

183 YHA Ambleside Loughrigg Fell

Fell, countryside and town walk

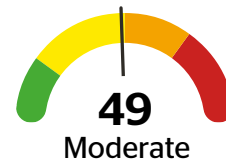
Distance: 8.5 miles (13.7km) **Ascent:** 490m (1,608ft)

Time: Allow 4h 30m to 7h

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

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

A lovely walk including a low level peak providing stunning views across the Lake District, a cave, a country estate and the shops and cafés of Ambleside. From the hostel turn right, cross the car park, along the water's edge and bear right to Borrans Road. Turn left, then left into the park and head towards the water. Turn right and follow the path alongside the lake, then bear left to the remains of Galava Fort. Continue to the river and turn right. At the road turn left and bear right before the bridge onto Rothay Road (signposted Town Centre). Continue past the playing fields and turn left onto Compston Road. Bear left past the entrance to the recreation ground and follow the path into the church yard. Turn right in front of the church and left onto Vicarage Road. At the end of the road continue into Rothay Park, follow the tarmac path, cross a bridge and turn left to cross another bridge. Turn right, take the first left and follow the track past Brow Head Farm. As the track bends sharply to the right take the footpath on the left and follow it through a wall and to Lily Tarn. Head around to the south of the tarn and bear right to meet a path which runs alongside a wall. Follow the path, keeping to the right of the wall, above Todd Crag. Follow the path and bear right as it moves away from the wall to meet a good track. Turn left and just before a small pond take the path on the right. The path is well trodden, but good navigation is required as the area around Loughrigg Fell is crossed with small paths. Follow



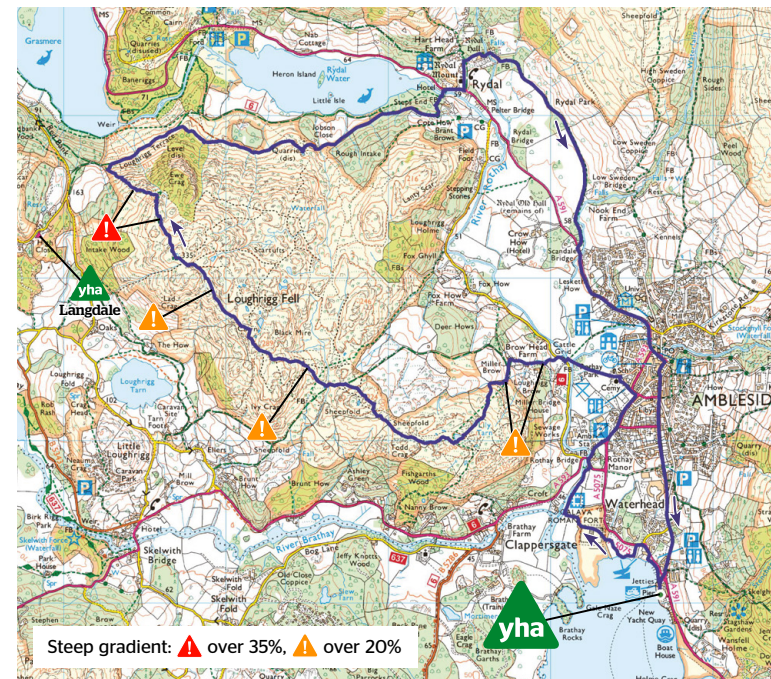
the path around Black Mire to the trig point of Loughrigg Fell. Continue on the path downhill and turn right onto Loughrigg Terrace. At the path junction bear right to take the higher path and continue to Rydal Cave in the disused quarries. Continue on the path between Jobson Close and Rough Intake. After passing a few cottages at Steps End take the footpath on the left, bear right to cross the river and turn right onto the A591. 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 to the A591 at Scandale Bridge. Turn left to follow Rydal Road into Ambleside centre. Turn right onto Market Place, which becomes Lake Road and continue to Waterhead. Bear right to Ambleside Pier and to the hostel.

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. Caution required on the road sections. Do not cross Galava Fort if the river is flooded, remain on Borrans Road.

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.

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



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. Shorten the walk by catching the bus from Rydal – to Ambleside reduces the route by 1.3 miles or to Waterhead reduces by 2.3 miles.

Points of interest

Lots of things to see and do in Ambleside – Galava Roman Fort, lots of outdoor gear shops, Rydal Cave and Rydal Mount where William Wordsworth lived. Sweeping views of the surrounding fells, mountains and lakes from Todd Crag and the top of Loughrigg Fell.

Facilities

Toilets available at YHA, in Waterhead, Ambleside and Rydal Mount (seasonal). Food and drink available at YHA, in Ambleside and Rydal (seasonal). Many shops in Ambleside.



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 (metoffice.gov.uk).
- Check the tide times for coastal routes (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).
- 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).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop
for OS maps online
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.