

Sunny Pike



Birthday Crack & Sunny and Share -- photo Ben Heinrich

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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.

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.

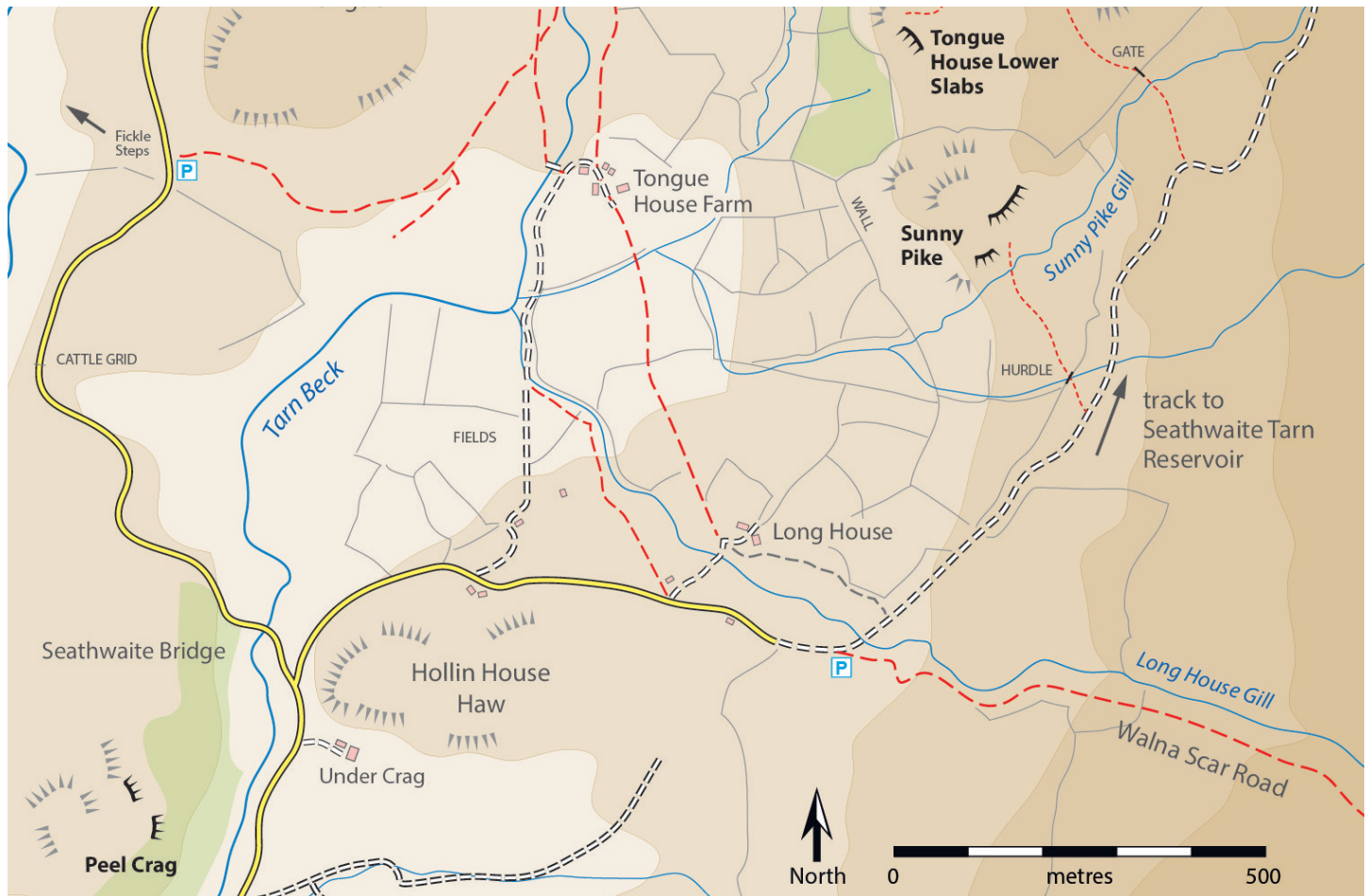
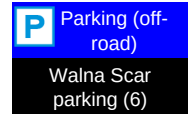


Grades

18

5

24



Sunny Pike map



Sunny Pike Overview

Sunny Pike Slab

Aspect: **South** · 

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

Aspect: South · 

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

2 Ra Bulge VS 4c † 8m

An interesting problem to solve on the south face of the most prominent bump on [Ra Ridge](#), as seen from the finish of climbs on the main crag, such as [Sunni Wall](#), and at the same level. Start directly below the bulge with a thin diagonal crack in it, running from right to left. Pull through the bulge, continue up the rib and finish by moving right at the top.

