



# Resource

## MINI PILGRIMS

### Summits, Solitude and Silence

The Mini Pilgrims Group 4th Sunday Adventures went on a walk up the Southern flanks of High Rigg, St. John's in the Vale. A beautiful and varied walk with rocky bits and boggy bits, lonesome pines and lots of little summits (for those who want to climb them).

There is parking at a big layby on the A591 opposite Shoulthwaite Farm (grid reference NY299207 nearest postcode CA12 4TF), approximately 2 miles SW of Keswick. Follow the footpath and then the wall heading East and up the hill onto the ground behind Yew Crag. We descended heading south following the line of individual pine trees to the A591, which we had to walk alongside for about 100m before crossing the wall back onto the fell and returning to the cars.

In the long tradition of seeking that which is beyond the view – the transcendent – silence and solitude has played a significant part. It seems that noise and distraction can prevent us from noticing even what is right in front of our noses if it is something new or unfamiliar.

Hanging out together and having conversations have great value in making sense of the world and forming friendships, but...maybe we can mix it up a bit too with a bit of silence and solitude on summits. Find some space on your own, even if only briefly, and whilst still surrounded by each other. Notice something 'new' that also sparks your interest or imagination...Sounds, Sights, Feelings...

Try to avoid simply confirming what you already know – unless it's absolutely wonderful and unavoidable for you.

Note: ask parents to take responsibility for finding their children appropriate spaces to experience silence, on their own or with a parent or friend.



No special equipment is needed for this walk. You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies. This walk is quite location specific as in this area there are lots of little summits where all could find their own space and didn't have to walk far before having space and stillness. You could see if you can find a similar location where you are based - alternatively find somewhere with space to spread out.

For the walk up High Rigg see: Ordnance Survey Explorer Map OL5 The English Lakes North-Eastern Area.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: [www.gov.uk/government/publications/the-countryside-code](http://www.gov.uk/government/publications/the-countryside-code).

***Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.***