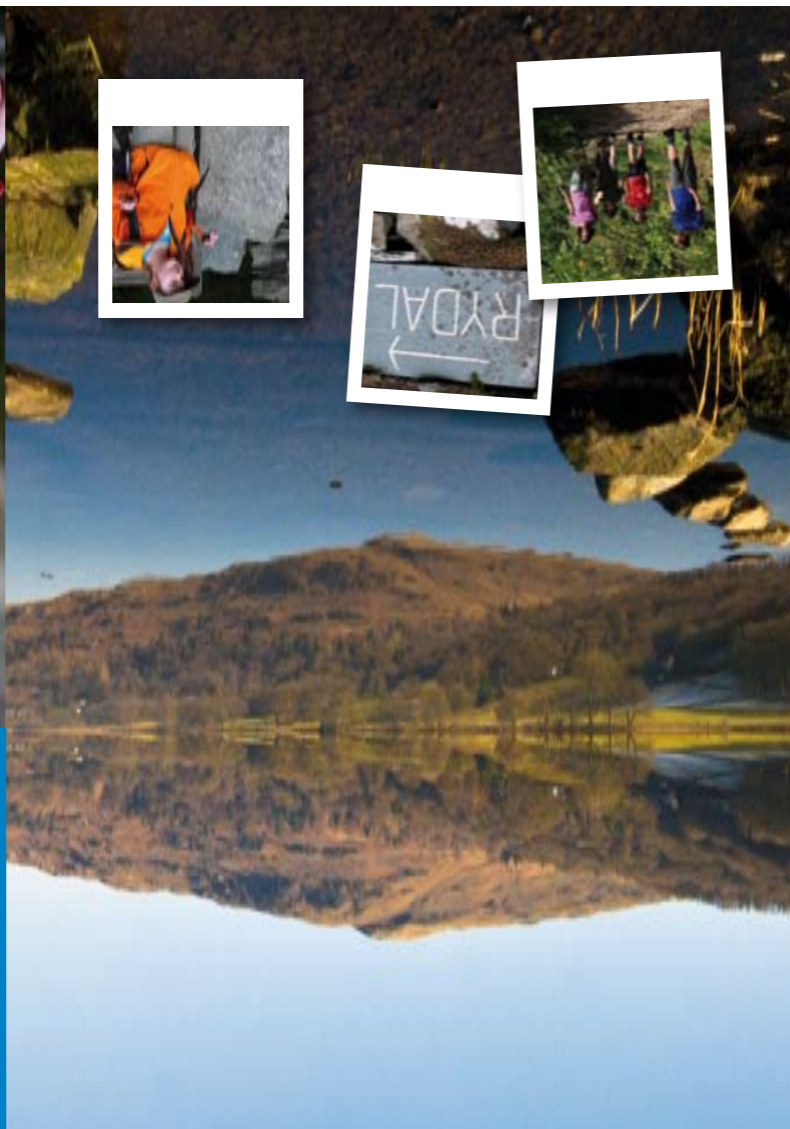




Family Walks around Rydal & Loughrigg

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Useful information

Getting there: Bus service 555 runs between Kendal and Grasmere stopping at Rydal Church. To go by car follow the A591 from Keswick or Kendal. The walk starts from the car park in Rydal (GR NY 349 064). Visit www.traveline.org.uk or call 0871 200 22 33 to check public transport information before you travel.

Accommodation and tourist information: The website www.golakes.co.uk/stay shows a range of serviced and self catering accommodation in the Grasmere and Rydal area. The nearest tourist information centre is located in Ambleside, telephone 015394 32582.

Weather: The weather in the Lake District can change quickly, clear morning skies can rapidly give way to rain, sleet or even snow so be prepared! Changes in weather can dramatically alter the difficulty of a route so please consider this before setting off. Call 0844 846 2444 to check the forecast.

Practical information: Appropriate clothing can make all the difference. It is important to be warm, comfortable and dry when out exploring so make sure you have the appropriate Sprayway kit and plenty of layers.

Your rucksack should hold everything needed and be carried comfortably. Have extra layers, a hat and gloves, enough food and drink, and a first aid kit. A compass, map and the knowledge to use them is invaluable.

Mobile phone reception isn't always good in the Lake District. Leave details of your route and expected finish time with a buddy. If you are delayed please contact your buddy to let them know. This will prevent a mountain rescue, a team of volunteers, being called out unnecessarily. If there is an emergency call 999. Ask for Cumbria Police and give your location; an accurate grid reference is ideal.

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for more information visit
www.golakes.co.uk/adventure

pedal or paddle, hike or climb, conquer your competitive spirit or just get out there and enjoy

on foot
on wheels
on water
on ropes
on course

where to get on in the adventure capital

Family walks Around Rydal & Loughrigg

Welcome to the Adventure Capital, the Lake District, Cumbria. Famous for its stunning landscapes of lakes and fells the country's biggest adventure playground is breathtaking, in every sense of the word!

