

## Your Adventure Your Way

Explore the world around you with OS Maps. Routes, mapping and navigation across the UK whenever and wherever you need it.

Find out more at [os.uk/osm](https://os.uk/osm)



Scan to download the app:



YHA Members: Head to the member benefits area at [yha.org.uk/walk-os](https://yha.org.uk/walk-os) to find your discount code for an OS Maps Premium subscription

## Hazards

The higher parts of the route regularly have low visibility, make sure you know where you are at all times and have a map and compass for navigation. In winter conditions the route will become slippery, especially when covered in snow and ice – winter clothing and footwear will be required. Limited shelter on Loughrigg Fell. Careful navigation required around Todd Crag and Loughrigg Fell as the area has many small paths. Road crossings. Some walking on pavements alongside busy roads. Do not cross Galava Fort if the river is flooded, remain on Borrans Road. May be cattle grazing near the fort.

## Accessibility

There are stiles and steps on the route and gates and paths less than one metre wide. The surface is a mixture of paved road, tracks and rough, uneven and rocky paths. Buses from Rydal to Ambleside will reduce the route by 1.3 miles and to Waterhead by 2.3 miles.

## Facilities

Toilets at YHA, in Waterhead, Ambleside, Rydal Mount (seasonal) and Rydal Hall. Food and drink at YHA, Rydal (seasonal), Rydal Hall and many shops, pubs and cafes in Ambleside.

## Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk ([metoffice.gov.uk](https://metoffice.gov.uk)).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at [yha.org.uk/walk-skills](https://yha.org.uk/walk-skills).
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit [relayuk.bt.com/emercencysms](https://relayuk.bt.com/emercencysms) or text 'register' to 999.
- For more information on staying safe in the outdoors visit [adventuresmart.uk](https://adventuresmart.uk).
- Complete a route notification card ([yha.org.uk/route-card](https://yha.org.uk/route-card)) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

## In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

For more walks or information on route grading and timings go to [yha.org.uk/map-guidance](https://yha.org.uk/map-guidance)

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stays across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by

Share your walks



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Ludwik Michalek & Simon Ainley. Designed by HeylinSmith.com. Cover image: S.R.Miller/AdobeStock



# Loughrigg Fell walk



183

**YHA Ambleside**

Book your stay now [yha.org.uk/stay-183](https://yha.org.uk/stay-183)

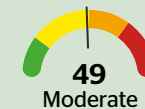
## Fell, countryside and town walk

A lovely walk including a low level peak providing sweeping views of the surrounding fells, mountains and lakes, there's also a cave, a country estate and lots of outdoor gear shops and cafes.