11.06.2024 M Gaddes, M Elliot

3 Sunny Uplands VD † 7m

On the south face of the most prominent bump on [Ra Ridge](#), as seen from the finish of climbs on the main crag, such as [Sunni Wall](#), and at the same level. Climb the wall a few metres right of the bulge ([Ra Bulge](#)) and a metre left of a short corner.

11.06.2024 M Elliot, M Gaddes

The Main Crag

30 mins Aspect: **South** · 
 Lat/Lng: [54.366323468093](#), [-3.1667823651301](#)



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 P C Bennett, D Baker
Glenr was husband of Sol

5 Huggin S 4a 20m

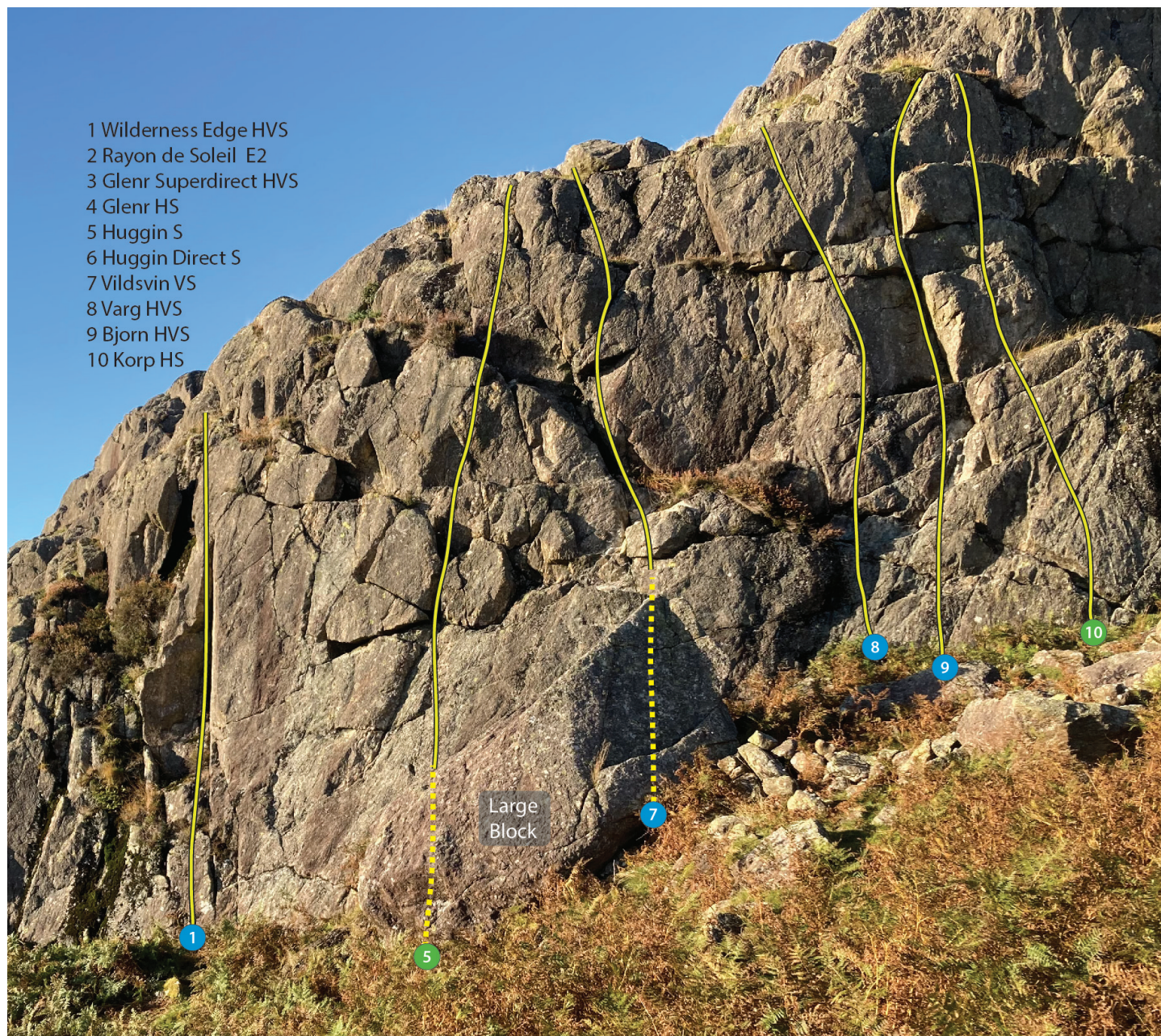
Start one metre right of [Glenr](#), climb the slab direct to the crack between the blocks and finish up the short walls above.