This leaflet contains two walking routes around Rydal, perfect for families. There is a shorter route for little ones and a longer one for the more adventurous, so the whole family can get out and enjoy the best of the Adventure Capital. Children are not essential to complete these walks, so families of all ages can enjoy them.



Sprayway - for all walks of life.

Whatever puts the 'great' into the outdoors for you and your family, Sprayway has the right gear to keep you all comfortable. Our clothing and equipment has been designed to keep you warm and dry in the winter, cool and happy in the summer. So, whether your visit to the Lake District takes you up in the fells or for a lakeside walk, Sprayway has everything you need for a day out in our ever changing weather!

Get the latest news at www.sprayway.com



ABOUT Rydal & Loughrigg

Rydal is a small hamlet in the heart of the Lake District.

It is close to a small lake of the same name; Rydal Water. The poet William Wordsworth lived at the house called Rydal Mount from 1814 until his death in 1850.

It was a popular place with Victorian tourists who came here after reading poems by Wordsworth and other writers. Lots of the large houses you see were built as hotels or holiday homes for wealthy business men.

Rydal Water is a lovely place for a walk as it is surrounded by woodland and fells. Lots of wildlife is found on the water including great crested grebes, coots, and swans.

Loughrigg Terrace is a footpath on the side of Loughrigg Fell. It is very popular because of the beautiful views.



great things to see and do on the walks...

lets go fly a kite!

So long as the wind isn't too strong the summit of Loughrigg Fell on the blue route is a good launch site for kites!

Rydal Caves produce fantastic echoes so some harmonic tunes will go down a treat.

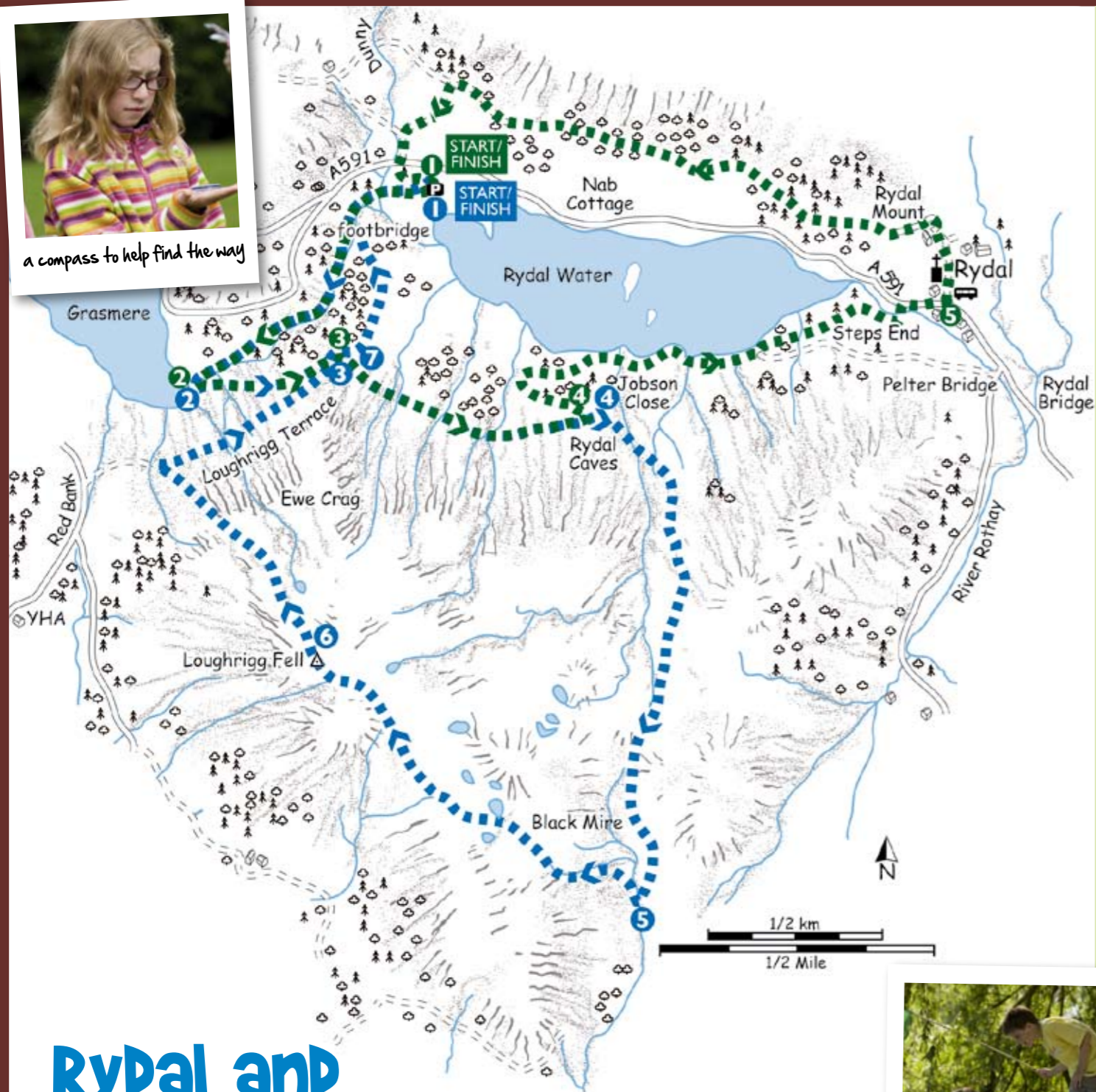
yobelling!

