

Ruby Dooby Rydal Round Ramble



Meet at 10:30 a.m. at the White Moss car park (about 2½ miles north of Ambleside) for 11 a.m. departure.

The Rydal Round covers just over 5 miles and includes one long and a few short, relatively gentle, uphill sections.

The total height climbed via all the ups and downs is about 900 feet.

The ground underfoot is mostly good path or track although there are a few short somewhat rocky sections. Nothing dangerous but where a helping hand might occasionally be welcomed.

Given good weather, the scenery will be superb; looking over Grasmere to Helm Crag (Lion and the Lamb) and beyond to Dunmail Raise being one of the Lake District's iconic views.

Rydal Water also looks attractive, especially in the second half of the walk.

Even if the weather is a little less than perfect and the lakes are being filled with light rain, this is still a pleasant outing.

There are several features en-route. The most spectacular is the huge Rydal Cave- quarried out of the hillside and it is well worth using the stepping stones to explore the inside. This is quite safe provided you are not silly. No steep drops and the worst that is likely to happen to you is getting your feet wet or experiencing a drip (of water) on the head. Just beware of the caves that follow a little lower down the track. These are best avoided.

At the east end of Rydal Water (just over half way round the walk) are several attractions- Cote Howe organic tea room with its novel toilet windows, the Badger Bar pub, Dora's Field (but no host of golden daffodils in September), Rydal Church, Rydal Mount (Wordsworth's House and tea room) and Rydal Hall, the Bishop of Carlisle's Conference Centre. Whatever your beliefs, the gardens are attractive and there is a good waterfall to view. And another tea room! Not that food will be necessary as a packed lunch is being provided.

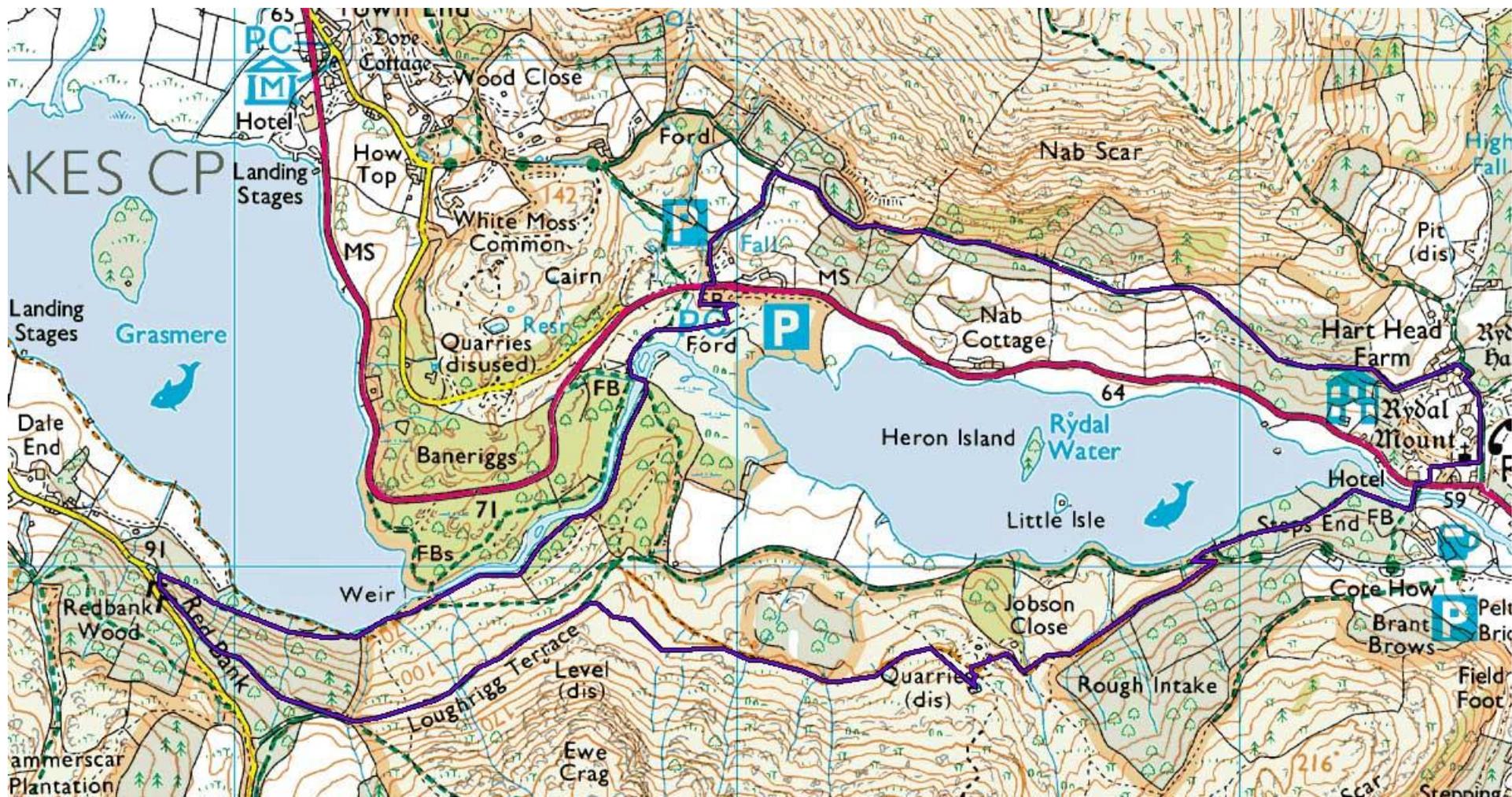
The way back to the car is along the "Coffin Route" which means what it says. It is the path along which the dead were carried from Ambleside to Grasmere for burial. You will pass a flat topped rock that is reputed to be where the coffin was put down whilst the carriers had a brew.

