

One of the Wainwright's



Overview

This walk is moderate to hard, with some strenuous climbing and the odd bit of scrambling. It has multiple options for exploration, which include some detours to take in additional scenery and the many view points on the top. It gives excellent rewards for moderate effort and can be completed within three to four hours. Add in an extra hour or so to allow for the photography and to fully appreciate the scenery. There is lots on offer and it is a worthy walk for those with a sense of adventure.



Directions and Route Options

Leave Rydal Lodge and head east, down the main road towards Ambleside. Take the right over the single track bridge and continue down the lane beyond the cattle grid. You will soon see stepping stones on your left crossing River Rothay. Continue on down the road and shortly after this the first option for climbing Loughrigg Fell will be visible with a signpost and gate just before the large white cottage (Bed & Breakfast).

This option climbs steeply out of the valley and is pretty strenuous for a good half mile, before it starts to level out. Looking back as you climb upwards, opens up several grand views of the valley below & the hills beyond. The views of Fairfield Horseshoe and beyond are quite stunning as you continue to climb out of the valley.



The view of local fells taken from one of the heather filled gaps.



Taken from the summit of Loughrigg and looking southwards to Windermere.



Fairfield Horseshoe from the ascent of Loughrigg Fell

The path runs up along side a stream and stone wall eventually arriving at a boggy patch. You need to head right and off towards the ridge in the distance. Here you have several options to arrive at the summit of Loughrigg Fell, however, if you wish to visit Lily Tarn, you need to head off slightly to the right again else the main track passes by without letting you view it and the fells beyond.

A criss-cross of tracks continue on to a trig point which is the actual summit of Loughrigg Fell at 335m. There are stunning views from here, as can be seen in the 360 panorama shot below.

Again, there are several routes down from the summit. The main route down heads off towards Grasmere and drops down a series of steps and a couple of short scrambles to arrive back down at Loughrigg Terrace which sits above Grasmere. The views of Grasmere are worth this moderately hard descent. I can vouch for it being easier to head down than to climb up this route. It contains a section of uneven steps with a short scramble over a couple of large rocks.

The Terrace runs fairly level and back around to walk 1 and 2 where there are options to return by Rydal Water or head back up to Rydal Cave along this fairly level path. The main route heads down by the side of Rydal Water and back to Rydal Lodge.



A complete 360 degree view from the summit of Loughrigg Fell at 335m.



There are several streams and boggy patches to navigate on the ascent, though some can be avoided.



From the ascent of Loughrigg Fell on the main walk Looking west from the first summit on Loughrigg Fell with the path running along side a stream & wall.



From just above Rydal Cave on the alternate ascent of Loughrigg Fell. Nab Scar & Rydal Water feature.





All images © P Brothers 2024

Various images from the stepped descent back down to Loughrigg Terrace



Nearing the summit of Loughrigg Fell and looking back upon the steep and bracken filled climb from Rydal Cave (no longer visible). Rydal Water is just visible to the bottom left.