The view towards Grasmere is filled with very shapely mountains that make ideal simple forms to sketch.

take a sketch pad



a compass to help find the way



Rydal and Loughrigg Terrace

Both of the routes start and finish at Rydal Water car park and follow the same directions until you reach Rydal Caves.

Once you have finished exploring the caves the little ones can complete the shorter green route and older ones can carry on along the blue route before meeting up back at the car park.



see for miles!



a new discovery in the river!

Green Route (Short)

Start/Finish Rydal Water Car Park
Distance 3.7 miles (6km) **Time** 2-3 hours
Height gain 250m
Terrain Woodland, river crossing, lake side paths, fell paths and tracks
Maps OS Explorer Map OL 7

- 1 From the car park walk along the path towards Grasmere. It climbs slightly through the trees and follows a course next to, and just above the River Rothay to arrive at a footbridge over the river at the mouth of Grasmere.
- 2 Cross the bridge and then turn left to make the slight climb up the higher of the two paths. This will bring you to a junction of paths after 400m.
- 3 Take the permissive bridleway (higher of the two paths that heads towards Rydal Water) around the fell side to Rydal Caves. There are two sets of caves; the higher one is sometimes known as Cathedral Cave because of its spectacular arch. The caves were slate quarries that produced high quality roofing slate.

There are frequent falls of stone from the roofs so it is best to avoid actually going inside the caves. However you can see most of what is inside easily from the entrance fences.

- 4 From the caves follow the good track down hill to join the Rydal Water bridleway. Turn right on to the bridleway and follow it alongside Rydal Water towards Rydal village.

As the trees are reached the bridleway splits, take the left branch and follow it to the footbridge over the River Rothay. Cross the bridge and turn right on to the road (A591). Carefully follow it the short distance to Rydal village.

- 5 Turn left off the road (A591) and take the lane up through Rydal village to join the bridleway just behind Rydal Mount (Wordsworth's old home). This bridleway is known as the Coffin Route as before there was any consecrated ground in and around Ambleside it was used to take coffins for burial at the church in Grasmere.

Follow the bridleway towards Grasmere for 1.5km to a junction with a path. Turn left, and descend the path to the road. Carefully cross the road and enter the Rydal Water car park to finish the walk.

Images © Britainonview; David Levenson, Ben Barden, Rod Edwards



make new friends!



Blue Route (Long)

Start/Finish Rydal Water Car Park
Distance 4.5 miles (7.2km) **Time** 3-4 hours
Height gain 400m
Terrain Woodland, river crossing, lake side paths, fell paths, tracks, broad summit ridge and steep descents
Maps OS Explorer Map OL 7

- 1 Follow the green route, directions 1 - 3, until you reach Rydal Caves.
- 2 Once you have finished inspecting Rydal Caves continue on the path past them and follow it for about 100m to a beck. Cross the beck, then on the other side pick up a path on the right. This path climbs steadily up hill across the slopes above the beck. It splits at a couple of places but so long as you maintain a generally southerly direction you will arrive after 1.4km at a path junction near Black Mire.
- 3 At the cross-roads at Black Mire turn right and join the main path to the summit of Loughrigg Fell. It wiggles about a bit and climbs a few short steep rises leading in 1.2km to the summit trig point.

- 4 To descend continue in a north-westerly direction towards Grasmere and head down the path to join Loughrigg Terrace. Turn right on to the bridleway and head along the terrace for 650m to the junction where the permissive path to Rydal Caves starts.

- 5 Ignore the path you came up earlier, instead head straight down hill from the junction, into the woods, and follow the path down to a footbridge over the River Rothay. Cross the bridge and then turn right to follow the path back to the Rydal Water car park.

take a Bearing (Blue route)

The path from Rydal Caves up the side of Loughrigg Fell to Black Mire splits and is vague in parts. Navigating along it on a southerly bearing is an excellent test of compass skills.

take a Magnifying glass

There are lots of stones, twigs and branches to lift to find out what bugs dwell beneath - a magnifying glass makes them much more exciting!

Bring your Binoculars

Both Loughrigg Terrace and Loughrigg Fell on the blue route make excellent places to spy; a pair of binoculars allows lots of interesting things to be spotted!