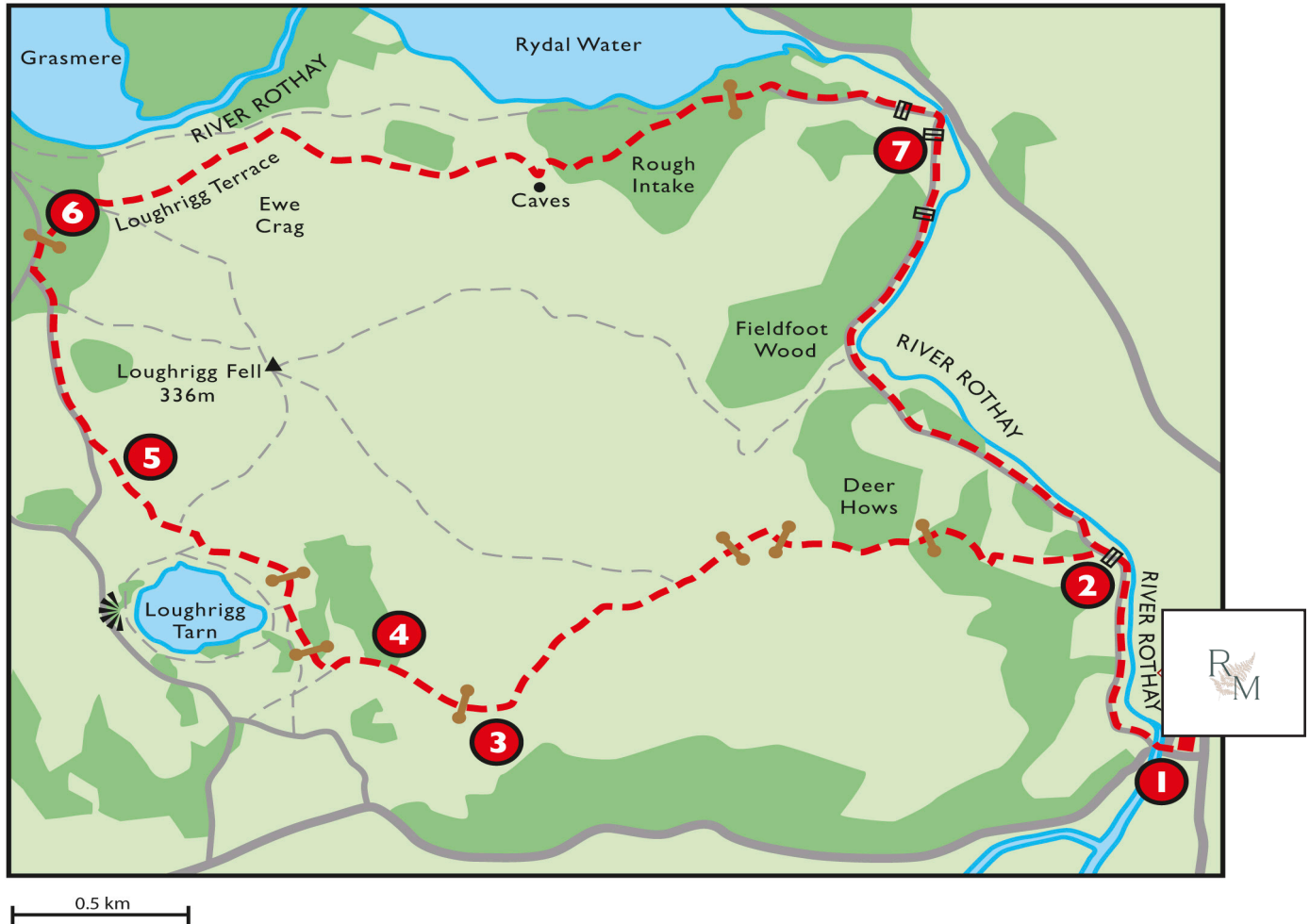


ROTHAY RAMBLE 4 - AROUND LOUGHRIGG



APPROX. 11KM WITH 275M ASCENT (4 HOURS)

1. Leave Rothay Manor through the main drive. Cross the road and go through the pedestrian gate on the right, crossing the bridge over the river. Turn right. Cross the road and follow the road immediately opposite.
2. Continue until you reach a cattle grid. After the the cattle grid take the turning on your left. Follow the road until it becomes a prominent track. Pass through 3 gates. Cross the stream and continue on the path.
3. Pass through a gate and follow the steep, rocky path. Bear right through the gate.
4. Cross through the pasture fields until you reach a prominent track and can see Loughrigg Tarn. Turn right along this path.
5. The path continues to meet a road. Turn right along this road. At the T junction where another road meets, take the path that leaves the road through a gate, signposted Deerbolts wood. Continue down through the woods bearing right until you reach Grasmere lake.
6. Follow the high path towards Rydal Water until you finally reach the Rydal caves. After leaving the caves follow the path until you reach a gate at the end of the lake. The path becomes a track and leads onto a road. Follow the road, cross the cattle grid, turn right and cross the next cattle grid.
7. Follow this road until you reach Rothay Manor (approx. 3km)