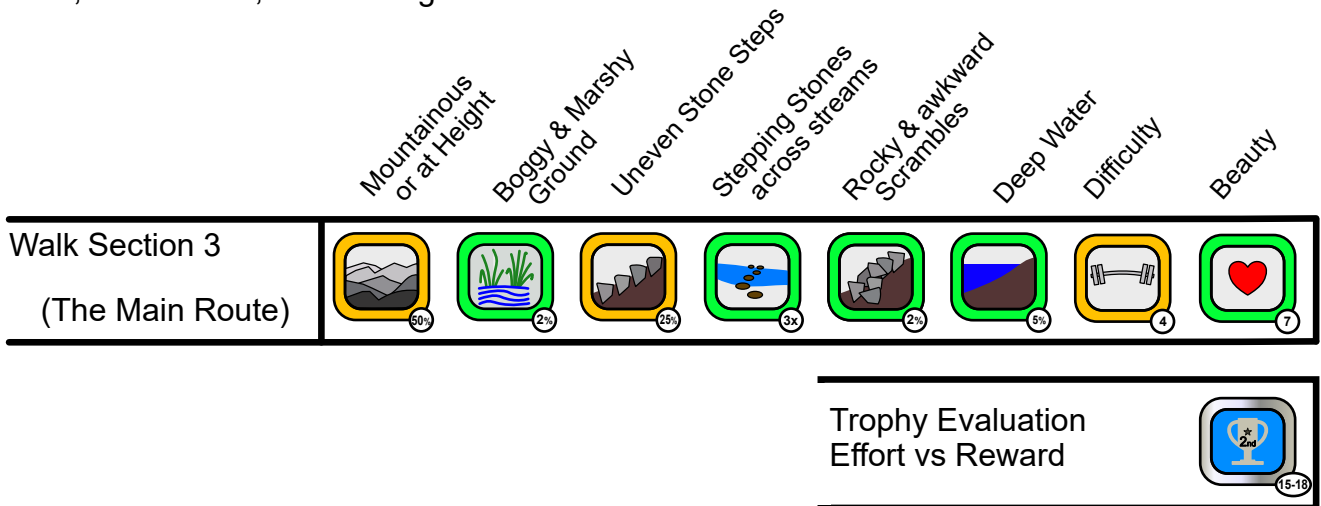


The summit of Loughrigg Fell is on the right and Rydal Water is on the left. Windermere is in the central distance with Low Peak & High Peak (as part of the Fairfield Horseshoe) visible from centre to mid-left.

Quick Assessment Guide to Walk 3

The following icons represent the dangers and obstacles from the various route options in an easy to read graphical way. The numbers offer some clues as to the number or length of any technical sections which may be encountered during the walk.

Green indicates low risk, amber indicates low to medium risk and red indicates medium to high risk. The trophies represent the visual rewards for completing the walk, with bronze, silver and gold rated rewards.



Route Information

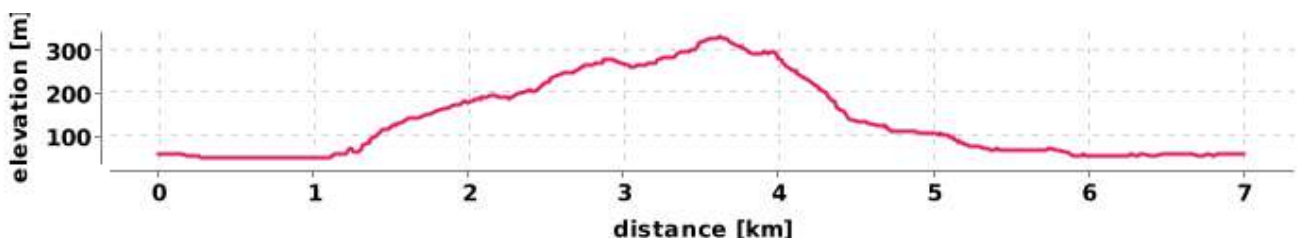
Loughrigg Fell walk 3 ~ A moderate walk taking in some great views of the neighbouring fells.

