 Alsvior VS 4c** † **New** 25m

Start 1m to the right of [Arvavr](#) and climb directly to a large block. Surmount the block to continue up the steep obtuse corner on spaced jugs to the top.

03.11.2021 P C Bennett, D Baker  
Name for Swift.

**18 Aska VD** † **New** 25m

The diagonal line starting to the right of [Alsvior](#) and finishing to the right of [Sunni Wall](#).

20.03.2022 P C Bennett, D Baker  
Named as for Thunder.

**19 Edegrörst E1 5a** 15m

The arête between [Alsvior](#) and [Svalinn](#).

16.10.2022 T Rogers R Graham  
Edegrörst, a mythical wizard

**20 Svalinn E1 5b** 25m



The steep line to the right of [Alsvior](#). Start below the waist high shallow niche, climb into it and directly up past a break. Make thin moves up the ochre coloured rock to a flake. Use holds on the left on the grey rock and a long reach gains the left slanting crack to finish.

24.03.2022 P C Bennett, D Baker  
Svalinn was the being who held a shield between Sol and The Earth.

**21 Avsugning VD** 30m



A joyous romp across this part of the crag, climbed during high winds. The obvious right to left rising line starting from the foot of [Lipsill](#) to finish to the left of [Sol](#).

8.03.2022 P C Bennett, D Baker



Name for Blow Job.

**22** **Lipsill** **E1 5a** † **New** 25m ★

The obvious steep broken crack line to the right of [Svalinn](#). Start just to the right of a shallow niche at knee height and follow the left wall of the crack to good finishing holds.

20.03.2022 P C Bennett, D Baker

Name for Cry Baby.

**23** **Moninn** **HS 4a** † **New** 25m

Starts below the hanging corner 1.5m to the left of the crack of [Skoll](#). Climb to the hanging corner, at its top step left to finish.

22.11.2021 P C Bennett, D Baker

Moninn is one of Odin's Raven's Memories.

**24** **Skoll** **HVS 5a** † **New** 25m ★

Take the crack and flakes to the left of [Sunny Boy](#). Difficult moves at the small roof gain a narrow ledge where flakes lead to the top.

13.11.2021 P C Bennett, D Baker

Skoll is name for mockery.

**25** **Sunny Boy** **HVS 5a** 20m ★

Originally climbed the wall leftwards to the base of a flake but now normally follow the lower crack, as for [Skoll](#). Steep moves above lead to the top. An easy second pitch is available above if you want !! [D].

18 Nov 2018 A Phizacklea, JL Holden

**26** **Fizzle** **S 4a** 20m ★

The line of big holds.

12.07.2020 RO Graham, E Rogers

**27** **Hati** **VS 4c** 25m ★

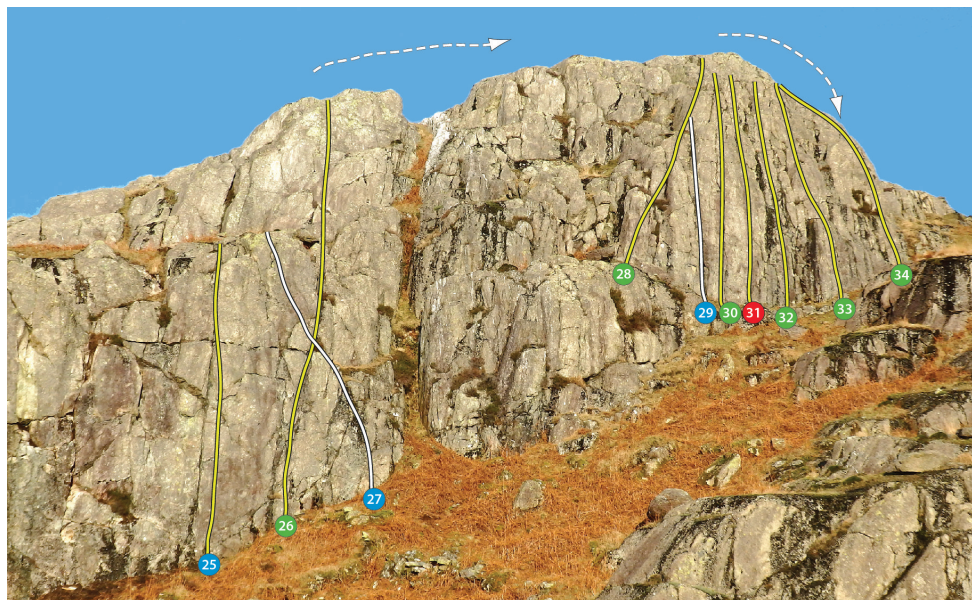
Starting 2m to the right of [Fizzle](#) to follow jugs/flakes up and left, crossing [Fizzle](#) just below its block, then follow a line of flakes trending leftwards to the top.

