

Foss How



The Club

The FRCC is a large Lake District focused mountaineering club with over 1000 members based in the UK and abroad. The club was founded in 1906. The club publishes a series of climbing guidebooks to the Lakes.

Membership of the club is open to all experienced climbers and fell walkers. To join visit our website at <https://www.frcc.co.uk/joining-the-frcc/>.



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Guidebooks

The club publishes the following printed guidebooks:

- Eskdale
- Lakes Sport & Slate
- Lake District Rock
- Langdale
- Borrowdale
- Eastern Craggs
- Eden Valley & South Lakes Limestone
- Dow & Coppermines
- Duddon & Wrynose
- Buttermere & St Bees
- Gable & Pillar
- Lake District Winter Climbs
- Scafell & Wasdale

All of our printed guidebooks may be purchased from our website at <https://www.frcc.co.uk/shop/>. We offer free shipping for orders over £30.

Foss How

OS Ref: SD 241 986

Alt: 320m

Steep clean immaculate... obstinate climbs in a charming setting. This tiny crag offers tough problems alongside the cascades of Tarn Beck. Bring some rollers. More amenable climbing is found on the North crag.

This PDF updates the 2021 Duddon guidebook p 184

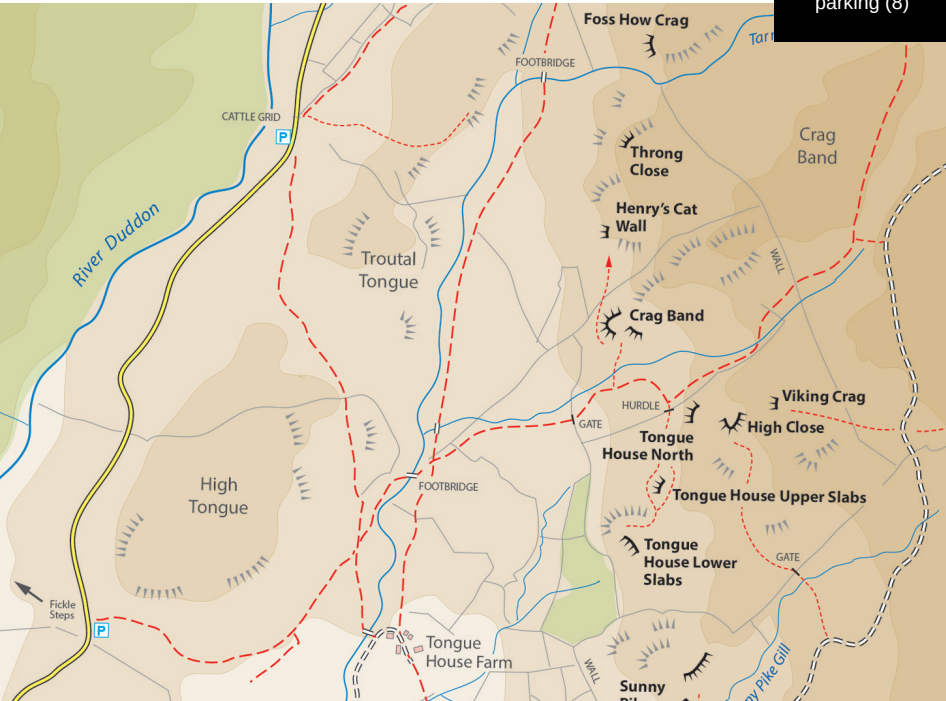


Grades

- 4
- 4
- 16
- 18

Parking (off-road)

Troutal South parking (8)



Foss How area

Foss How North

TRADITIONAL Uphill SOUTH WEST facing 
 Lat/Lng: [54.377565530902785, -3.1684028576374](#)

Introduction

A cluster of south and west facing short walls, slabs and ribs providing open climbing on clean rock.
Topo in Duddon guide p 184

Approach

Follow the track alongside the wall through several gates. Pass through the last gate in the wall, turn immediately right and walk south for 120m passing a short slab. The crag lies just round the corner. SD 2415 9875

The first route is on a south-west facing triangular slab behind some boulders.

1 **Crimson Slab** VD 12m

From the lower left corner, climb the slab to its apex and pull out left.

07.11.2020 J Daly, D Geere

Up to the right are a pair of prominent grooves in a rock pillar.

2 **Wild Goose Chase** HS 4a 13m

From the lowest point start up a rib then climb the left-hand groove using the left edge.

07.11.2020 J Daly, D Geere

3 **Atomic Bomb** E1 5b 13m

A good route. From the same starting point climb the bold right-hand groove.

07.11.2020 J Daly, D Geere

Further right is a short south-west facing red wall of quality rock.