Route Summary

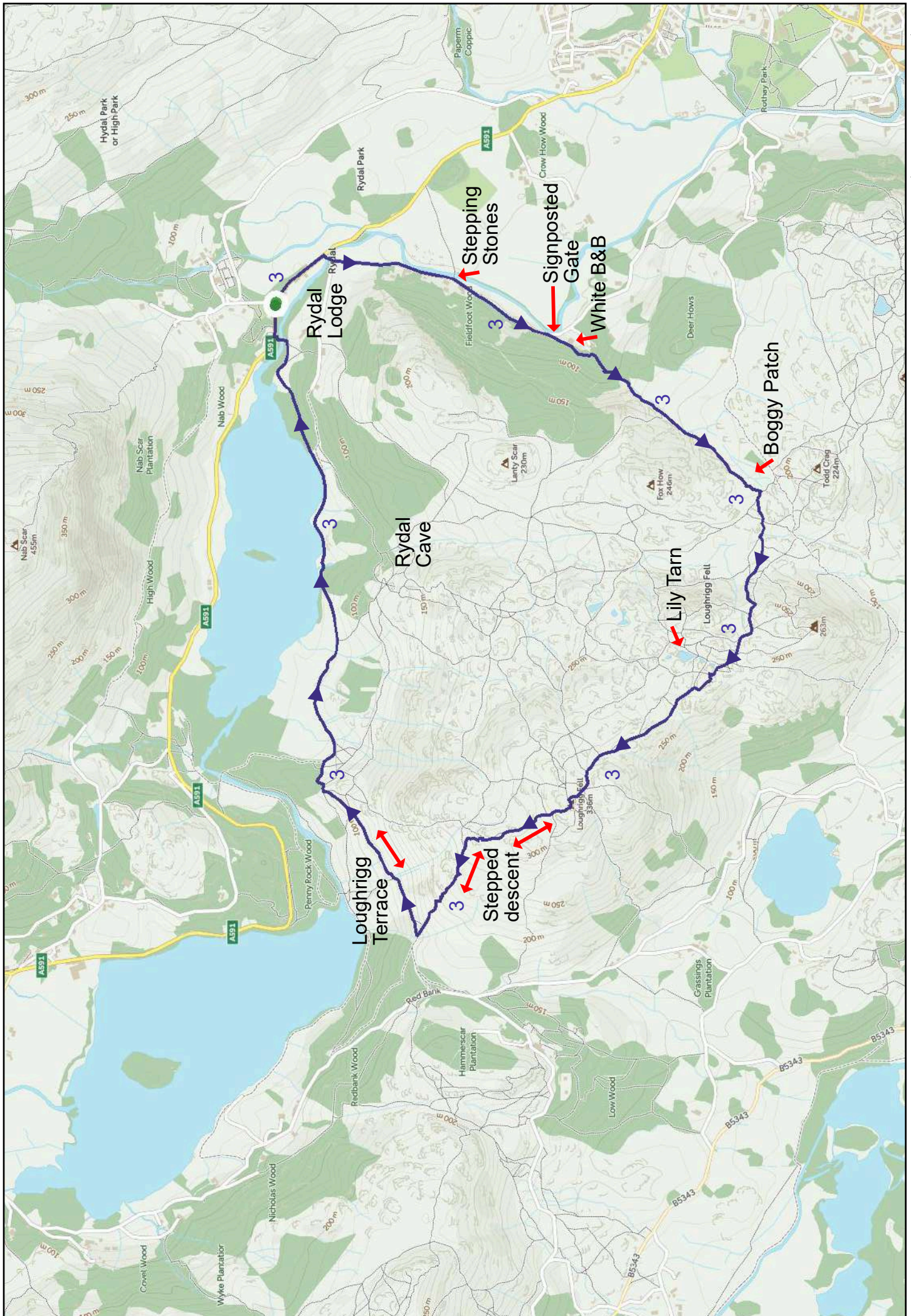
Total Distance 7.01 km (4.36 mi)
 Elevation 49 m at lowest point
 331 m at highest point
 Total Ascent 336 m

Distance 7.01 km
 Duration 02:25
 Difficulty: Moderate
 Activity Type Hiking
 Total Ascent 335.67 m

Elevation Profile



The initial route plan contains the main walk only while the second route plan indicates the 3 additional routes & also indicates other walks which are also available to do. Some people may wish to combine walks and take on more scenery in one trip. Use in conjunction with the other route guides to make the most of your stay.



Quick Assessment Guide to Walks 3a, 3b & 3c

The following icons represent the dangers and obstacles from the various route options in an easy to read graphical way. The numbers offer some clues as to the number or length of any technical sections which may be encountered during the walk.

Green indicates low risk, amber indicates low to medium risk and red indicates medium to high risk. The trophies represent the visual rewards for completing the walk, with bronze, silver and gold rated rewards.

