

105. Loughrigg Fell

Distance **6.5 miles/10.5km**

Ascent **797 metres**

Start/finish **Rydal Water car park, LA22 9SE**

Carefully cross the A591 and follow the path R to cross the footbridge over the river. Turn L on the path through woodland and along the southern shore of Rydal Water to the road at Pelter Bridge (1.6 miles/2.6km). Turn R on the road for about ½ mile to a footpath R. Take this path up Fox Ghyll and continue south-west to a path junction below Ivy Crag. Turn R here and stay R at the next junctions, passing to the north-east of Loughrigg Tarn (4 miles/6.4km). At the northern tip of the tarn stay R and follow the paths to the beck coming down to the corner of Intake Wood. Turn R here and take the steeper path up the beck to the summit and trig point on Loughrigg Fell. Turn L and follow the path back down to reach the western end of Loughrigg Terrace above Grasmere (5.1 miles/8.2km). Turn R along the terraces to a sharp L which brings you back to the beach and the weir on Grasmere. Turn R and follow the riverside path back to the start.

Miles	Km	Directions
0.0	0.0	Cross the A591 and follow the path right to cross the footbridge over the river.
0.2	0.3	Turn left on the path through woodland and along the southern shore of Rydal Water to the road at Pelter Bridge.
1.6	2.6	Turn right and follow the road to a footpath right.
2.1	3.4	Follow this path up Fox Ghyll and continue south-west to a path junction at NY352040 below Ivy Crag.
3.2	5.2	Turn right here and stay right at the next junctions, passing to the north-east of Loughrigg Tarn.
4	6.4	At the northern tip of the tarn stay right and follow the paths to the beck coming down to the corner of Intake Wood.
4.2	6.8	Turn right here and take the steeper path up the beck to the summit and trig point on Loughrigg Fell.
4.6	7.4	Turn left and follow the path back down to reach the western end of Loughrigg Terrace above Grasmere.
5.1	8.2	Turn right along the terraces to a sharp left which brings you back to the beach and the weir on Grasmere.
5.8	9.3	Turn right and follow the riverside path down the river, over the bridge and back to the start.