

5 miles/8km

## Loughrigg

It is possible to climb Loughrigg from Ambleside, Rydal, Grasmere, Skelwith Bridge or Brathay. This route starts in the village of Eiterwater. Although of humble appearance, the rugged crest of Loughrigg is like a miniature mountain range. In mist it can be confusing, with a network of intersecting paths, but it is impossible to become seriously lost in such a confined area. It would, of course, though, be annoying to land safely on the wrong side of the fell!

### The walk

**1** Leave the riverside car park and follow either of the minor roads towards the B5354 road on Eiterwater Common. The bracken slopes of the common are riddled with paths, and you can choose any combination to climb uphill to the next minor road. The road leads through a gap at High Close, but tarmac can be avoided by cutting across a slightly higher gap just to the west.

**2** Again, there are a number of paths on the fellside, so choose those which naturally funnel themselves through the gap. On the way through the gap, however, it is necessary to bear to the right, passing between two small, walled woodlands. Cross over the minor road on Red Bank and walk down a broad, clear track to emerge from trees on the fellside path known as Loughrigg Terrace.

**3** Don't follow this gentle path across the fell, but turn right to follow another clear path steeply uphill. Its whole length has been

3 hours

reconstructed to provide a firm footing, leading to the summit cairn and trig point at 1,099ft (335m). Despite being surrounded by tall fells, Loughrigg has surprisingly distant views, stretching south along Windermere and north to the Skiddaw Fells. The Coniston, Langdale and Fairfield fells are close and feature in great detail.

**4** In mist you will need a map and compass to leave the summit, but in clear weather simply choose from the extensive network of paths criss-crossing the knobby crest of the fell. The idea is to head roughly south east towards the subsidiary hump of Ivy Crag. There is a clear path most of the way, then a short ascent to the top.

**5** Looking down from Ivy Crag, a path is visible around the foot of the crag. Don't go straight down, but retrace your steps a little and link with other paths to reach it. Follow the path down to Tarn Foot, near Loughrigg Tarn, where the way becomes quite stony. Turn right, then left to continue downhill towards Skelwith Bridge by road.

**6** There is a pub beside the road and an ornamental slate works. Leaving the works, follow a path between the BS343 road and the River Brathay to reach the powerful Skelwith Force. The path generally stays close to the River Brathay, running through fields and alongside reedy Eiter Water to return to Eiterwater village.

easy

### DETAILS

**Country Walking ID**  
2219  
**Mag** Route 22, April 1998  
**Region** North  
**Area** Lake District  
**Length of walk** 5 miles/8km  
**Time needed** 3 hours  
**Difficulty** Easy

### IS THIS WALK FOR YOU?

**Terrain** Clear paths and tracks, but care is needed in mist  
**Stiles** none  
**Suitable for** children, dogs

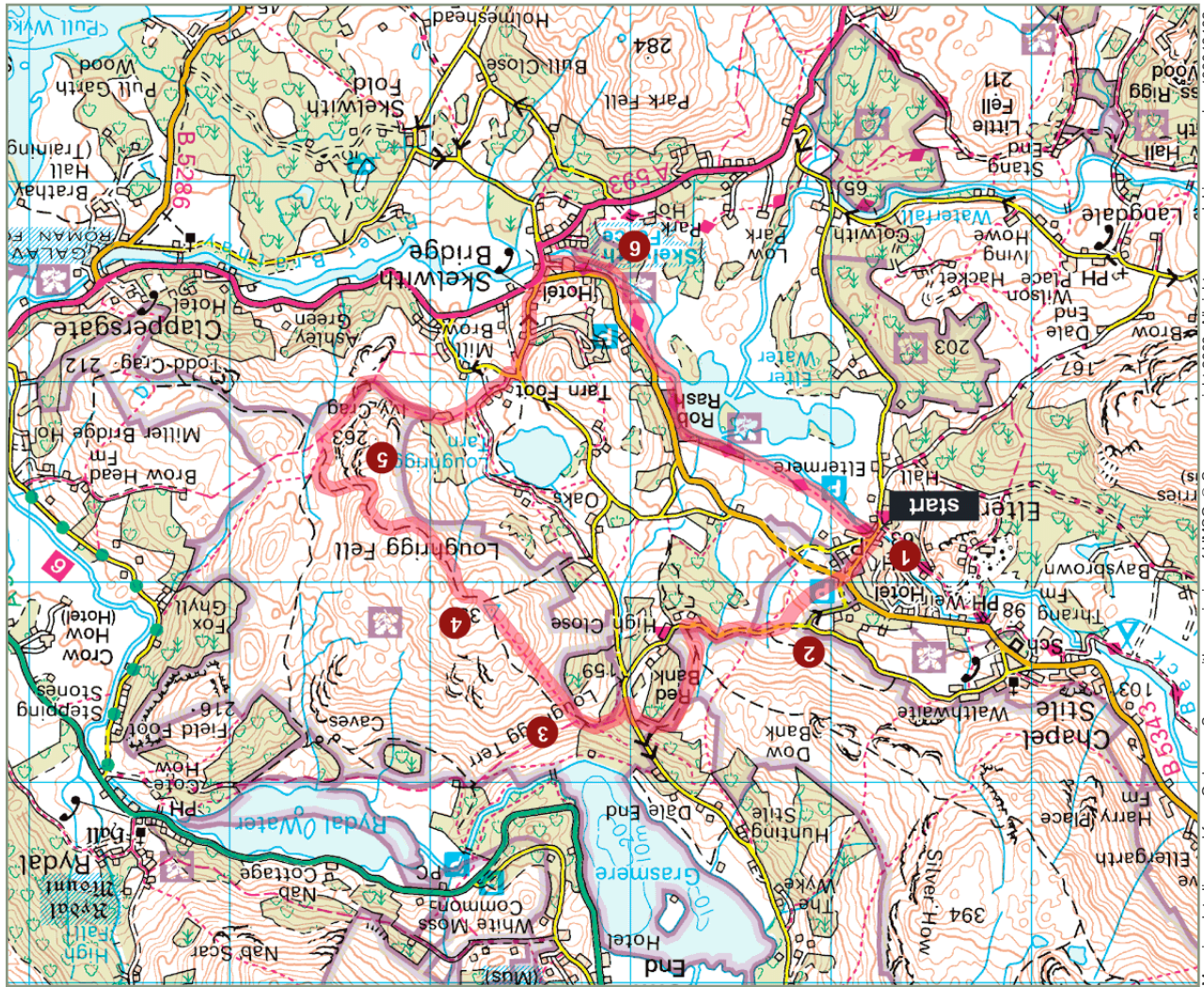
### PLANNING

**Parking** Eiterwater  
**Start grid ref** NY328047  
**Nearest town** Ambleside  
**Refreshments** Pubs at Eiterwater and Skelwith Bridge  
**Public toilets** Eiterwater  
**Public transport** Cumberland Buses

### MAPS

OS Landranger 90;  
Outdoor Leisure 7;  
Harveys Walker & Superwalker Maps of Eastern Lakeland

PADDY DILLON



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