

## Overview

This sheet is designed to help you get the most out of walking around the Rydal locale, with taking good and well considered images of the scenery and anything else of interest which you might spot on your travels.

The camera or phone does not matter especially, however knowing how best to use it does. There are settings and things which can be carried out to improve your images and give you a better chance of capturing those special moments as they happen.

## The Photographic Walking List

- Walk 1 ~ Rydal Water
- Walk 2 ~ Grasmere
- Walk 3 ~ Loughrigg Fell
- Walk 4 ~ Loughrigg Terrace
- Walk 5 ~ Rydal Locale
- Walk 6 ~ Nab Scar & Heron Pike
- Walk 7 ~ Todd Crag & Ambleside
- Walk 8 ~ The Loughrigg Round



## My Credentials

I have been taking digital landscapes, scenery and panoramic images for around 20 years. I am enthusiastic about this type of photography and of how to best edit images to make even seemingly mediocre shots into superior ones. There are some obvious limitations, but everyone can do a post editing tweak or two to improve their final images in just a few minutes or less. I class myself as an experienced amateur though have been published and featured in some local publications, on the TV, on websites and more.

## Information

Each walking sheet contains a brief description, route(s), selected images and a guide to the difficulty versus the rewards for setting out on your chosen walking expedition. They vary between easy and strenuous, indicating terrain difficulties and the potential rewards for doing them. I hope the images speak for themselves.

I am not a seasoned walker, but do like to go and take a descent set of images of the landscapes I see around me when I go walking. Thus I aim my narrative at generally healthy people whom may not be hill fit, but with time and the correct resources can make it around each of the routes specified. Those with health issues should use some level of caution, based on their capabilities and medical condition(s).

Naturally you have to decide if each walk is for you based upon your own abilities and general health/fitness. If you have bad knees or hips, then some walks would not be recommended. That said, I have seen octogenarians doing the biggest walks, so I am not best positioned to judge individual capabilities. Some of the older people put me to shame, it has to be stated.

## General Safety

People need to take a bare minimum of safety gear with them and it should include:

A flask with hot drinks in winter or a cool water bottle in summer for warm weather. Dehydration is real and causes loss of balance and the ability to judge distances correctly.

Food such as biscuits, fruit, energy bars, light snacks, sweets, etc. Less of an issue with most of these walks, but fatigue reduces walking speed and overall performance. Combined with dehydration, the effects can be severe.

A map and compass. Phone apps are okay, but they rely on having a signal and good battery, both of which could be suspect on the fells when the weather is cold or inclement. Downloaded maps on your device are good enough, so long as you can work out exactly where you are. This is where the compass helps. GPS will suffice.

Medicines and a general first aid kit. Cleaning swabs, dressings and bandages are a must in case something goes wrong on the day and basic first aid is required. Trips and slips are commonplace on the fells and even the best fell walkers can put their feet out wrong and need some assistance.

Good footwear and clothing, including a weather proof jacket suitable for the conditions on the day. I use [www.mwis.org.uk](http://www.mwis.org.uk) for up to date weather forecasts on the hill conditions so that I know what I am likely to encounter. Weather can change quickly on the fells and it is easy to get caught out in exposed locations, so a quick weather check before setting out is worth the 2 minutes it takes.

Taking an experienced person with you rather than going it alone, especially when you are not sure of the location you are heading to. I am generally comfortable heading out on my own, but ensuring personal safety is essential. Tag along with another walker if they are amenable to you doing so. They may agree to company for a mile or so, but don't push them if they say no. I generally stop every few minutes to take in the views, so meet many new people over the duration of my walks.

The following ratings are based on my own experiences of doing these walks and may differ from your own experiences when you head out. They are meant only as a guide and conditions on your trip may vary significantly from my own experiences due to the time of year and any weather conditions on the day. Caution is advised.

## Key to icons and their meaning

Low to Zero risk	Low to Medium risk	Medium to High risk	Key to Icons ~ percentages mean as a proportion of the whole walk ~ Numbers like 3x indicate that there are 3 obstacles.
			High Hills & Deep Valleys with dangers from ridges, cliffs, being at height & exposure
			Boggy & Marshy Ground with dangers from slips and sinking into mud
			Stepped Paths with dangers from trips & falls
			Stepping Stones to Cross Streams with dangers from slips, getting wet & subsequently chilled
			Scrambling Over Rocks with dangers from trips & falls
			Proximity to Rivers & Deep Water with dangers from drowning & hypothermia
			Overall Difficulty Rating (1-10) with dangers from fatigue and exhaustion

## The Rewards for undertaking the walks

			Rewards ~ Visual or photographic for completing the Walk and rated bronze, silver & gold (with marks 1-10) These are quite subjective and you may have different opinions to me.
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Panorama taken from walk 4 ~ The Loughrigg Terrace walk