

Ambleside 2026 walks programme_V2

Welcome to Ambleside 2026! Here is the walks programme and important information to note.
We hope everyone has a great week's walking.

Booking: Please book on to your preferred walks via the Lake District 2026 WhatsApp poll. This will help the leaders plan.

If you need to change your booking, just unclick the walk you have booked and click on another option. Or just unclick the walk booking if you are not intending to walk at all.

IMPORTANT NOTE: All walks are subject to change depending on the weather and conditions, at the walk leader's discretion. The strenuous walks in particular will need fine weather to go ahead.

Buses: The bus interchange in Ambleside is on Kelsick Road.

Bring your senior bus pass if you have one. They can be used on all services after 09:30. If paying, fares are a maximum of £3 per single journey.

Cars: Please try to share cars to reduce congestion and share costs.

Bring cash – the very limited mobile signal in rural areas means car parks often cannot take card or phone payment.

Bring your National Trust card if you have one - NT car parks are free to members.

Terrain: The terrain in the Lakes is rougher under foot than we are used to locally so wear walking boots, bring waterproofs and drinks, lunch and snacks.

Poles are advisable for all walks in the Lake District.

Remember the weather on the tops of the Lake District hills will be more challenging than elsewhere.

Remember to put your **In Case of Emergency (ICE) card** in an easily accessible pocket in your rucksack such as a top or side pocket. If you don't have an ICE card they will be available on the Monday walk.

Route	Leader(s)	Miles / feet of ascent	Start point / travel / times	Description	Notes
Monday 11th May:					
Rydal Park and Loughrigg quarry LEISURELY 'meet and greet' walk for all	Kath / Phill	5.2m / 480ft	Ambleside Market Cross, off Rydal Road outside Rohan LA22 9BT NY376045 W3W: jumped.storybook.rescue Start time: 1.30pm Estimated finish: 4.30pm	North from Ambleside along Nook Lane to Low Sweden Bridge then on footpaths to Rydal Hall. Cross to Rydal Water and up to the caves. Back along 'Under Loughrigg' and through Rothay Park back to the town centre. Risk assessment: some road walking on quiet roads / Footpaths, some stiles, some rocky and uneven paths.	

Tuesday 12th May:					
Elterwater, Little Langdale & Skelwith Bridge LEISURELY	Lesley B / Jan	5.5m / 730ft	Meet at Britannia Inn, Elterwater NT car park free to members or £9.50/car. or Bus 516 at 10.35am from Kelsick Road, Ambleside. LA22 9HP NY327048 W3W: songbook.pinch.cornfield Start time: 11.00am Estimated finish: 3.30pm	A low level walk featuring lakes, streams, waterfalls and wonderful scenery. Leaving Elterwater we join a track, Owlets Nest, which climbs up and over into Little Langdale. This is a gradual climb and the track is stony underfoot. From Little Langdale we head across fields to Stang End and on the Cumbria Way through woodland to Colwith Force Waterfall and Skelwith Bridge and another waterfall. There are a several wooden steps and some stiles along this section. (There is an option here to take the bus back to Ambleside). The route from Skelwith Bridge back to Elterwater is flat and follows the Cumbria Way beside the lake. There are great views of the Langdale Pikes. Risk assessment: a stony path, stiles. Walking poles will be useful.	Bus 516 returns at 24 minutes past each hour from Elterwater, or a few minutes later from Skelwith Bridge. Toilets. Chesters by the River Bakery in Skelwith Bridge is a lovely place to stop for those who choose to catch the return bus from there.
Loughrigg MODERATE	Rosie / Kath	6.7m / 1500ft	Ambleside Market Cross, off Rydal Road outside Rohan LA22 9BT NY376045 W3W: jumped.storybook.rescue Start time: 10.00am Estimated finish: 3.30pm	From Ambleside along mainly good paths, over Brow Head, and ascending Loughrigg. Descending to Loughrigg Terrace with good views of Grasmere, cross the A591 between Rydal and Grasmere. A short ascent to pick up the 'coffin route' easterly towards Rydal, and return to Ambleside through Rydal Park. There is a cafe by Rydal Hall for a short break if people wish. Risk assessment: Trip hazards on a few paths. Stony paths. Some quiet road walking. The descent to Loughrigg Terrace is steep in a couple of places – poles recommended.	
Langdale Pikes STRENUOUS	Phill / John / Angela P	8.5m / 2800ft	National Trust car park Stickle Ghyll off B5343 after New Dungeon Ghyll Hotel. Free for NT members, or £10. LA22 9JY NY294065 polished.rivals.after Start time 9.45am Estimated finish: 5.00pm	Ascend alongside Stickle Ghyll to Stickle Tarn. Ascend the east side of Pavey Ark. Over Harrison Stickle and Pike of Stickle (sore thumb peak). Head NW to Stake Pass and then follow the path down Stake Gill to Mickleden Beck along the Cumbria Way back to the car park. There will be breaks morning, lunch and afternoon. Risk assessment: paths are generally rocky with steep ascents and some scrambling, possible slip hazard if wet, up to Pavey Ark and Harrison Stickle. The onward route to Pike of Stickle is less steep and after that the route is undulating until a steep, rocky descent above Stake Gill and a gentler descent by Mickleden Beck and back to the car park. Great views throughout.	Toilets in car park.