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

9 Bjorn HVS 5a † **New** 20m

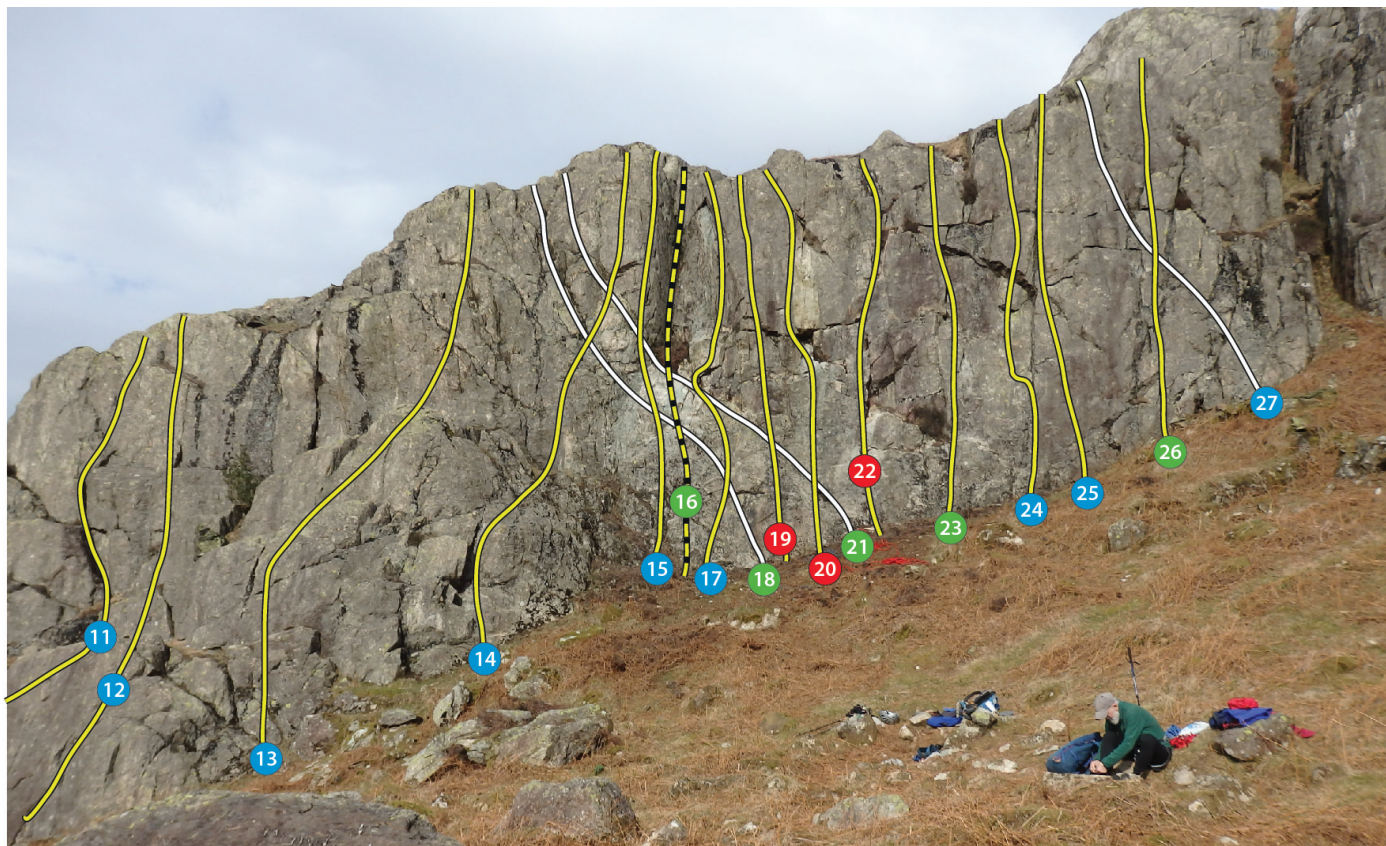
Start 2m right of [Varg](#) below a short left-facing corner. Climb the corner and then make awkward moves to exit right onto a ledge, step left to finish.

6.03.2022 P C Bennett, D Baker

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.

8.03.2022 P C Bennett, D Baker



Sunny Pike Central

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

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.

18.11.2018 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.

16.02.2019 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.

3.11.2021 P C Bennett, D Baker
Named after the sun goddess.

15 Arvagr 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.

3.11.2021 P C Bennett, D Baker
Named after Early Riser.

16 Akral's VD † **New** 15m

The hanging pod between [Arvagr](#) 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.

R Graham

17 Alsvior VS 4c † **New** 25m

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

3.11.2021 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 [Sunny 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

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].

18.11.2018 A Phizacklea, JL Holden

26 Fizzle S 4a 20m

The line of big holds.

