

Lough at first sight

MODERATE, 9.7 km, 3h 30min, Grid Ref.: NY348064, North England

Walk Description

Loughrigg Fell has grassy hummocks, several small peaks, innumerable rocky outcrops, steepish scars, and skirts of birch, holly, juniper and yew. Tiny pools and small tarns adorn its extensive top, which is criss-crossed with grassy paths that slice through patches of bracken. Route-finding can be a little confusing here. To avoid getting lost when descending from the fell's trig point, keep to the widest paths beyond the cairned way, try to lose height and walk in the general direction of Windermere. On your return you pass Rydal Cave. This abandoned slate mine is well worth a visit. Across the entrance there is a large pool. It is deep to the left side of the cave, but shallow by the entrance, where large stepping stones take you across, and you can walk into the vast cavern. Look for the small fish that thrive around the stones. The slate that was once extracted was valued for its 'ripple' patterning.

WPT 1 [Grid Ref.: NY347063]

From the car park, walk past the toilets, which are well screened on the right, and continue to the long wooden footbridge over the River Rothay. As you cross, you will almost certainly see one or more dippers. Climb gently through the delectable oak woodland and exit onto the fell by a stone-flanked kissing gate. Walk straight ahead, climbing steadily to a bench, with a pleasant view of Rydal Water. Follow the continuing path right, to join Loughrigg Terrace. Walk left along here. There are several seats here, where you can pause to enjoy a glorious view of Grasmere.

WPT 2 [Grid Ref.: NY342056]

Towards the end of the elevated terrace, and before the gated Red Bank wood, turn left to begin the climb to the summit. The pitched path goes steadily upwards beside a wall to your right. Very soon you can see the craggy ramparts of Wetherlam. The stony stairway continues to a large grassy area. Go ahead to join more of the reinforced way. Pause at the Grasmere Cairn to see the Fairfield Horseshoe, and the Old Man almost hidden behind Wetherlam. Look down into the Brathay Valley to view Elterwater. Go on up to the trig point for a spectacular vista which includes Windermere, Blelham Tarn, the Ill Bell range, a patch of Morecambe Bay and a corner of Thirlmere, with Blencathra beyond.

WPT 3 [Grid Ref.: NY347050]

Continue in the same general direction, with Windermere ahead. Drop down from the summit and join a clearly cairned permissive path that descends a rough gully. Follow a wide track that bears slightly to the right (south). Continue until you can see a wall away on your right. (You are on course.) Go on the wide way, keeping parallel with this wall. Walk on to descend a short slope and pass between a largish pool to the left and two small ones to the right. Climb the slope beyond and you're rewarded with an excellent view of the entire length of Windermere and also Ambleside.

WPT 4 [Grid Ref.: NY353045]

Descend the clear way, heading towards Windermere to join a good track. Cross a small stream and continue ahead to come to the side of a wall. Turn left to begin your descent down a lovely wooded gill, with a small beck chuckling away to your right, and the wall beyond that. (If you have reached a gate into pasture you have gone too far, missing the path down beside the wall by a hundred metres or so.) The path passes through oaks, holly and rhododendrons and then into woodland. Follow it as it swings left to climb steps to a kissing gate. Beyond, turn right and walk a shady track to a kissing gate which gives access to a narrow traffic-free road.

WPT 5 [Grid Ref.: NY363052]

Turn left and continue to just before Pelter Bridge over the Rothay. Here turn left and walk along the road, and then the continuing reinforced track, past cottages and through woodland. Go through a gate – beyond this is open fell and a grand view of Rydal Water. Continue ahead on the track, above the lake. Follow the wide way to pass a fine cave on the left. Go on to climb a steepish rise under larch and then, where the track swings right, walk ahead to enter Rydal Cave.

WPT 6 [Grid Ref.: NY352059]

After leaving the cave, walk on, with the lake still to your right. At the second Y-junction, take the right branch and continue across the fell, following the same diagonal course, to come to the

Terrain

Good fellwalking on paths and tracks. Steady climb to the summit. Do not attempt in mist

Suitable

children, dogs

Parking

Pay and display car park at White Moss Common, south side of the A591

Town

Ambleside

Refresh

Good fellwalking on paths and tracks. Steady climb to the summit. Do not attempt in mist

Transport

Cumberland buses tel 01946 63222



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stone-flanked kissing gate which you passed through earlier, leading into woodland. Retrace your outward route to the start.