Wednesday 13th May:					
Tarn Hows and Monk Coniston LEISURELY PLUS	Rob	5.8m / 850ft	Because of the Bluebird festival on Coniston Water, car sharing recommended as roads and buses likely to be busy. Park in Tarn Hows National Trust car park, free for NT members, or £10. Meet in car park. SD 326 995 LA21 8AQ W3W: correct.spray.newspaper Start time: 10.30am Estimated finish: 2.30pm	A figure of eight walk. From Tarn Hows we descend a steep road to meet the public footpath enjoying great views of Coniston. Walking through fields arriving at the waterside at the edge of Coniston. We then turn back taking field paths into a walled garden at Monk Coniston. We then cross a lane into Hill Fell plantation and back up to the tarn. Travelling round the tarn is an easy circular route of 1.8 miles returning to the car park. Risk assessment: a steep one and a quarter mile ascent from Coniston back to Tarn Hows (the only ascent of note). Some road walking on a steep descent where we may encounter slow moving vehicles.	Café at Tarn Hows. Toilets at Tarn Hows and Monk Coniston car park.
Grasmere & around Easedale Tarn MODERATE	Rosie / John	7m / 1050ft	Grasmere main car park, Stock Lane, £10 (inc. NT members) or Bus 599 to Grasmere School at 9.33am. Meet in the car park at the end closest to the village. LA22 9SJ NY339073 W3W: confetti.riverbank.progress Start time: 10.00am Estimated finish: 3.00pm	From Grasmere we walk out below Wordsworth's house Allan Bank onto the Easedale Road and across fields until a steady climb up a stepped path along the south side of Sourmilk Gill with good views of the waterfalls. Arriving at Easedale Tarn we circle the Tarn, initially on a well-defined rocky path before turning off onto an indistinct path fording a shallow beck onto mainly grassy, wet, ill-defined but easy paths. Returning to the main path we descend on the north side of Easedale Beck under Helm Crag to Grasmere and its cafes. There are good views of the surrounding fells throughout the walk. Risk assessment: Walking on quiet roads through the village. Good paths and steps up to the Tarn but wet and marshy areas around the Tarn. A well-defined, rocky but straightforward descent down from the Tarn with some stepping stones to avoid boggy areas.	Toilets in car park. Bus 599 returns from Grasmere every 20 minutes.
Helm Crag & Far Easedale	Kath / Phill	7m / 1800ft	Grasmere main car park, Stock Lane, £10 (inc. NT members) or	Head NW out of Grasmere along lanes and fields. Ascend Helm Crag (the Lion and the Lamb) at 1299'. The first (approx 15 mins) part of the ascent is a bit steep, but	Toilets in car park. Bus 599 returns from Grasmere every 20 minutes.

