

106. Fairfield Horseshoe

Distance **11 miles/17.5km**

Ascent **1203 metres**

Start/finish **Rydal Road car park, LA22 9AN**

Turn L and follow Rydal Road out of Ambleside, turn R onto a footpath shortly after crossing Scandale Bridge. Head alongside Scandale Beck before bearing L away from the beck on a good path across Rydal Park and past Rydal Hall. Turn R, passing Hart Head Farm and climbing onto the fells above Nab Scar. Follow the path up the ridge to Heron Pike at 612m, then Great Rigg at 766m and finally Fairfield at 873m (5.4 miles/8.7km). Turn R and, staying on the horseshoe ridge, start descending over Hart Crag at 822m and Dove Crag at 792m. Keep R tracing the ridge south over High Pike at 656m then Low Pike at 508m before dropping down towards Ambleside and joining the end of Nook Lane at Nook End Farm. Take the lane south into Ambleside, turning R onto Smithy Brow then R onto Rydal Road to return to the start.

Miles	Km	Directions
0.0	0.0	Follow Rydal Road north out of Ambleside, turn right onto a footpath shortly after crossing Scandale Bridge. Head alongside Scandale Beck before bearing left away from the beck on a good path across Rydal Park to the path junction at Rydal Hall.
1.5	2.4	Turn right, passing Hart Head Farm and climbing onto the fells above Nab Scar, continuing up the ridge to Heron Pike.
3.2	5.1	Continue to Great Rigg.
4.5	7.3	And up the ridge to Fairfield.
5.4	8.7	Turn right and, staying on the horseshoe ridge, start descending south-east to Hart Crag.
6.1	9.8	Follow the ridge to Dove Crag.
6.8	10.9	Keep right tracing the ridge south over High Pike to Low Pike.
8.5	13.7	Descend towards Ambleside, joining the end of Nook Lane at Nook End Farm.
10.1	16.3	Follow the lane south into Ambleside, turning right onto Smithy Brow then right onto Rydal Road to return to the start.