



<p>Distance: Approx 10.5 miles</p> <p>Time Taken: 6-8 hours</p> <p>Terrain: Long ascents and descents on a mixture of clear mountain paths and grassland.</p> <p>Total ascent / descent:</p> <p>Dog Friendliness: There are a couple of stiles and walls to cross, however most have dog tunnels. Dogs can be off the lead for most of this walk.</p> <p>Toilets / Refreshments: Toilets and refreshments are available in Ambleside. There is also a café in Rydal Hall.</p> <p>Parking: Parking available at Cote How, Rydal Hall or Ambleside.</p> <p>OS Maps: OL 5 and OL7</p>	<p>Fairfield Horseshoe</p> <p>Background: The Fairfield Horseshoe is a full day mountain circular walk starting at Rydal or Ambleside. The fells surround the valley of the Rydal Beck. There is a Fairfield Horseshoe Fell race that takes place annually in May. The walk covers 8 Wainwrights so is a good walk to do if you are completing the list. The Wainwrights in the horseshoe are (going clockwise): Nab Scar, Heron Pike, Great Rigg, Fairfield, Hart Crag, Dove Crag, High Pike and Low Pike.</p> <p>Route Description: We started our walk from Cote How on the opposite side of the A591 to Rydal Hall and decided to go clockwise around the horseshoe. From the car park walk up towards Rydal Hall taking the path on the left at Hart Head Farm heading up towards Nab Scar.</p> <p>The ascent up to Nab Scar is short and steep and at 440 metres high has brilliant views across Rydal Water towards Grasmere. Once you enjoy the views on Nab Scar continue on the very clear path to the double summit of Heron Pike. From Heron Pike the path descends again before narrowing and ascending up to Great Rigg at 766 metres. This is a great place to take five minutes to enjoy the views (only in clear weather of course).</p> <p>The path then continues on to Fairfield ascending to 873 metres. Fairfield is the highest point of the horseshoe and from the summit you can see to the west Seat Sandal, Grisedale Tarn and right across to Langdale, and to the North is Helvellyn Nethermost Pike and Dollywaggon Pike. The view across to Ambleside and Lake Windermere are stunning and on really clear days you can see for miles.</p> <p>Once you've enjoyed Fairfield follow the path easterly around Rydal Head to Hart Crag. The path on the easterly side of the horseshoe isn't as clear as the westerly side and starts to break up after Dove Crag. As you descend the broad ridge you will go along the left hand side of a stonewall. This is an exceptionally well built wall, running most of the way back down to the valley bottom. Along the way you will pass gates on your right, but continue down on the path, with the stonewall on your right. Be careful – a few areas can get muddy, especially after wet weather.</p> <p>As you continue down along the stonewall you'll notice a path running along the other side of it. We kept the stonewall on our right. Along the way there is a noticeable bog that get very bad in wet weather especially after a prolonged period of rain. You may notice a small sign to the left of the route saying deep bog. Stick close to the stonewall, and it shouldn't be as bad although you may get a little muddy.</p> <p>After Low Pike the path becomes clearer and offers a choice of endings. At High Sweden Bridge continue straight through farmland to Low Sweden Bridge. At Low Sweden Bridge take the permissible path across the farm on the right. You will then reach Rydal Park, follow the path through the park back to Rydal Hall and back to the car park.</p> <p>Points of Interest: Rydal Hall and Gardens.</p> <p>Recommended: These are places we've stayed / drank / eaten and enjoyed.</p> <p>Accommodation: Ambleside Lake House Brathay Lodge</p> <p>Refreshments: We haven't experienced any pubs / cafes in Ambleside as yet.</p> <p>Outdoor Gear: Blacks Rohan</p>
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