**Distance:** 8.5 miles (13.6km)

**Ascent:** 477m (1,565ft)

**Time:** Allow 4h 30m to 7h



Partnered with





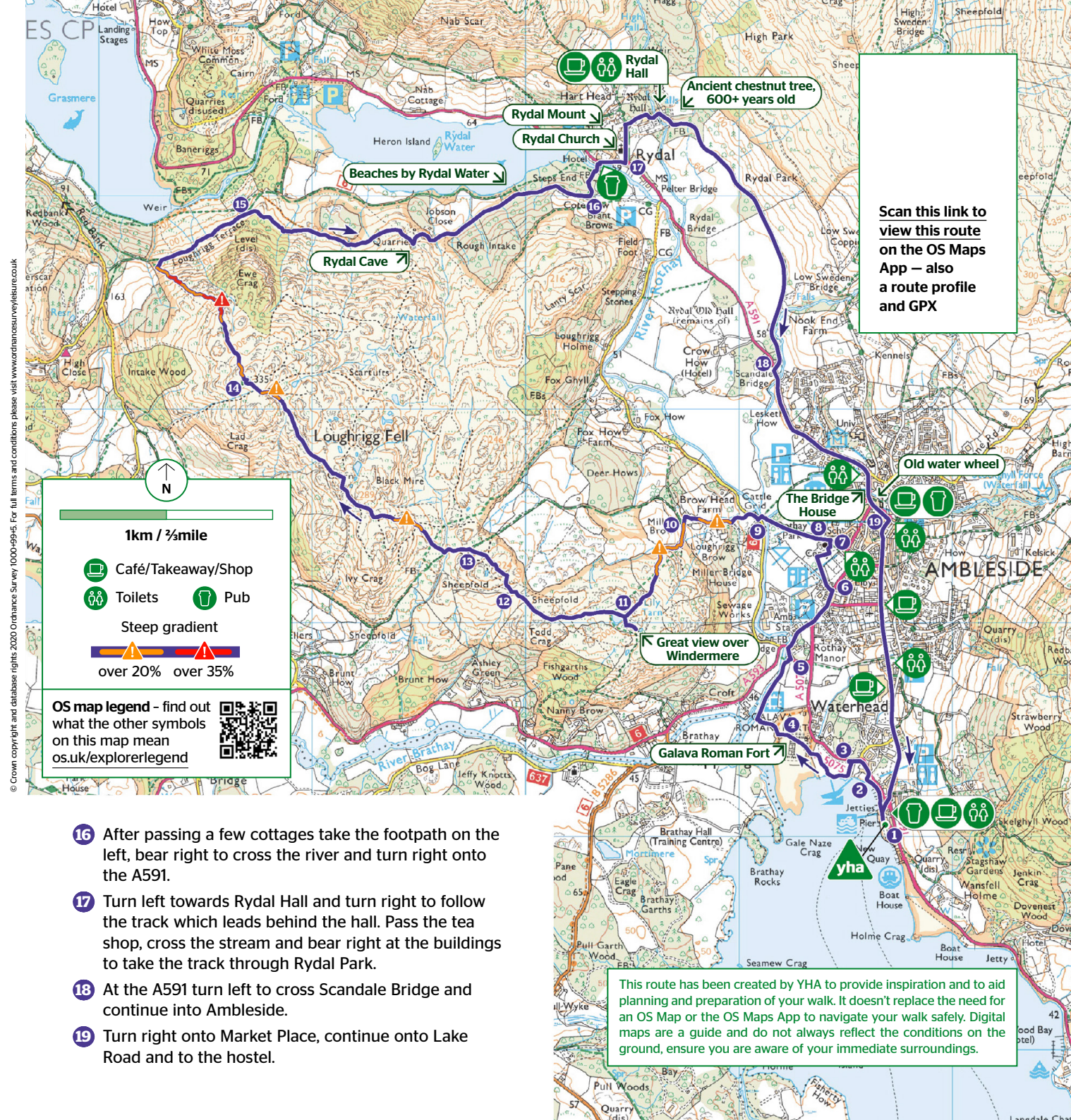
## Route directions

**Map:** OS Explorer 1:25k (OL7) English Lakes – South-eastern area

**Start/Finish:** Grid ref NY 376 030

**what3words** ///jots.feasts.cliff

- 1 From the hostel turn right, cross the car park and head alongside the lake.
- 2 Bear right to reach Borrans Road and turn left.
- 3 Turn left into Borrans Park and head towards the water. Turn right to follow the path alongside the lake then head across the park to Galava Fort.
- 4 Continue to the river and turn right.
- 5 Turn left, then bear right before the bridge onto Rothay Road (signposted Town Centre) and pass the playing fields.
- 6 Turn left towards Miller Bridge car park, bear right into the churchyard and turn right towards the church.
- 7 Pass in front of the church and turn left onto Vicarage Road.
- 8 Head into Rothay Park, follow the tarmac path, cross a bridge and turn left to cross another bridge.
- 9 Turn right, take the first left and follow the track past Brow Head Farm.
- 10 When the track bends sharply to the right take the footpath ahead and follow it through a wall and to Lily Tarn.
- 11 For a great view over Windermere turn left before Lily Tarn, then return to this point. Take the path on the north side of the tarn and continue ahead to join a path which runs alongside a wall above Todd Crag.
- 12 Follow the path as it moves away from the wall to meet a good track.
- 13 Turn left, then just before a small pond take the path on the right and follow it around Black Mire to the trig point of Loughrigg Fell. The path is well trodden, but good navigation is required as the area is crossed with small paths.
- 14 Continue on the path downhill and turn right onto Loughrigg Terrace.
- 15 Bear right to take the higher path to Rydal Cave, then continue to Steps End.



- 16 After passing a few cottages take the footpath on the left, bear right to cross the river and turn right onto the A591.
- 17 Turn left towards Rydal Hall and turn right to follow the track which leads behind the hall. Pass the tea shop, cross the stream and bear right at the buildings to take the track through Rydal Park.
- 18 At the A591 turn left to cross Scandale Bridge and continue into Ambleside.
- 19 Turn right onto Market Place, continue onto Lake Road and to the hostel.