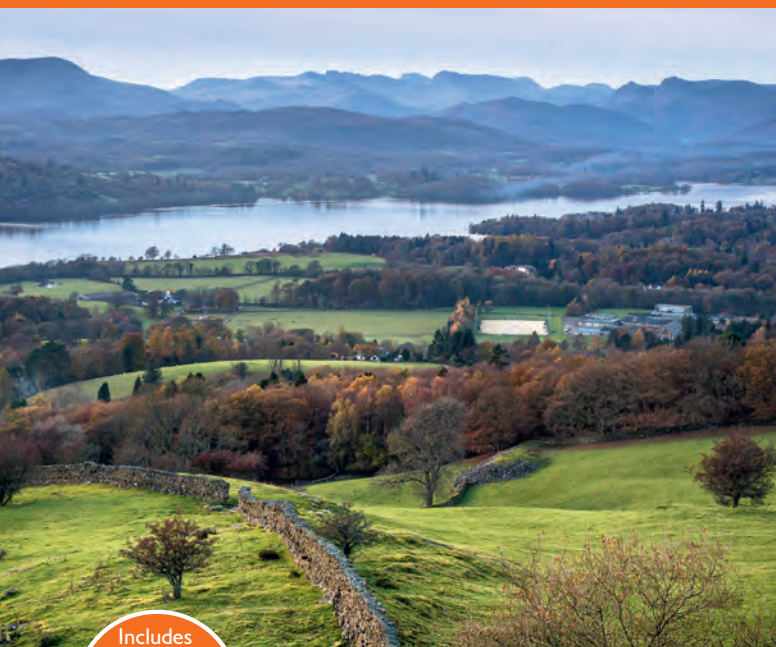


SHORT WALKS

MADE EASY

SOUTH-CENTRAL LAKE DISTRICT

10 leisurely walks
across this outstandingly beautiful area
of the national park



Includes
1-month
free OS Maps
Premium
subscription



Ordnance
Survey


WALK 2



RYDAL FROM AMBLESIDE

This varied walk takes in the woods and meadows of the River Rothay valley north of Ambleside. It starts by heading into the parkland of the 17th-century Rydal Hall, with high fells rising above the trees. Visitors can call in at the small café or explore the hall and its grounds – donations requested – before continuing with the walk, down through Rydal. Following the Rothay downstream, the Under Loughrigg road then makes for an easy stroll back to Ambleside.

OS information

 NY 375 047
Explorer OL7

Distance

3.6 miles/5.8 km

Time

2 hours



Start/Finish

Ambleside

Parking

LA22 9AN
Rydal Road car park
(pay and display),
Ambleside, just north
of village centre on
A591

Public toilets

In the car park and
between  and 

Cafés/pubs

Old School Room
Tea Shop, Rydal Hall;
Ambleside

Terrain

Pavements, stony
tracks, lanes and
surfaced paths

Hilliness

Uphill from ① to ④; long, steady descent after ④

Footwear

Year round 



Public transport

Bus services 505, between Kendal and Coniston; 555, between Lancaster and Keswick; 599, between Bowness-on-Windermere and Grasmere: stagecoachbus.com



Accessibility

Suitable for powered wheelchairs and all-terrain pushchairs from ④ to end, with alternative parking at Townend, LA23 1LB



Dogs

Welcome but keep on leads. Two stiles with dog gates

Did you know? The stained-glass east window in Troutbeck's Jesus Church was designed by Edward Burne-Jones and made by William Morris, leading lights in the Arts and Crafts movement of the late Victorian era. Some of the detail is the work of the painter Ford Madox Brown. Local stories tell of Morris and Madox Brown visiting Troutbeck on a fishing holiday while Burne-Jones was working on the window, and staying to assist him.

Local legend In the 16th century, Hugh Hird, the Troutbeck Giant, was well known for his amazing strength and his prodigious appetite – he could eat a whole sheep at one sitting! He was alleged to be able to uproot trees, and his impressive exploits gained him favour with Edward VI who rewarded him with a stand of trees and a cottage. The woodland, to the north of Troutbeck, still bears his name.



STORIES BEHIND THE WALK



★ **Windermere** Fed by rivers and becks that rise on the high Lakeland fells, including Bow Fell, the Langdale Pikes, Fairfield and Swirl How, Windermere is England's largest natural lake. From Ambleside in the north to Lakeside in the south, it stretches for almost 11 miles. It is then drained by the River Leven, which enters Morecambe Bay near Ulverston.



★ **Coppicing** There's evidence of coppicing in many Lake District woods, including those along Windermere's west shore. These trees were periodically cut back at ground level to stimulate growth and provide more timber. This, in turn, might have been used for firewood or, on a more industrial scale, for charcoal production or in tanneries. Unlike most trees, which have a single trunk, a coppiced tree will have a cluster of stems growing from its base.

Coppicing ★

½ mile



W i n d e r m e r e
and the lakeshore path

National Trust's Red Nab car park

- Take the lakeside path from the top end of the car park and walk with the water on your right.
- Continue beside the lake for almost 1 mile – until the second boathouse.



- Opposite the boathouse, go **left** through a kissing-gate.
 - Walk with a wall on your right through two meadows.
 - Go through a tiny gated stile and turn **right** onto a lane.



NATURE NOTES

Canada geese, mute swans, mallards and coots are among the birds that live on Windermere all year round. Waterfowl numbers more than double in winter when these species are joined by goldeneye, pochard, red-breasted merganser and tufted ducks. Most of these birds like reedbeds – either for shelter in winter or for nesting in summer – and the National Trust is working with local conservation groups to restore these habitats in the sheltered bays along the lake's western shore.

Cormorants, which fish in both fresh and salt water, are also common on the lake. These long-necked birds can often be seen standing on rocks with their wings outstretched to dry.

Although the Lake District is one of the native red squirrel's last

strongholds in England, the North American grey squirrel, like this one, is making significant incursions into its territory and can be seen in the woods beside Windermere.



3 Fork

2 miles

4 Crossing track

View to
Near Sawrey;
Beatrix Potter
country

- 5 — Just before the road, take the track on the **left**.
- When this ends, keep **right**, passing through a metal kissing-gate.
 - Keep **straight on**, across a driveway and follow a trail beside a wall to the entrance to Knott Cottage.



- 6 — At the entrance, take the path beside the cottage's garden wall.
- Go through a gate and walk with a wall on your right to reach a kissing-gate.



Short walks in the South-Central Lake District

10 easy-going walks of 1¾ to 4¼ miles

- Stunning scenery: lakeshores, waterfall views, fell backdrops
- Easy parking and public transport
- Refreshment stops
- Suitability for dogs
- Gain access to all routes in the book via the **OS Maps App**

*Taking your time...
without taking all day*

RRP £8.99

ISBN 978-0-319-09313-9



Accessible routes
for everyone



Easy-to-follow
route profile



Easy-to-use
walk maps



Ordnance
Survey