



## LOUGHRIGG CIRCUIT WALK FROM AMBLESIDE

DISTANCE: 7 miles

TOTAL ASCENT 389m

GRADE, Moderate to Easy, walking boots required

TIME: 3 ½ -4 ½ HOURS

REFRESHMENTS: Plenty in Ambleside

### Overview of walk

Our favourite walk from Ambleside with stunning views all the way round, taking in the River Rothay, Rydall Water, Loughrigg Terrace with views over Grasmere, Loughrigg Tarn, a delightful detour to Lily Tarn, a perfect picnic spot, and ending with views down Windermere and over Ambleside.

The ascents are steady with no really steep bits.

**Danger note:** There is a brief section of walking on a minor road. The descent is quite steep and rocky so best to wear walking boots and take it slowly. There is one ladder stile which may be tricky for some dogs.

### Route details

1. You will need to drive into Ambleside or get the bus. The best long stay car park for this walk is **Rothay Road**, Miller Field – on left as you enter the town centre from the south on the one way system. Its just before the park with the mini golf and tennis courts.
2. The walk starts in Rothay Park which is just behind St Marys Church. From the car park walk through the mini golf park and turn left, go through the church yard and bear left to enter the park. Continue straight through the park to the far corner where there is an arched bridge over the River Rothay. Cross the bridge and turn right on the tarmac road. This road is a private road but does see some traffic accessing the properties along it.
3. The walk continues along this road for 1.2 miles with the River Rothay on your right and views of the Fairfield Horseshoe.

Keep yours eyes open for the stepping stones over the River Rothay some of these were displaced in the floods of Christmas 2015 and have not yet been reinstated.

4. Before the tarmac road rejoins the main road bear left up a rough track past a National Trust Car Park. Continue up this track for 4/10 mile until you reach a gate. Here you have your first view of Rydall water. The path splits the lower path goes along the lake shore .We take the upper path there is a bench here to take in the view.
5. Continue up the path which becomes quite steep with loose slate in parts until you reach some caves. This is the site of an old slate quarry. Continue past the caves on the path through the bracken. In about 1/3 mile the main path bears



right down to meet the lake side path but take the smaller path through the bracken to gain access to Loughrigg Terrace.

6. Bear left along the Terrace where there are numerous benches to sit and take in the views over Grasmere. At the end of the terrace a path rises steeply on the left to the summit of Loughrigg Fell, for those of you wishing to tick off a Wainwright take this path.



7. To continue the walk bear left at the end of the terrace to reach a minor road and turn left. Take care on this road it can be surprisingly busy. On your right you pass High Close. This is an 11 acre garden and arboretum now managed by the National Trust. Continue down the road for ½ mile where there is a lane forking off left through a gate.
8. Continue along this lane for half a mile past some cottages and take in the view to your right over Loughrigg Tarn towards the Langdale Pikes. Take the path that goes over a stile on your left and proceeds diagonally across a field.
9. Pass another stile and when you reach a gate with a path coming in from the right bear left and walk uphill with a wall on your right. This path eventually bears left and climbs steeply uphill. The path eventually levels out on a plateau area on Loughrigg Fell. The main path continues straight on and drops into Ambleside. However to visit Lilly Tarn look for a small path on your right about 50 yards from where the path levels.
10. This rough path crosses a small stream and remains roughly parallel to the wall on your right for ½ mile. After ½ mile the path bends to the left and then right Lilly Tarn is hidden behind a raised hillock. There is a small bench at the edge of Lilly Tarn.
11. From Lilly Tarn head east from the bench towards the depression between the raised ground on the left of the Tarn, Below you is a smaller tarn, skirt to the left of this and head towards the small peak ahead on your right climb up here to get the views down Windermere

12. Below you is a wall with a ladder stile over it. Cross the wall and head diagonally left on a path through the bracken. Head for another prominent rocky outcrop where you get a fantastic view of Ambleside.

13. Go back to the path and continue downhill through the bracken. This path eventually bears right and descends steeply down a rocky gully, take care there are loose rocks and it can be very slippery.

14. At the bottom of the gully the path bears left over a small bridge and through a gate into the woods, after a short distance the path emerges on a tarmac lane.

15. Follow the lane down the hill and rejoin the lane you started on turn right and you are back at the park and Ambleside for some well earned refreshments.

