



15 CUMBRIA LOUGHRIGG FELL & RYDAL CAVE

▶ Distance: 3¼ miles/5.2km ▶ Time: 2 hours ▶ Grade: Moderate

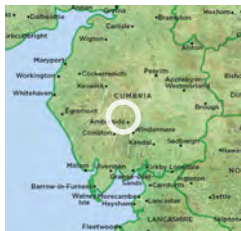
SEE
FEATURE
ON PAGE 64



Grasmere from
Loughrigg Terrace.

PHOTO: JAMES DEBOO

PLAN YOUR WALK



ROUTE

Start/parking White Moss car park (P&D), LA22 9SE, grid ref NY349064

Is it for me? An ideal introduction to the Wainwrights. Good, clear paths, the ascent mostly confined to a short, steep, proto-scramble.

Stiles None

PLANNING

Nearest town Ambleside

Refreshments Many options in Grasmere and Ambleside. Try the Glen Rothay Hotel and Badger Bar in Rydal (015394 34500)

Public toilets At start, none on route

Public transport Bus 555 Kendal-Keswick and 599 from Bowness-on-Windermere to start (stagecoachbus.com)

Maps OS Explorer OL7, Landranger 97; Harvey Maps Superwalker Lake District East



CHOSEN BY...

JAMES DEBOO

If you'd like to get the kids up an actual

Wainwright, this is a good place to start. In a couple of hours you'll walk through bluebell woods alongside the clear, burbling River Rothay, and along Loughrigg Terrace, overlooking Grasmere. Then a short climb, with a steep section you can call a scramble if you want to impress the folks at home, leads to the summit trigpoint. Here, postcard views of some of Lakeland's finest and most famous fells are sure to inspire future adventures. Then, in case anyone's getting bored, there's the promise of Rydal Cave on the descent. In fact

a disused slate quarry surrounded by Scots Pines, the cave has a flooded entrance across which stepping stones lead to the dry, cavernous and very echoy interior.

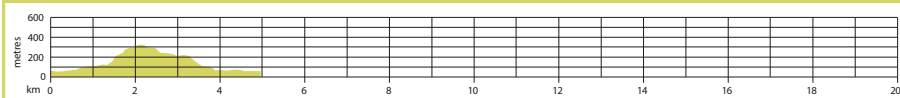
1 Start

From White Moss Car Park head south to the River Rothay and then R, upstream, to a footbridge, signed Rydal Cave. Cross the bridge, go ahead through woods towards Loughrigg Terrace. Where path leaves woods go R, signed Grasmere, to a rise. Fork L, SW, along Loughrigg Terrace: don't drop down to Grasmere shore. Continue 600m.

2 ¾ mile/1.3km

At a wood corner go sharp

GRADIENT PROFILE



15 CUMBRIA LOUGHRIGG FELL & RYDAL CAVE

► OS Explorer map OL7 ► Buy maps at: ordnancesurvey.co.uk/shop

© CROWN COPYRIGHT 2021 ORDNANCE SURVEY MEDIA 003/21



DATE WALKED

TIME TAKEN

YOUR RATING

L and climb Loughrigg's NW ridge to the summit. The LDNP authority are paving the steepest sections: where the gradient slackens the summit trig point appears and the paving disappears.

3 1¼ miles/2km

Continue E from the summit, dropping down past a cairn to a fork. Go L, NE, down stone steps, curve E past two cairns. At third cairn go L, E: skirt S of a small tarn.

Continue E down a small valley towards the marsh of Scartufts. Contour S around the marsh, keeping L at 3 forks. Once heading N, tree-clad slopes of Nab Scar appear ahead. Continue N: Rydal Water appears. Drop down to a rock outcrop by pine trees, then skirt L to reach Rydal Cave.

4 2¼ miles/3.6km

Head W, soon dropping NW to a broad track near Rydal Water shore. At wood corner

by ruined barn rejoin outward route, go L, signed Grasmere. Through woods, across footbridge, R, signed Ambleside via Coffin Route to return to car park. **CW**

VIEW THE WALK ON OS MAPS ONLINE:

walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



Ordnance
Survey