

**INSIGHT  
SPECIAL**

## THE HILLS ACCORDING TO... Julia Bradbury

Presenter Julia Bradbury, 35, escaped from co-hosting BBC 1's *Watchdog* earlier this year and made a break for the outdoors. She followed in the footsteps of grumpy old man of the hills Alfred Wainwright in BBC 4's *Wainwright Walks* and rock-climbed with elite UK hard man Tim Emmett in *Ultimate Outdoors* on BBC1. She's back in the hills this year to film *Wainwright's Coast-to-Coast* walk for BBC4 for Autumn 2008.

### What was your earliest mountain experience?

I walked with my dad Michael in the Peak District when I was growing up: Monsal Dale, Stanage Edge, and Win and Lose Hill to name but a few. He was born in Buxton and that's where I remember tickling my first trout with him.

### Who would you most like to climb a mountain with and why?

My family, to share the views and suck in the clear mountain air.

### What are you most proud of?

Not losing my values.

### What does getting to the top feel like?

Exhilarating, exhausting and slightly disappointing as there's no further to go... until next time!

### What's your favourite UK mountain?

It changes every year. Right now, it's Pillar in the Lake District.

### What does adventure mean?

Adventure is an instinct.

### When was getting lost your fault?

All the time. I have a dreadful sense of direction. Don't let me lead!

### Tell us about your most treasured piece of kit.

It's all the climbing equipment that Tim Emmett gave me when we completed *Ultimate Rock Climb*.

### What has been your biggest disappointment?

Don't have one – every disappointment is a learning curve.

### Are you fit enough?

I've got to the top of my walks and climbs so far!

### What's in your lunchbox?

As much as possible. I have a huge appetite and there MUST be chocolate!

### Which is your dream mountain?

The one you can float down from.

### What's the most expensive kit you've bought?

I splashed out on a very expensive belt once, but I think you'd call this party rather than climbing kit!

### What's your biggest challenge so far?

The Old Man of Stoer [left], a sea stack of Torridon sandstone just off the Rubha Stoer peninsula, north of Lochinver in Scotland.

### Are you brave?

I have moments I deny

reality in order to progress.

### What makes you stop smiling?

The cold.

### What's in your backpack?

Water, chocolate, Alfred Wainwright guide, OS map, lipstick, blusher, tissues, iPod and hat – because you lose loads of heat through the top of your head.

### Where would you most like to be right now?

Right here. I live for the moment.

### How do hills feature in your day-to-day life?

I hear from people every day who tell me their personal experiences and favourite climbs.

### When did your arms ache most?

Trying to lift them up in a Red Arrow at G-force four.

### What's the worst thing about mountaineering?

Haven't found it.

### What does the first post-walk beer taste like?

For me it's cider; and it tastes as sweet as a nut.

### What scares you?

The thought of coming face to fin with a great white shark while boogie boarding in South Africa.

### Where was your worst ever blister?

Always on the heel of my right foot.

### What is the most important lesson you've learnt?

Don't look down and don't look back.

### What's the naughtiest thing you've done?

Told my mum that when taking part in *Ultimate Rock Climb*, I was taking part in another walking series rather than trying to climb a 73m sea stack!

### What will you do next?

Phone my sister Gina.

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DARLOW SMITHSON

**“I wouldn't look out of place in a suburban fetishist's dungeon spiky crampons, peek-a-boo harness and axe...”** AONACH EAGACH: PAGE 54



Map OS Explorer OL4  
Start NY253174  
Time 5-6 hours  
Terrain woodland, steep ghyll, undulating ridge and lakeside fells

FOLD HERE

### POCKET ROUTE

## Borrowdale Wainwrights 653m 15.2km/9½ miles

A summit-hopping ridge-walk along Borrowdale's western skyline.

- 1 NY253174** From Grange take the bridleyway that starts by the side of the café and follow it south through the campsite at Hollows Farm to a ford by the river. Cross the ford and continue south along the bridleyway as it climbs steadily to the gap between Castle Crag and the main fell. Through the gap continue along the bridleyway until you reach Tongue Gill.
- 2 NY244153** Turn right off the bridleyway and follow the steep path up Tongue Gill, passing the old

quarries until you reach the shallow col on the main ridge at Wilson's Bield.

- 3 NY232155** At the col turn right and follow the main ridge path north – first over High Spy, then over Maiden Moor and Cat Bells. You can short-cut the route and duck out at Hause Gate but the views as you descend north from Cat Bells down Skelgill Bank are splendid.

- 4 NY248211** To return to Grange a high-level bridleyway offers a much better option than duelling with traffic on the minor road.



CUT AND KEEP