	Mountainous or at Height	Boggy & Marshy Ground	Uneven Stone Steps	Stepping Stones across streams	Rocky & awkward Scrambles	Deep Water	Difficulty	Trophy rewards
Walk Section 3 (The Main Route)	50%	2%	25%	3x	2%	5%	4	15-19
Walk Section 3a (An easier ascent)	50%	2%	25%	3x	2%	5%	4	16-19
Walk Section 3b (Rydal Cave ascent)	35%	5%	2%	0x	3%	0%	3	10
Walk Section 3c (Alternate descent)	20%	2%	0%	1x	3%	0%	2	7

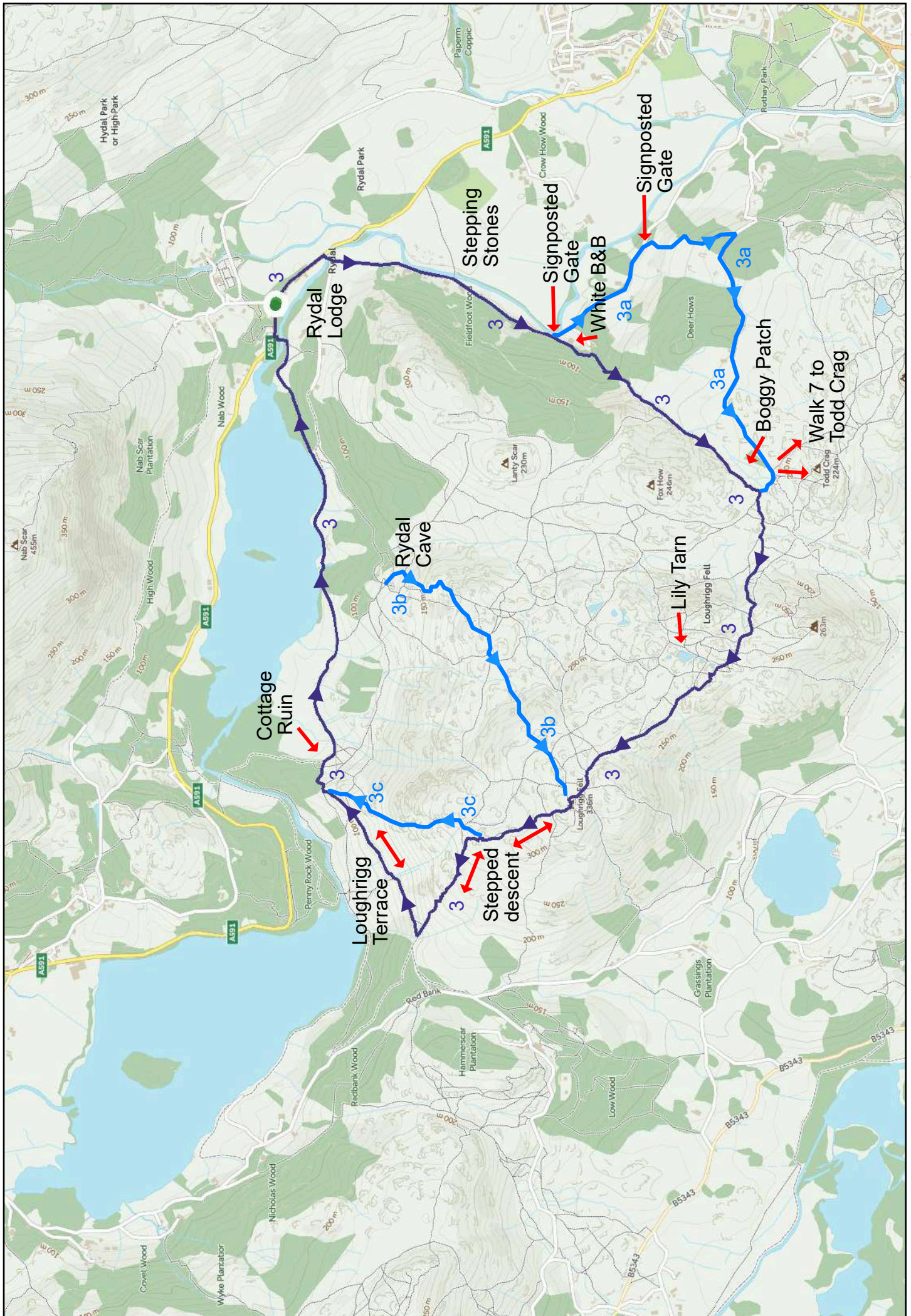
Route Text for 3a, 3b & 3c

Directions (for use in conjunction with the route plan)