4 **Fossphorescence** VS 5a 8m

Climb the left side of the wall to gain a scoop. Finish directly up the pillar above, left of the moss.

6.12.2020 J Daly, D Geere

5 **Hold the Press** E2 5c 8m

Aptly named. Superb climbing requiring a confident approach. Climb the unprotected red wall.

6.12.2020 J Daly, D Geere

6 **Shortie** VS 4b

The short wall and corner just right.

6.12.2020 J Daly

Round to the right are two short south-facing ribs with a quartz-speckled wall on the right.

7 **South Ridge North Foss** S 10m

Take a diagonal approach up to the left-hand cracked rib; climb it direct.

09.06.2020 JL Holden, J Daly

8 Frendo VS 4b 8m

Boldly climb the quartz right-hand rib.

09.06.2020 J Daly, JL Holden

9 Block and Tackle S 11m

Climb the left arête of the perched block and the wall above heading up rightwards.

26.11.2020 J Daly, D Geere

10 Diamond Wall HVS 5a 12m



Start just left of a glacis. Climb the steep quartz slab then the quartz wall above heading up rightwards. Belay well back.

22.11.2020 J Daly, D Geere

11 Quartz Movement HVS 5a 12m

Climb the steep face via a narrow sloping shelf then pull onto the glacis. The right-hand crack in the wall above starts with a very steep direct pull (protect this move) then the crack is climbed mainly on quartz holds on its left.

22.11.2020 J Daly, D Geere

12 Conundrum VS 4c 11m

An awkward start to gain a slab leads to a fine pair of cracks in the headwall above.

26.11.2020 J Daly, D Geere

Foss How

Uphill 30 mins SOUTH WEST facing
 Lat/Lng: [54.3770921226, -3.16862750242](#)

Introduction

This is the tiny vertical wall of immaculate rock by the cascades of Tarn Beck, about a kilometre below the outlet of Seathwaite Tarn. These cascades, hidden from the road, retain an unspoilt charm and provide a tranquil backdrop.

Topo in Duddon guide p 184

Approach

Follow a wire fence rightwards, crossing it at the top of the ridge where the cascades come into view. Drop down to the beck and follow it up to the crag.

Descent

Towards the beck.

1 What's all the Foss about ? E6 6c 13m

★★

Described by some as the *Strawberries* of the Duddon Valley. A searing and uncompromising line. Start as for *Foss Night Nerves* and follow it into *Rough Diamond*. Continue using the left-hand crack and the wall above to finish at the top of the arête. Wrestle the bush back to the belay.

2.10.2014 A Mitchell

2 Foss Night Nerves E6 6b 13m

★★

The direct start to *Rough Diamond*. Start at the left-hand edge of the crag by a large foot hold. Boulder up to a resting position on the leftwards-facing ramp and some gear. Turn the overlap on the right and finish up the *Rough Diamond* headwall but this time without the benefit of the rest.

2.10.2014 N Pike, S Pike

3 Rough Diamond E6 6b 12m

★★

An uncut gem. Start by a fingery flake in the centre of the wall. Pull up left from the flake and follow the painful crack to a resting ledge. Step down left and finger traverse onto the smooth headwall where twin rounded cracks provide an unyielding finish. The easier finish up the corner above the resting ledge is a real cop out.

14.05.1990 A Phizacklea, D Kells

4 May the Foss be with You E4 6b 11m

★

The central crackline above the flat base. From the flake move right and make a hard pull up the crack to a good hold. Continue up the crack to the top.

31.05.1988 RE Wightman, A Phizacklea

5 Thunderthighs E3 6a 13m

★

Another good pitch starting below a short groove 4m right of the *May the Foss be with You*. Pull into the groove and exit left at the top along a thin flake to a point just right of the central crack. Pull back right to reach a sloping ledge and finish directly up the stepped wall above.

17.05.1990 A Phizacklea, D Kells

Foss How North Upper

Introduction

Situated 50m further east of [Foss How North](#) (see Duddon & Wrynose p 184).



Foss How Upper Crag

1 **Beast from the Abyss** VS 4a † **New** 10m

Climb the offwidth crack.

04.2021 R Graham, T Rogers

2 **The Unseen Foss** HVS 5b † **New** 10m

Climb the flakes avoiding the offwidth crack.

04.2021 R Graham, T Rogers

3 **Foss of Nature** HVS 5a † **New** 10m

Climb wall and finish by mossy streak.

04.2021 T Rogers, R Graham

4 **How Now Brown Cow** VS 4c † **New** 10m

The crack and the wall above.

04.2021 T Rogers, R Graham

Foss How - North West

Introduction

This buttress lies 70m left and round the corner from [Crimson Slab](#).