13.11.2021 P C Bennett, D Baker

Route name Hati means Hate

## The Main Crag - Upper Buttress

Uphill 30 mins SOUTH facing ☀  
 Lat/Lng: [54.366323468093](#), [-3.1667823651301](#)



Sunny Pike RHS

### 28 Sunny Disposition M 10m

Takes the arête left of *Birthday Crack*.

27 Jun 2019 M Lynch, A Lynch

### 29 Gleipnir HVS 5a † New 12m

The line between *Sunny Disposition* and *Birthday Crack*. Though short the crack offers well protected but intense climbing.

20.01.2022 P C Bennett, D Baker

Gleipnir was the chain that restrained the wolf Fenrir.

### 30 Birthday Crack S 4a 18m

The crack, which is easier than it looks.

7.10.2018 A Phizacklea, JL Holden

### 31 Sunny and Share E1 5b 18m

The right-hand side of the thin wall gives sustained climbing - though the most difficult thing is not using the good holds and protection just in the right !.

18 Nov 2018 A Phizacklea, JL Holden

### 32 Sunny Sunday VD

Climb the multiple crack system avoiding the dirty crack.

12.07.2020 | Bradley, A Salisbury

**33 Bring Me Sunshine VD 18m**

Climb the wall. Good holds enable a pull onto the slab where easy climbing leads to the top.

18 Nov 2018 JL Holden, A Phizacklea

**34 Sunny Side Up VD 12m**

Takes the arête right of *Bring Me Sunshine*.

27 Jun 2019 M Lynch, A Lynch

## Ukranian Slab

### Introduction

This fine diminutive slab of excellent rock lies below the Main Crag - Upper Buttress.



Sunny Pike Ukrainian Slab

#### 1 Kharkiv D New 7m

Start 1m right of the vegetated chimney. Reach for high flake holds and gain a ledge, then then follow the right trending line right of the arête.

15.03.2022 PC Bennett, D Baker

#### 2 Mariupol VD New 7m

Start below a thin hanging crack at mid-height 2m right of [Kharkiv](#). Climb up to the right of the crack and follow the slab above.

15.03.2022 PC Bennett, D Baker

#### 3 Kherson D New 8m

The obvious right ascending ramp line starting just left of the foot of [Zaporizhzhia](#).

15.03.2022 PC Bennett, D Baker

#### 4 Zaporizhzhia D New 7m

The crack line starting 1.5m right of [Mariupol](#), climb to the crack and follow it to finish at a recess.

20.03.2022 PC Bennett, D Baker





**5 Mykolaiv** D **New** 7m

The broken crack line 1m right of [Kherson](#).

20.03.2022 PC Bennett, D Baker

**6 Odesa** D **New** 7m

Start at the right end of the slab and climb direct to finish up the slab between the two cracks.

20.03.2022 PC Bennett, D Baker

**7 Sumy** D **New** 7m

Start at the foot of [Odesa](#) and trend right to finish direct up the cracks.

20.03.2022 PC Bennett, D Baker