Route 3a - set off as for route 3 from Rydal Lodge. Ignore the first marked path just prior to the white bed and breakfast. Keep going along the road for another half mile or so. There is another gateway marked Loughrigg Fell with a track heading uphill. Inside the field there is a stone barn on the right. Do not follow the track by the barn, instead look for some small arrowed posts heading straight up the hill. Go through the scrubby woodland and come up to at a road. Turn right and follow this for some distance. You will come across a building which looks like it is out of Grand Designs. Shortly after this property head right and across to the boggy patch mentioned in the main walk. Here you return to walk 3 but may need to cross or work your way around the boggy patch. At this point you may wish to divert to take in walk 7 Todd Crag.

Route 3b - set off as for route 1 from Rydal Lodge following the track up to Rydal Cave. When stood in front of and looking at the cave, there is a path which heads off to the left up a fairly steep incline. This may be partially overgrown with bracken, but you should see some scrabbly rocks on the right and this is the track to follow. There are some quite steep sections heading away from Rydal Cave up to the summit of Loughrigg Fell. The views are grand over Rydal Water and Nab Scar beyond. The trig point and summit are off to the right.

Route 3c when heading down the steep steps there is an option to head down and away from the uneven steps, cutting off the longer route. It is a steep descent back down to the gate at the end of the cottage ruin.



Route Information

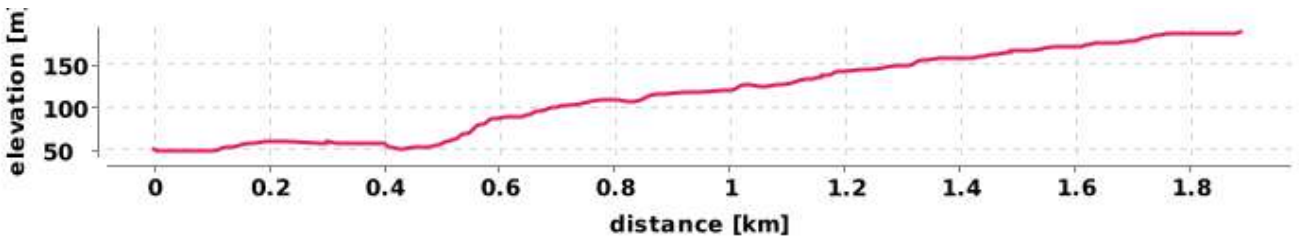
loughrigg fell walk 3a ~ alternate climb taking an easier route up to the same point as route 3 to do the final ascent of Loughrigg Fell.

Route Summary

Total Distance 1.89 km (1.18 mi)
Elevation 50 m at lowest point
189 m at highest point
Total Ascent 152 m

Distance **1.89** km
Duration **00:46**
Difficulty: **Moderate**
Activity Type **Hiking**
Total Ascent **152.19** m

Elevation Profile



Route Information

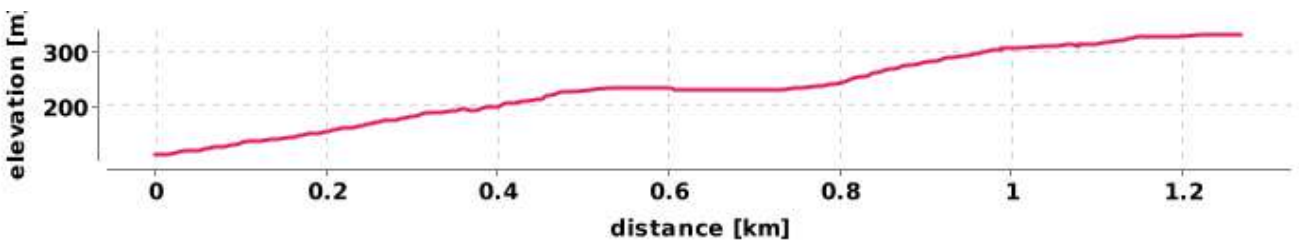
Loughrigg Fell starting from Rydal Cavewalk3b ~ a sharp climb to the summit of Loughrigg Fell

