

# 181 YHA Ambleside Fairfield Horseshoe

## Mountain walk

**Distance:** 13.5 miles (21.7km) **Ascent:** 1,103m (3,619ft)

**Time:** Allow 7h 45m to 12h

**Map:** OS Explorer 1:25k (OL07) English Lakes – South-eastern area

**Start/Finish:** OS Locate NY 376 030 **what3words** ///jots.feasts.cliff

A long and strenuous, but fairly straightforward walk around scenic Lake District peaks. From the hostel turn right, cross the car park, along the lakeside and bear right to reach Borrans Road. Turn left, then left into the park and right across the park to pass the remains of Galava Fort. Continue to the river and turn right, then left onto Rothay Road. Continue past the playing fields, turn left onto Compston Road, then turn left onto Rydal Road. After crossing the beck at Scandale Bridge turn right onto the track through the iron gates. Follow the track to pass Rydal Hall and turn right onto the small road, go steeply uphill and follow signs for the steep ascent of the Nab. Remain on this path to Heron Pike. Continue to Great Rigg and Fairfield. Carefully identify the correct onward path west, follow a line of cairns to Hart Crag and continue to Dove Crag, High Pike and Low Pike. At High Brock Crag take the right of way to the left, to avoid the scrambly outcrops on the path alongside the wall, to High Sweden Coppice. Follow the track, cross Scandale Beck and onto Nook Lane at Nook End Farm. Turn left onto Smithy Brow, right onto North Road, left onto Rydal Road, right onto Market Place, continue onto Lake Road and back to the hostel.

## Hazards

This is a high-level mountain route so proper preparation and equipment is necessary. 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 and

dangerous, especially when covered in snow and ice – mountaineering skills and equipment will be required. The high sections are very exposed to winds and storms with limited shelter. Steep drops alongside the path in places. Careful navigation required throughout but especially on leaving the summit of Fairfield. Caution required on the road sections without pavements. Do not cross Galava Fort if the river is flooded, remain on Borrans Road.

## Accessibility

This is a physical route with narrow, steep and rocky paths – hands may be required in places. There are stiles but they should not trouble anyone who is able to complete this route.

## Points of interest

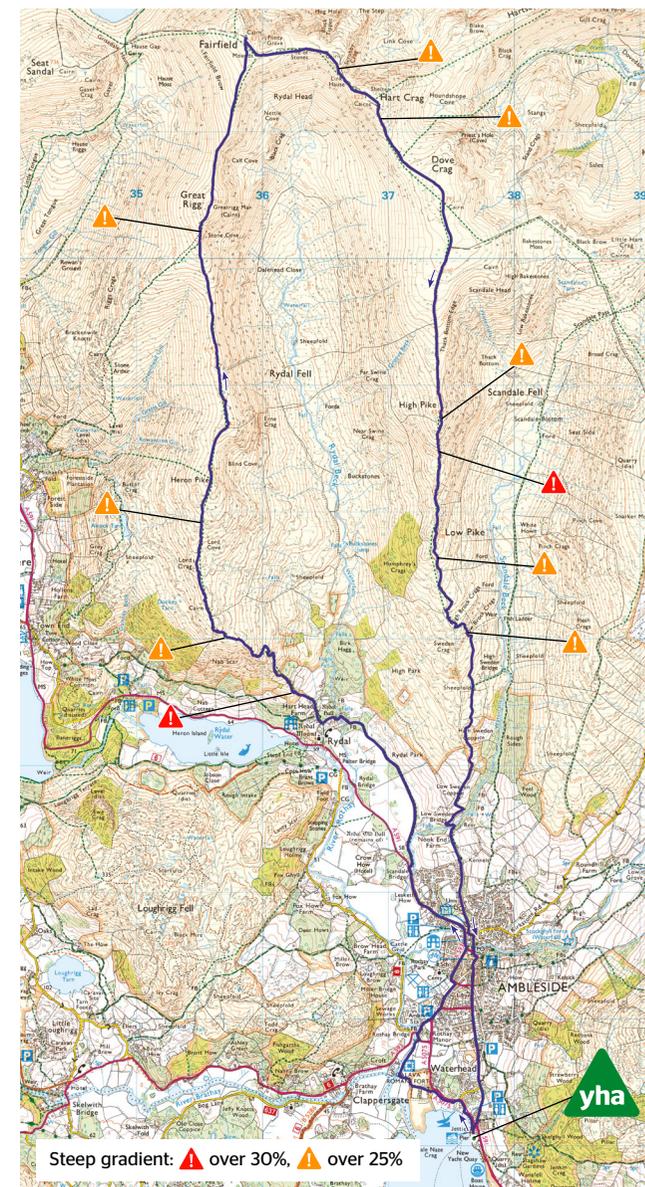
Lots of things to see and do in Ambleside – Galava Roman Fort, lots of outdoor gear shops, and Rydal Mount where William Wordsworth lived – superb views throughout! Staying above 600m after Heron Pike to High Pike provides fantastic views across the Lake District – or an opportunity to practice compass navigation if the cloud is down!

## Facilities

Toilets available at YHA and in Ambleside. Shops – including walking shops in Ambleside. Food and drink available at YHA, in Ambleside and Rydal.



Scan or click to view this route on the OS Maps App – also a route profile and GPX



This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.



Thank you for choosing to walk from our hostel.  
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

### Before you go:

- Check the local weather forecast ([mwis.org.uk](http://mwis.org.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://tidetimes.org.uk)).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) ([relayuk.bt.com/emergencysms](http://relayuk.bt.com/emergencysms)).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated ([yha.org.uk/route-card](http://yha.org.uk/route-card)).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit [adventuresmart.uk](http://adventuresmart.uk)

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

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



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](http://osmaps.com/yha)

Share your walks



## What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

## Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

## You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

## In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.