



Overview

This walk is generally easy going, with some interesting scenery and the odd surprise viewpoint. It takes you past Loughrigg Tarn and gives good rewards for moderate overall effort. The walk 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 memorable scenery.



Grasmere and the River Rothay below from Loughrigg Terrace

Directions and Route Options for walk 8

Leave Rydal Lodge and head towards The Badger Bar for around 80 yards. Turn left and cross the river over the wooden bridge. Head right and follow the path around by Rydal Water keeping at low level. The path curves away from Rydal Water and you follow Rydal Terrace for a time. You will see steps heading off steeply up to the left and to the summit of Loughrigg Fell. Keep going along the path and negotiate a few wet and scrambly rocks. The path heads away to the left and climbs gently. Go through a gate and then go past another gate on the right. Shortly thereafter there is a path which heads off right and meets with the single track road named Red Bank. Head to your right and down this for just a few yards and spot a timber signposted path through to an ancient woodland known as Red Bank Wood on the left. Head through the woodland and exit to another track. Turn immediately left and head through a gate. Climb back up the hill for a few hundred metres to a boggy patch with stepping stones. At the end is a gate and then some more open moorland. There are some views to be enjoyed from here showing Elterwater, Chapel Stile and the Langdale valleys below.

You may follow the track down to the road, however there is a short cut across the boggy stream you already crossed on the stepping stones earlier. Drop down to a boggy stream with more stepping stones, which take you back to the road and the Youth Hostel without dropping half way down the hillside. Cross the cattle grid and head almost immediately to the right off the road. There is a signpost for red squirrels here, though I haven't spotted any. I reckon they are camera shy.



Beauty in ancient Red Bank Woodland



Mosses and ferns in Red Bank Woodland



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The view from Loughrigg Terrace into Langdale



Three moody images from the banks of Loughrigg Tarn

Keep walking down the path and back towards the single track road in a northerly direction. You will exit onto the road through a gate and need to turn right, being careful of any traffic on the way. You travel down the single track road for just over 400m and look for a gated track on your left. You can see Loughrigg Tarn through the trees in the distance. The track goes right around the northern side of Loughrigg Tarn with several paths leading into the meadow-grassland.

There are a couple of benches for a break and to admire the tarn from. The photographers may wish to get down low by the water's edge to take some classic landscape shots.

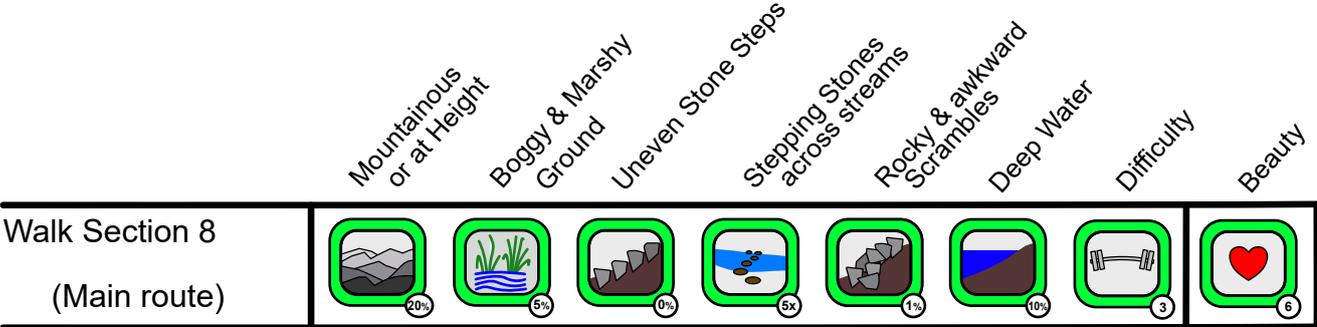
You continue along the track and exit via another gate. Almost immediately after the gate you take a left turn up a scrabbly path. It climbs slightly and heads onto moorland and to Loughrigg Fell. There is a short climb, but not too onerous. It brings you out from the opposite direction to the boggy patch mentioned in walk 3. You head towards the right and come upon Park Rigg, the cottage which looks like it is from Grand Designs. You stay on the track and head back down into Ambleside. You join with another road by a cattle grid and turn left, back along the single track lane known as Under Loughrigg and towards Rydal.

This road heads along the side of the river and comes to a bridge back onto the main A591 Ambleside-Keswick Road after another cattle grid. Turn left before the bridge and head up this single track road. As you climb there is a car park on the left and a little further on a cottage on the right which advertises wedding ceremonies from the property. Around 110m after this cottage there is a right turn through a gate which brings you back down to the wooden bridge opposite the Badger's Bar. Cross the bridge and turn right back to Rydal Lodge.

Quick Assessment Guide to Walk 8

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 and are scaled from Bronze, through Silver to Gold with a rolling scale of 10 marks each, (1-30 overall).





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Route Information for main walk 8

Loughrigg Round

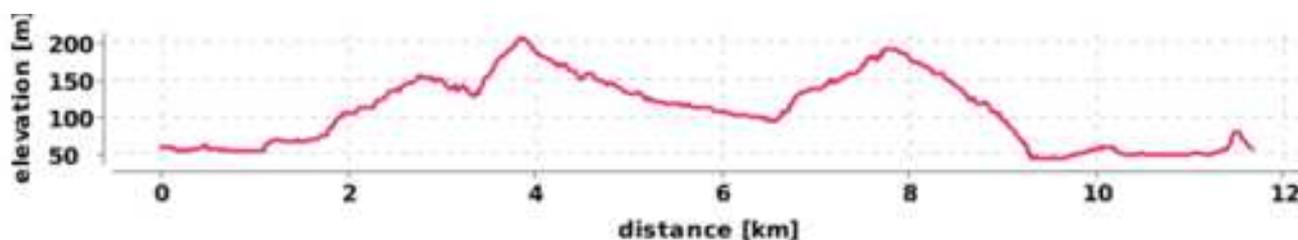
A fairly gentle stroll around the outskirts of Loughrigg Fell, taking in Loughrigg Tarn.

Route Summary

Total Distance	11.68 km (7.26 mi)
Elevation	45 m at lowest point 207 m at highest point
Total Ascent	372 m

Distance	Duration	Difficulty:
11.68 km	03:39	Easy
Activity Type	Elevation	
Hiking	371.63 m	

Elevation Profile



Three views of Nab Scar to the left of the Fairfield Horseshoe beyond in the distant middle



Directions and Route Options for short-cut 8a

When you go through the first gate ignore the gated path to the right and the next path which also heads off to the right. Stay with the main track until it meets a gate at the road. Look for a gated path on the opposite side of the road immediately to the left of the road which heads up to the youth hostel.

Taking this short-cut removes the woodland section, a small descent and a decent climb back to the youth hostel from the opposite side of the road to the youth hostel. It also removes about a mile from the walks' overall length at the cost of missing out the ancient woodland section with a unique landscape.