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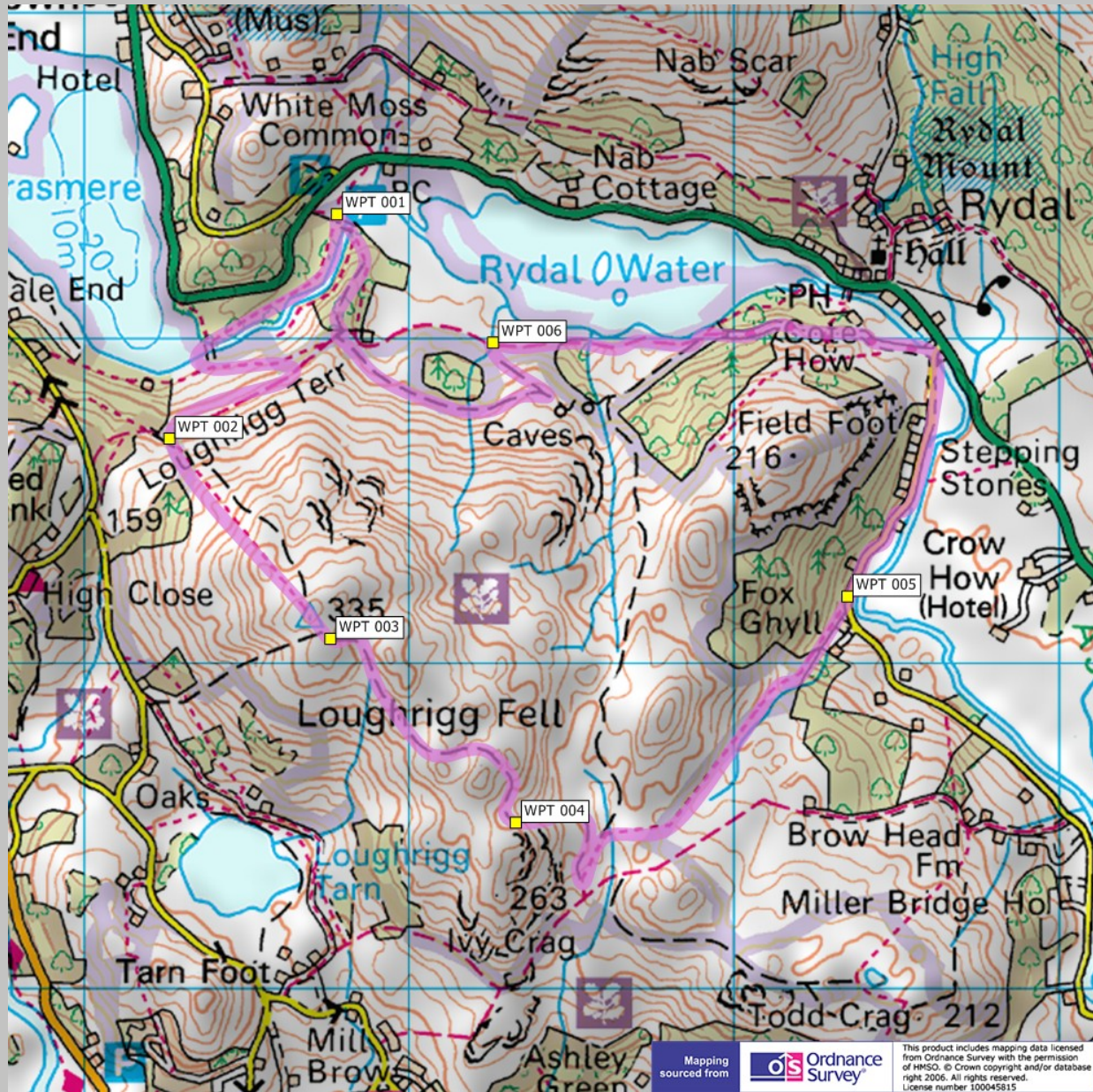
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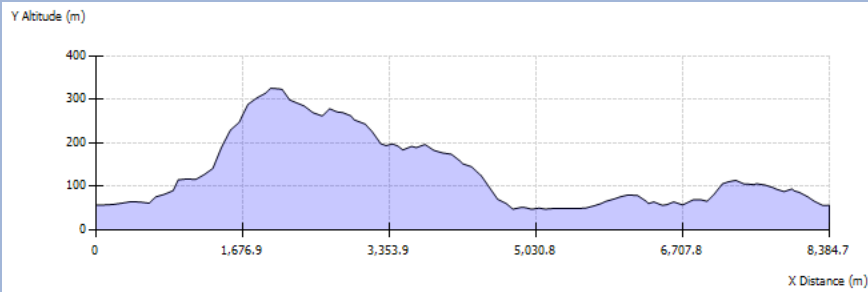


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Total Air Distance: 8,384.7 m
 Total DTM Distance: 8,468.8 m
 Min. Altitude: 47.8 m
 Max. Altitude: 326.4 m
 Avg. Altitude: 131.6 m
 Total Ascent: 431.2 m
 Total Descent: -431.2 m
 Total Ascent Distance: 3,812.3 m
 Total Descent Distance: 4,289.2 m
 Total Level Distance: 367.3 m
 Percent Ascent: 45%
 Percent Descent: 50.6%
 Percent Level: 4.3%



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