

Field trip Information

The field trip information (1) and risk assessment (2) sections are to be completed by the leader in advance of the trip. The generic risk assessment table (2) should be customised to cover the specific risks relevant to the trip.

1. Field trip information

Title of field trip; geological theme(s)	Askill Knott / Low Fell, Loweswater area Dramatic fold and fault structures in the Loweswater Formation of the Ordovician age Skiddaw Group sedimentary strata. Good rock exposures and landscape views.
Date of field trip; start time; approximate duration.	29 April 2026; start 1000h; roughly 4 hours
Name of volunteer field trip leader(s)	Phil Davies
Start point and its National Grid Reference; also end point if different from start.	Rendezvous on the road that follows the NE shore of Loweswater: 'R' on the attached map Fig 1. NY 128 218. We'll start off along the disused road track that heads NW from here.
Parking and transport information	Limited side-of-road parking the rendezvous and at a second spot a little to SE ('Pinfold' direction: Fig 1).
Description of terrain to be covered, number of stiles	Typical Lakeland terrain, mostly on tracks but with an optional scrambly descent to view the 'thrust quarry'. One stile expected.
Approximate distance to be covered, metres of ascent / descent	About 8km distance. About 300m ascent / descent during the trip. Visit the top of Askill Knott (284m) but then sticking to the lower flanks of Darling Fell and Low Fell.
Assessed severity of field trip,	Moderate.
Special requirements; refreshments; other observations	Good walking boots and outdoor gear. Walking poles may be useful (eg for access to 'thrust quarry' and a stream crossing). Snack lunch.
Nearest hospital with A&E	West Cumberland Hospital, Whitehaven

Note: If action or advice is needed from the CGS Designated Safeguarding Officer regarding this field trip, contact details are available from the members' area of the CGS website or any Council Member.

Recommended background CGS material:

A complex thrust-faulted exposure at Darling Fell near Loweswater. Phil Davies. *The Cumberland Geologist No 4*.

Drone and telephoto photography for investigating inaccessible geological exposures in the Lake District. Phil Davies and David Haselden. *The Cumberland Geologist No 4*.

Geological Structure at Askill Knott, Loweswater. Phil Davies. *The Cumberland Geologist No 5*.



Fig 1. Location map with rendezvous (R)

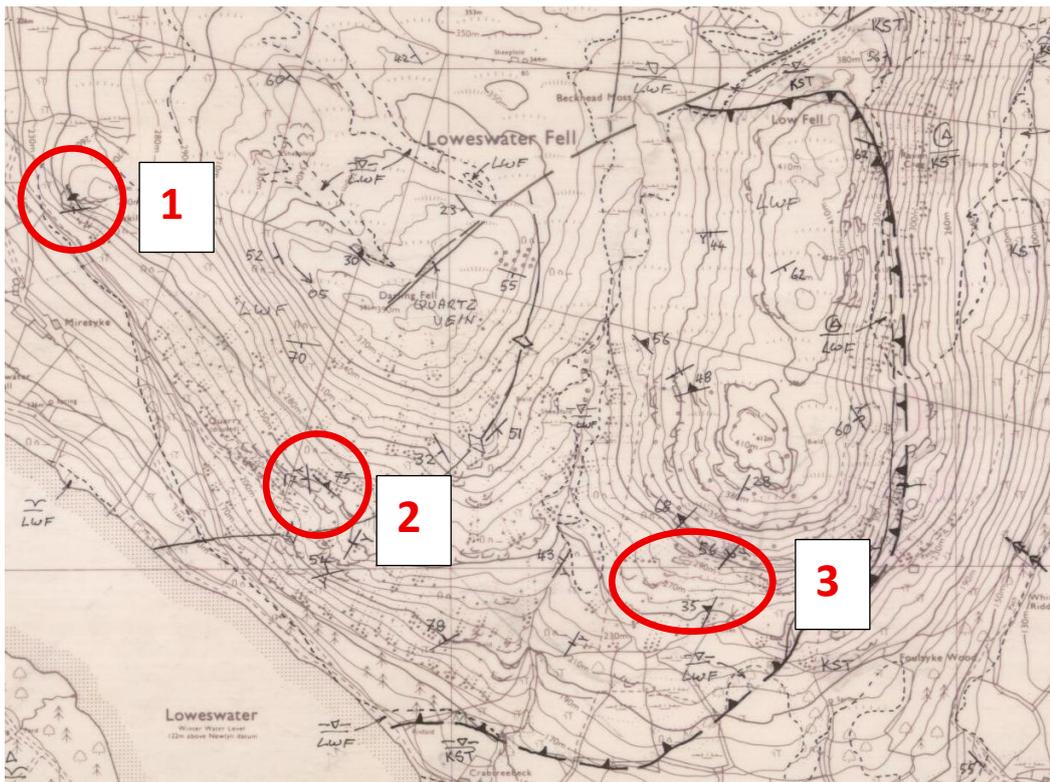


Fig 2: BGS 1:10,000 scale mapping (not to scale here). Sheet ny 12 sw .

3 key locations highlighted:

- 1 Askill Knott
- 2 'thrust quarry'
- 3 below the southern flank of Low Fell

Note the curved anticlinal axis running past '2' and the Loweswater Thrust to the east of '3'.

2. Risk assessment

Potential hazard	Risk level– High/Medium/Low	Safety measures
Navigation, route, conditions		
Poor / deteriorating weather; risk to party completing the route. *	Low to medium	(A relatively low- level route with options to curtail).
Poor visibility or navigation error; risk of the party getting lost or separated. *	Low	(Mostly on clear tracks but as always the party should stay together).
Loss of daylight; difficulty of completing the route safely and on time.	Low	The excursion may take about 4 hours but attendees should allow for possible mid-afternoon completion.
Slips, trips and falls		
Steep or exposed ground; uneven rocky ground underfoot: risk of slips/trips/falls; anxiety or vertigo	Medium to high.	Avoid approaching steep drop-off at Askill Knott or scrambling onto the rock face. Care needed on steep descent to thrust quarry and subsequent ascent: loose slaty quarry waste. Attendees should skip this detour if uncomfortable with it.
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	Normal care needed crossing stile: consider passing walking poles across to a companion. Rough ground underfoot at several locations.
Boggy or heavily vegetated ground; risk of slips/trips/falls	Low	(A springtime excursion before bracken takes hold).
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	(Proximity to forestry only on the path beyond Crabtree Beck approaching Low Fell).
Health and wellbeing		
Attendee becoming unwell and needing assistance*. Including hypothermia, sun exposure and bites by ticks, insects or snakes	Low	
Other typical risks		
Roads; risk to pedestrian attendees from traffic.	Low	Care needed if walking on the road beside Loweswater, for example around the rendezvous area.
Rockfall, or fall of other debris from slopes.	Low to medium	Minimise or avoid close approach to steep rock faces, eg at thrust quarry. No hammering or disturbance of the rock.
Water courses, open water, tides; drowning risk; crossing risks of slips/trips/falls	Low	Crossing the small Crabtree Beck approaching Low Fell requires care.
Livestock attack: cows, bulls.	Low	
Other		

* Weather-related risk level to be reviewed at the time of the field trip.

Signature of volunteer field trip leader