Approach

Pass through the last gate in the wall, turn right and walk diagonally up the hillside (south) .

Foss How North West Lower is the first slab..

Foss How North West is above on the left.

Carry on round the corner for Foss How North.



Foss How North West LHS

1 **Gitan** MS † **New** 18m

Start just left of [Gypsy](#) and follow a line to the right of the grassy groove and to the left of and parallel with [Gypsy](#).

2.09.2022 PC Bennett, R Baker

2 **Gypsy** S 4a † **New** 18m

Climbs the delightful quartz blotched slab.

7.06.2021 Dave Geere, Pete Ibinson

3 **Zigenare** S 4b † **New** 18m

Start 1m right and 1m below [Gypsy](#). Climb leftwards to a cleaned diagonal break to step left onto



the right side of **Gypsy** slab, follow this with interest to the top.

2.09.2022 PC Bennett, R Baker

4 **Bohemian** **S 4a** † **New** 11m

Starts just right of [Zigenare](#) and climbs directly up to a crevasse just below the top.

5.09.2022 PC Bennett, R Baker

5 **Romany** **MVS 4b** † **New** 13m

Takes the steep slab some 2m left of [Itinerant Preacher](#). Climb the slab for 2m to either: move right and up to good holds and a ledge; or move left and up on nubbins and edges to move right to the good holds and ledge. Continue up the steepening above on good holds to finish.

2.09.2022 PC Bennett, R Baker

6 **Itinerant Preacher** **VS 4b** † **New** 13m

Takes the diagonal fault 8m right of [Gypsy](#) and the crinkly slab above.

7.06.2021 Dave Geere, Pete Ibinson

7 **Les Grimpeurs Vieillissants** **HS 4b** † **New** 13m

Start some 2m right of [Itinerant Preacher](#) at a shallow right-facing corner. Climb the corner to a sloping ledge on the left continue up on creaking flakes to improving holds leading to the top.

16.09.2022 PC Bennett, R Baker

8 **Deportee** **HVS 5b** † **New** 14m

Climb a thin crack in a rippled slab to a niche followed by easier slabs above.

7.06.2021 D Geere, P Ibinson



Foss How North West Central

9 **Refugee** E1 5a † **New** 16m



Climbs the prominent pillar. The blunt rib above gives an exciting finish.

7.06.2021 Dave Geere, Pete Ibinson

10 **L'Enfer, C'est les Autres** HS 4a † **New** 16m

Takes the slab immediately to the right of [Refugee](#) with interesting moves throughout, to finish left of a coppiced juniper.

16.09.2022 PC Bennett, R Baker

11 **Encore une Putain Bonne Journee** VD † **New** 16m

Start just to the right of [L'Enfer...](#) & climb directly to a hanging crack, follow it & the ensuing natural line to finish to the right of the coppiced juniper.

16.09.2022 PC Bennett, R Baker

12 **Y'a d'la joie** S 4a † **New** 16m

A direct line, starting from the top of the boulder at the base of the crag, keeping strictly to the right of [Encore...](#), up to finish up a slab.

8.04.2023 PC Bennett, R Baker

13 **Deliverance** S 4a † **New** 16m

Climbs the system of flakes and cracks right of the vegetated fault.

3.04.2023 PC Bennett, R Baker



Foss How North West RHS

14 La Haine S 4a 15m

Climbs the 'sentry box' groove and the wall above, starting from a waist high ledge.

8.04.2023 PC Bennett, R Baker

15 Spiral VS 4b **New** 15m

Starting 2m left of [Bodacious](#), awkwardly gain a sloping ledge at head height & step left up the slab to a shallow right-facing corner & crack, follow the continuation crack to finish.

8.04.2023 PC Bennett, R Baker

16 Bodacious HVS 5a 15m

The hanging crack on the right side of the crag. A delicate start leads to the base of the crack which is followed more easily to the top.

5.09.2022 PC Bennett

17 Bruiser MVS 4b 15m

The intermittent crack system 2m right of [Bodacious](#).

3.04.2023 PC Bennett, R Baker

18 Bushwacker HS 4b 18m

From the lower right end of the crag gain the parallel ledges slanting from right to left, to finish just right of [Bruiser](#).

3.04.2023 PC Bennett, R Baker

Foss How - North West Lower

Introduction

Below and right lie the following routes.



Foss How North West Lower

1 Dawn HVS 4c 12m

2022 R Graham, T Rogers

2 Dipper HVS 4c 12m

2022 T Rogers, R Graham

3 Keith's Real Secret Project

E4/5 not marked

4 Open Project

5 Unnamed S 12m

May have been done before

2021 R Graham, T Rogers