We reckon that most people of mature years, reasonable health and sociable inclination should be able to walk and talk their way round the circuit within three hours. However, exploration of any of the aforementioned attractions will inevitably delay proceedings.

This walk is interesting in all but the foulest weather (rain always looks worse from the inside looking out)- obviously check the weather forecast and dress appropriately! It could be cold and wet. It could be sunny and glorious. Fingers crossed! Regarding footwear, other than in poor conditions, trainers will probably be ok. Stilettos definitely not recommended. Especially for men.

You might want to take a walking pole or two but if so, please, please, PLEASE make sure that when not actively using them, you carry them with the sharp ends pointing down to the ground, NOT swinging rhythmically backwards with acute danger of stabbing in the eye the unfortunate person behind you.





1. Drive along the A591 out of Ambleside (signposted for Keswick). Pass Rydal Church then the Badger Bar and continue with Rydal Water on your left to the far end of the lake. You will soon reach the White Moss car park on the left hand side where you should park.



If it is full, there are two smaller car parks immediately on the right hand side where hopefully you will find a place then walk back to the White Moss car park.

2. Parking is pay on exit. No need to take a ticket, they have already photographed your car number. Unfortunately it is not cheap. You can pay by cash, by card or, within 48 hours, over the telephone.

3. Assembly point is our car, a dark blue Yeti, DG10 0HX, which will be parked as close as we can to the Pay Machine.



Collect your packed lunch here.

4. From the pay point you can see another information board, at the lower end of the car park.



5. Pass this and head west (away from Rydal Water in the Grasmere direction). Cross a footbridge over a small stream and keep on this path as it turns southwest to a much larger footbridge over the river.



6. Cross the footbridge and take the right hand path, sign-posted as the Grasmere Riverside walk to the Grasmere shore.



7. This path runs alongside the river in lightly wooded area then passes through a gate (0.7 miles)



and soon reaches the Grasmere shore.



8. Walk a short distance along the lake shore till you come to a wall with a gate directly in front of you and another a few yards up the hill (0.9 miles).

Go through the higher gate and follow the track directly ahead (not the one ascending the hill alongside the wall).



9. At a junction (1.0) take the left hand path.....



.....climbing gently up through the wood to a gate to a bridle path with a cottage opposite and a road to the right. (1.2 miles).

10. Turn left (keeping the cottage on your right)



....and head along a good track up to a gate.

11. Pass through to see a track going off to the right and a path off to the left. (1.5 miles)



12. Take the path to the left, cross the stream and, ignoring the stepped path to the right that climbs the hill, continue on the good path ahead of you.



This is Loughrigg Terrace. Enjoy the iconic views over Grasmere to Dunmail Raise.



13. Continue along the terrace until you reach a junction where a minor track comes up from the left, the main track snakes gentle downhill ahead of you the main track leads downhill to the left but there is a footpath climbing to the right.

Take this right hand side footpath. (1.7 miles).



NB the main track provides an "escape route" if you have had enough- follow it down to and through the wall and this will lead you back to the car park.

14. After a very short climb, the path contours the hill and is soon joined by a wider one coming from the left. (2.1)

Continue until you come to the huge cave with its water filled entrance. (2.4 miles)



15. To explore the cave (well worthwhile and the water is not deep) either use the stepping stones to the dry ground within or take the rocky route to the right hand side.



16. On leaving the cave, follow the wide track that snakes its way down the hill, ignoring the caves on your right (they are less interesting and far more dangerous).

17. When you reach the open area above the Rydal Water beach, ignore the steep first path downwards. A little further on, just before reaching a gate there is a much easier path backwards to the left that takes you down to the lake side. (3.1 miles)



18. Turn right at the bottom. The proposed picnic place is by the lake shore.



19. To continue, pass through the gate into the lightly wooded area alongside the eastern end of Rydal Water where it becomes river.



20. The path in this wood separates; the left hand one is preferred but the other rejoins it before long so it doesn't really matter which you take. Just keep heading east till you come to a small stream where you will see the bridge across the river, just below the Cote Howe organic tea room.



21. Cross the river by the bridge, climb to and cross the road then, if you can avoid the temptation of the Badger Bar, turn right along the pavement.



22. Soon turn left into Dora's Field.....



.....climb for a short distance then take the path to the right.....



.....that leads to the church yard. (3.5 miles)



23. Pass in front of the church to the lane then turn left uphill.



Soon you will find the entrance to Rydal Hall on your right, then Rydal Mount on the left.

24. Immediately after Rydal Mount, take the path to the left, signed as The Coffin Route. (3.7 miles)



25. Follow the Coffin Route for just over a mile, passing through 6 gates (noting en-route the "coffin stone")



.....until, alongside a stream, there is a good path on your left hand side, heading down towards the lake.(4.8 miles)



26. Take this path, soon passing through a gate and then by a waterfall set back a bit on your right.....



.....to emerge at the A591.

27 Cross over the road. Directly opposite is the option of toilets to the right or, to the left, a footpath back to the car park. (5.1 miles).

The choice is yours but don't forget to pay before you leave the car park.



The robot eyes are watching you!