MODERATE PLUS			Bus 599 to Grasmere School at 9.33am. Meet in the car park at the end closest to the village. LA22 9SJ NY339073 W3W: confetti.riverbank.progress Start time: 10.00am Estimated finish: 3.30pm	thereafter it becomes steady. Great views on a lovely ridge walk over Gibson Knott and Calf Crag. The ridge undulates and overall gains more height, but apart from a couple of short steeper sections, it is very steady. The descent from Brownrigg Moss into Easedale again is steady and then we walk along the valley back to Grasmere. Risk assessment: some walking on quiet lanes, paths rocky in places.	
Thursday 14th May:					
Grasmere: lake, village, gingerbread and poet LEISURELY LINEAR WALK FROM AMBLESIDE	Lesley B / Tony	6m / 800ft	Ambleside Market Cross, off Rydal Road outside Rohan LA22 9BT NY376045 W3W: jumped.storybook.rescue Start time: 10.00am Estimated finish: 2.30pm	From Ambleside we walk through Rothay Park and follow a tarmac lane steeply uphill to Brow Head Farm and up past Deer Hows Wood. There will be a coffee break when we complete the climb. We then follow the path beneath Loughrigg Fell to Loughrigg Tarn, with beautiful views of the tarn and Langdale Pikes. After passing the Tarn there is a short section of road walking with no footpath. We then take a woodland path to Grasmere and walk on a lakeside path. Another section of road walking (about 3/4 mile) takes us into Grasmere village. This is a minor road with no footpath but care must be taken. We will end the walk at the Wordsworth Memorial Garden in Grasmere where there may be an impromptu rendition by one of the walk's leaders! Risk assessment: A climb out of Ambleside but worth it for the fantastic views for the rest of the walk. Most of the ascent is at the beginning of the walk but will be taken at a steady pace with plenty of stops to admire the views. Care required on minor roads without footpaths. Walking poles will be useful.	Bus 599 returns every 20 mins from Grasmere Centre. It's possible to see Wordsworth family graves in St Oswald's Church yard and visit the church. The Gingerbread Shop (Sarah Nelson's) should be open and there are a selection of cafes and pubs plus a distillery! Also Dove Cottage and Museum but last entry is 3.20pm and tickets are £15 for age 65+, valid for 12 months. Toilets in car park.
Wansfell MODERATE PLUS	Richard / Jacqui	6.5m / 1800ft	Ambleside Market Cross, off Rydal Road outside Rohan LA22 9BT NY376045	From Ambleside we first ascend through woods by the waterfalls (Stockgill Force) before continuing up a stone stepped path to the top of Wansfell Pike at 484m. From there we descend down to Troutbeck and across fields to the Jesus Church. We return along a quiet lane then a track ascending gently along Robin Lane and through	

			W3W: jumped.storybook.rescue Start time: 9.30am Estimated finish: 3.00pm	Skelghyll Wood, taking in the viewpoint at Jenkin Crag before returning to Ambleside. Risk assessment: Exposed to the weather on the long climb up Wansfell Pike. Trip hazards on the route and slippery if recently wet. There is an alternative low level route in poor weather.	
Red Screes STRENUOUS	Kath / Angela P	7.5m / 2300ft	Ambleside Market Cross, off Rydal Road outside Rohan LA22 9BT NY376045 W3W: jumped.storybook.rescue Start time:9.30am Estimated finish: 3.30pm	Head north from Ambleside and ascend the ridge path over Snarker Pike and Raven Crag to Red Screes. The ascent is steady with just one short (approx. 300m) steeper section. Continue NW to Scandale Pass, then descend steadily not steeply into the valley following Scandale Beck back to Ambleside. Risk assessment: some road walking. Path rocky and uneven in places, may be boggy areas depending on weather, sheep, stiles.	The name Red Screes comes from the nature of the flanks of the fell, not from the paths.
Options for Easy walks (NOT led walks):					
Elterwater stroll EASY	n/a	3.7m / 400ft	Elterwater NT car park, free to members or £9.50. or Bus 516 at 09.25am or 10.35am then 35 mins past each hour from Kelsick Road, Ambleside. LA22 9HP NY327048 W3W: songbook.pinch.cornfield	Elterwater to Chapel Stile, along Great Langdale Beck, back via Hag Wood and Elterwater Hall.	https://www.walklakes.co.uk/walk_136.html Bus 516 returns 24 minutes past each hour. Toilets in NT car park.
Grasmere circuit EASY	n/a	3.7m / 300ft	Grasmere main car park, Stock Lane. £10 (inc. NT members) Bus 599 at 9.33, 9.59, 10.19, 10.45, then every 20 minutes from Kelsick Road, Ambleside	A simple circuit of the lake.	https://www.walklakes.co.uk/walk_75.html Bus 599 returns every 20 minutes from Grasmere Centre. Toilets in car park.

			LA22 9SY NY336076 W3W: protester.blushed.chairs		
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