Route Summary

Total Distance 1.27 km (0.79 mi)
Elevation 112 m at lowest point
331 m at highest point
Total Ascent 225 m

Distance **1.27** km
Duration **00:46**
Difficulty: **Moderate**
Activity Type **Hiking**
Total Ascent **225.07** m

Elevation Profile



Route Information

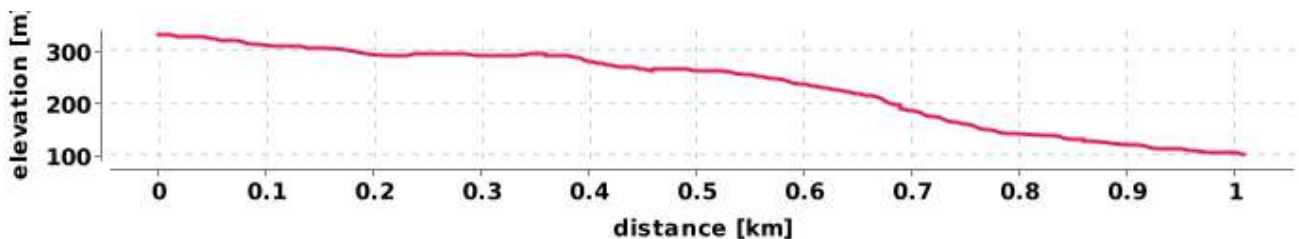
loughrigg fell alternate route 3c ~ An alternate sharp descent from the summit to the north.

Route Summary

Total Distance 1.01 km (0.63 mi)
Elevation 102 m at lowest point
331 m at highest point
Total Ascent 8 m

Distance **1.01** km
Duration **00:16**
Difficulty: **Moderate**
Activity Type **Hiking**
Total Ascent **7.70** m

Elevation Profile

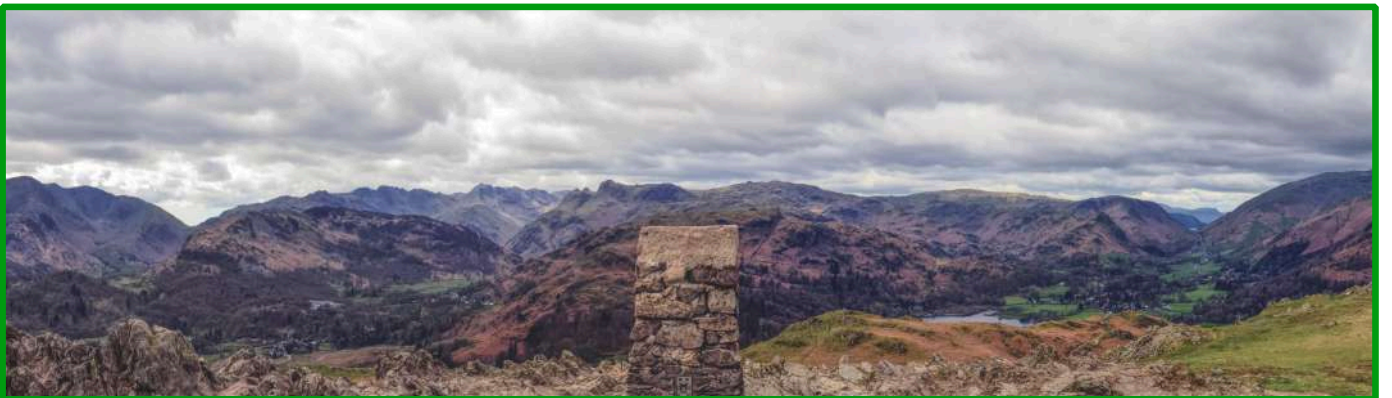




The alternate ascent through a field. Do not follow the farm track, but instead head up the steep hill.



Looking at Nab Scar and the Fairfield Horseshoe beyond.



Loughrigg Fell summit looking to the west and to the north.