12.07.2020 RO Graham, E Rogers

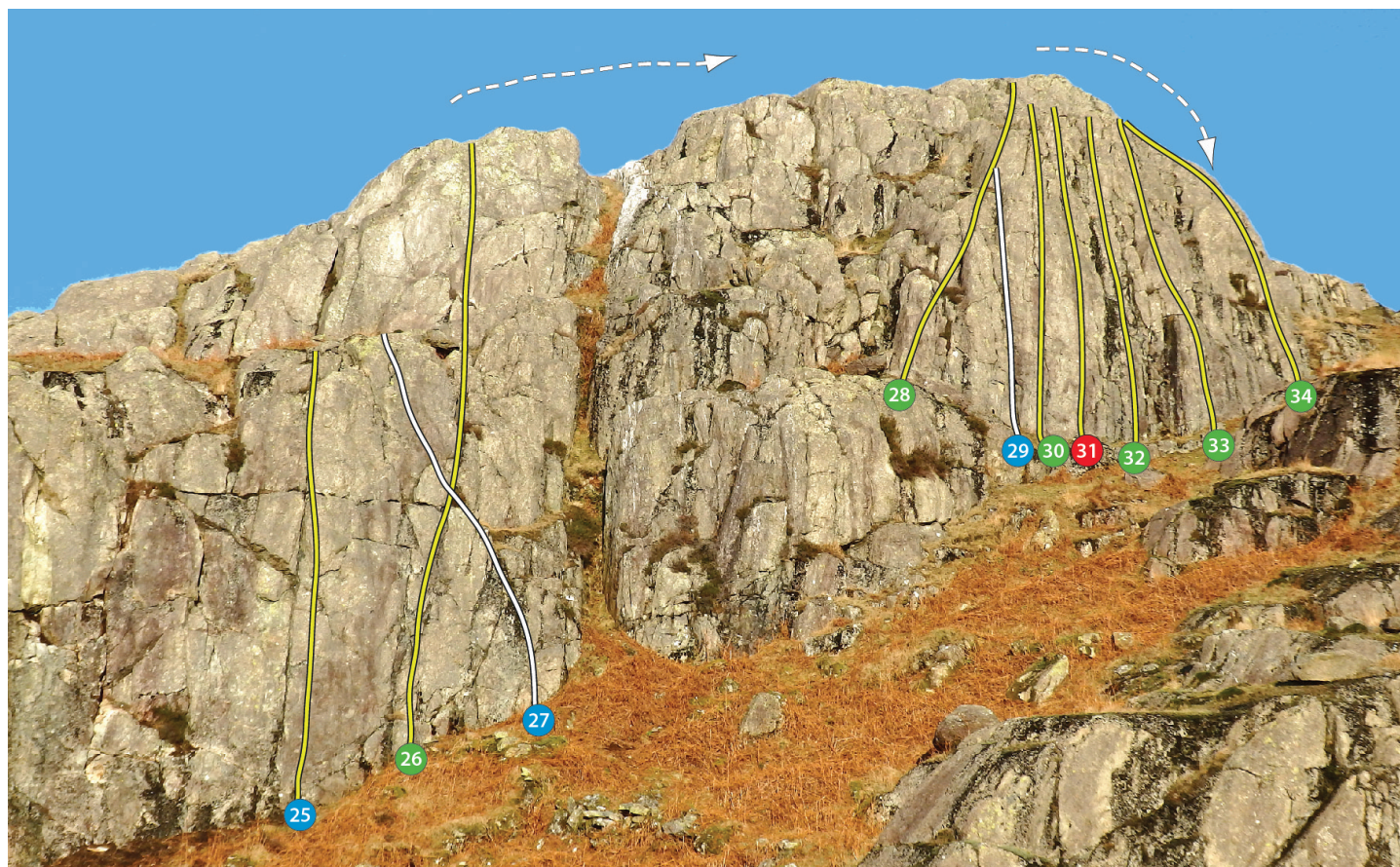
27 Hati VS 4c 25m

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

30 mins Aspect: **South** 
 Lat/Lng: [54.366323468093](#), [-3.1667823651301](#)



Sunny Pike RHS

28 Sunny Disposition M 10m

Takes the arête left of *Birthday Crack*.

27.06.2019 M Lynch, A Lynch

29 Gleipnir HVS 5a 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 !.

18.11.2018 A Phizacklea, JL Holden

32 Sunny Sunday VD

Climb the multiple crack system avoiding the dirty crack.

12.07.2020 I 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.

18.11.2018 JL Holden, A Phizacklea

34 Sunny Side Up VD 12m

Takes the arête right of *Bring Me Sunshine*.

27.06.2019 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

