



LOUGHRIGG LOOP.

Start / Finish - The Langdale Estate (LA22 9JD)

Distance	Difficulty	Ascent	Max Altitude
19km	Moderate	505m	249m

SUMMARY.

Something for everyone. Steep climbs, fast descents, spectacular views, ancient quarries and even an old golf course (if you know where to look). The loop of Loughrigg goes from Langdale alongside the river to Skelwith Bridge, around the tarn to Loughrigg Terrace which when not busy with walkers is a blast. The climb from Ambleside to the South side of Loughrigg is

ROUTE DESCRIPTION.

- 1.Exit Langdale turn right, take next right into Elterwater, and straight ahead at the junction by the Britannia Inn
- 2.Join track through the gate on left in car park opposite the by the river
- 3.Follow track alongside river through 3 more gates and over bridge
- 4.Follow the cycle signs and at the road turn left, over bridge, at left turn to Langdale, take road straight in front as main road bears right.
- 5.Short steep uphill road past entrance to Nuam Crag, at T-junction turn right.
- 6.Take first and bear right past the cottages then keep left through gate.
- 7.Continue past Loughrigg Tarn (a great place to stop for break or even a swim on a nice day), go through the gate to the road, turn right.
- 8.Opposite the left turn to High Close and YHA take the Bridleway on the right to Loughrigg Terrace. This is a nice long downhill with a few tricky sections and fantastic views to your left but never steep. Follow the track to the stone wall, bear left and continue past Rydal water. As you approach the next stone wall, climb to the right through a gate the track turns to tarmac past some houses.
- 9.At the T junction by Pelter Bridge (ice cream van here in summer) turn right.
- 10.Follow the road along the River Rothay on your left) towards Ambleside, turn right on the only bridleway over the cattle grid. The tarmac climbs steeply past some houses. As the tarmac turns to gravel the gradient eases eventually summiting on the South side of Loughrigg. Another great descent follows with some short tricky sections and loose stones but never too steep.
- 11.Continue through the gate straight across past the cottages (on your right) then bear left to the road. Turn right taking the next left turn which takes you down the steep hill past Nuam Crag which you rode up earlier. At the road turn right then left onto the path after the Skelwith Bridge hotel and ex Kirkstone works turning right towards Elterwater
- 12.Follow the track back to Elterwater and back to Langdale.
- 13.Finish with a pint at Wainwrights Inn!





LANGDALEACTIVE. {FUELLED BY FRESH AIR}