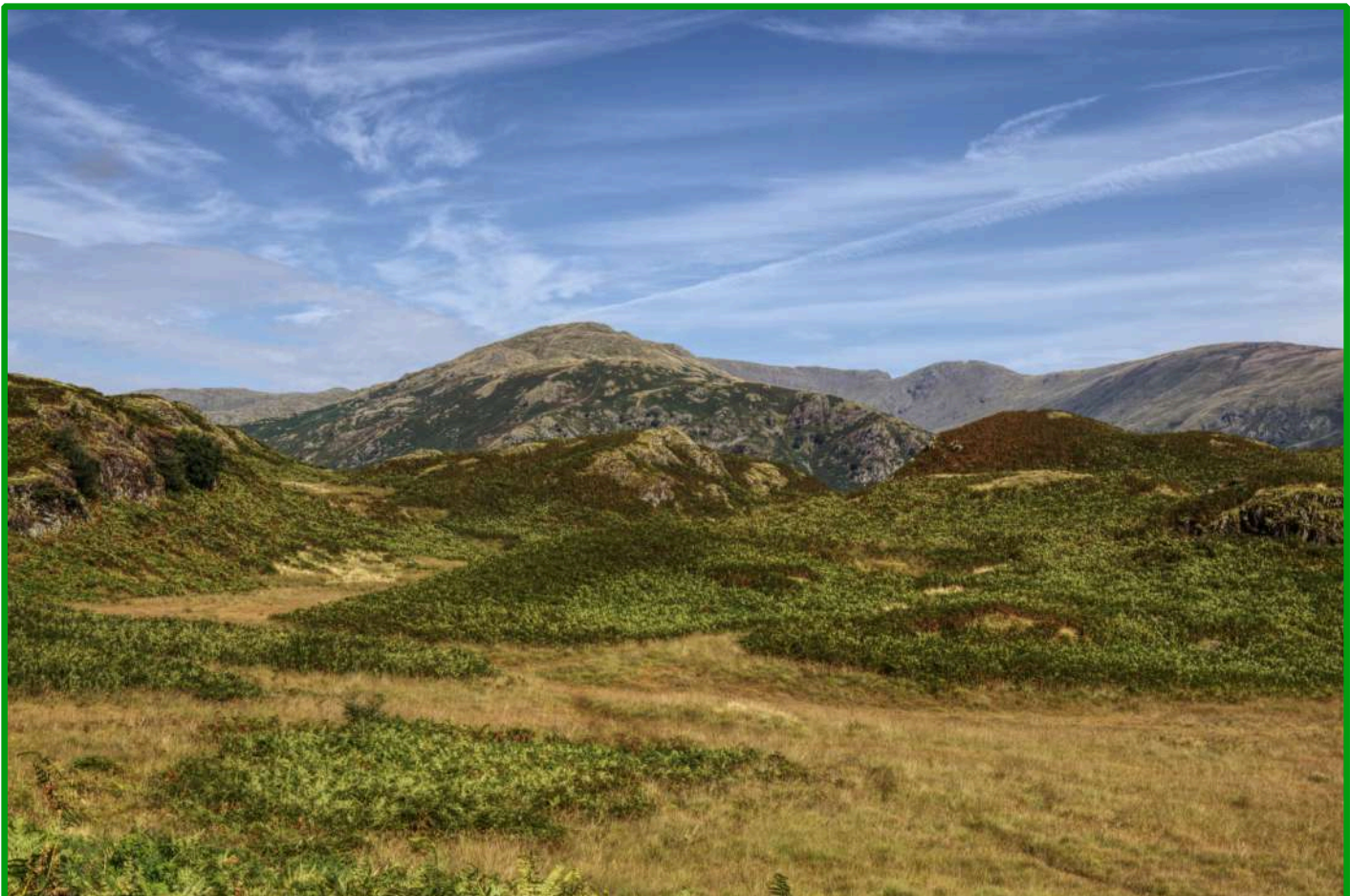
One of the many mini-summits on Loughrigg Fell



On the alternate track (route 3a) beside the isolated property looking at Fairfield Horseshoe



Lily Tarn looking in the same general direction of Fairfield Horseshoe and the fells beyond



Again looking in the same general direction of Fairfield Horseshoe with a wet and boggy foreground