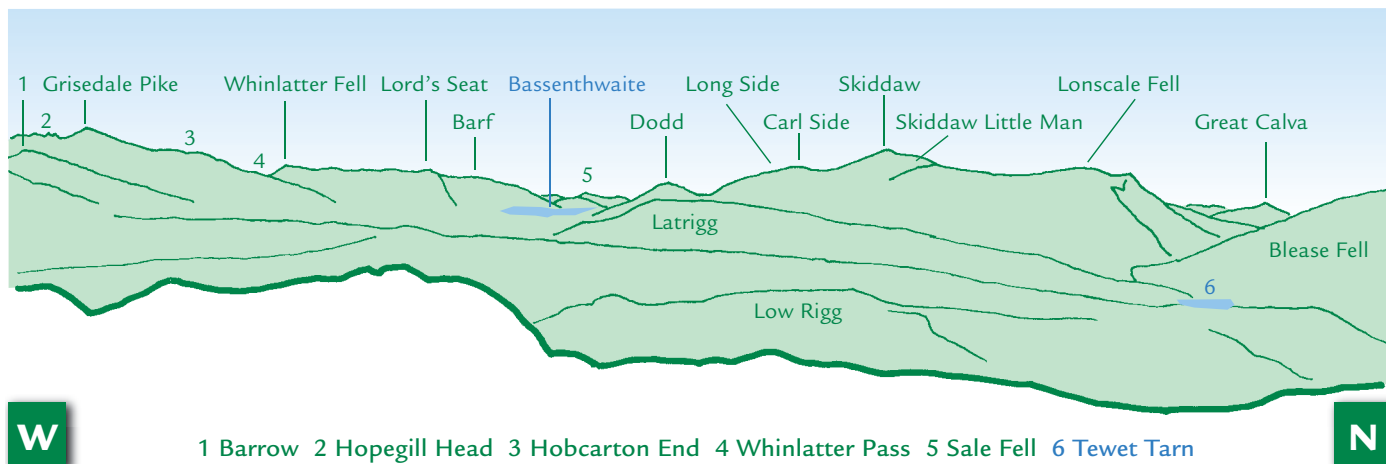
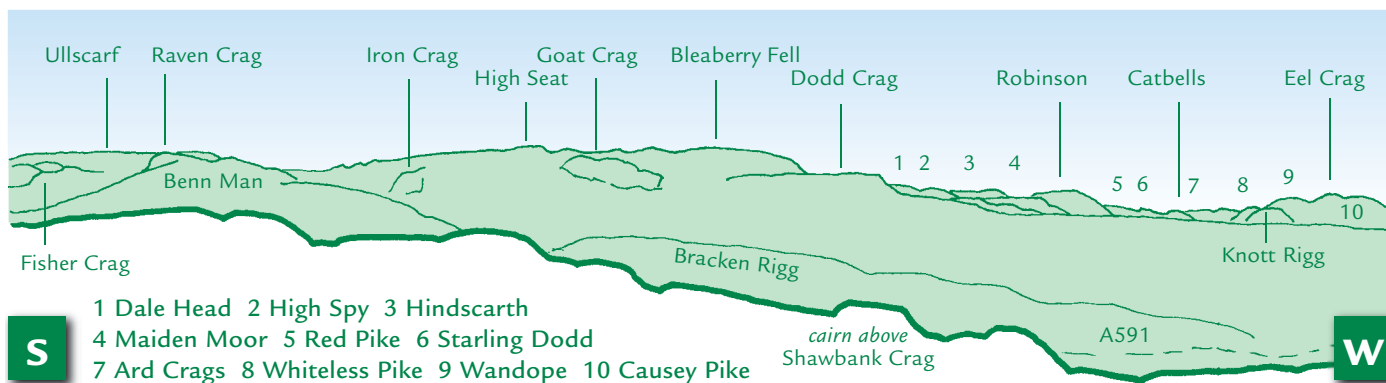
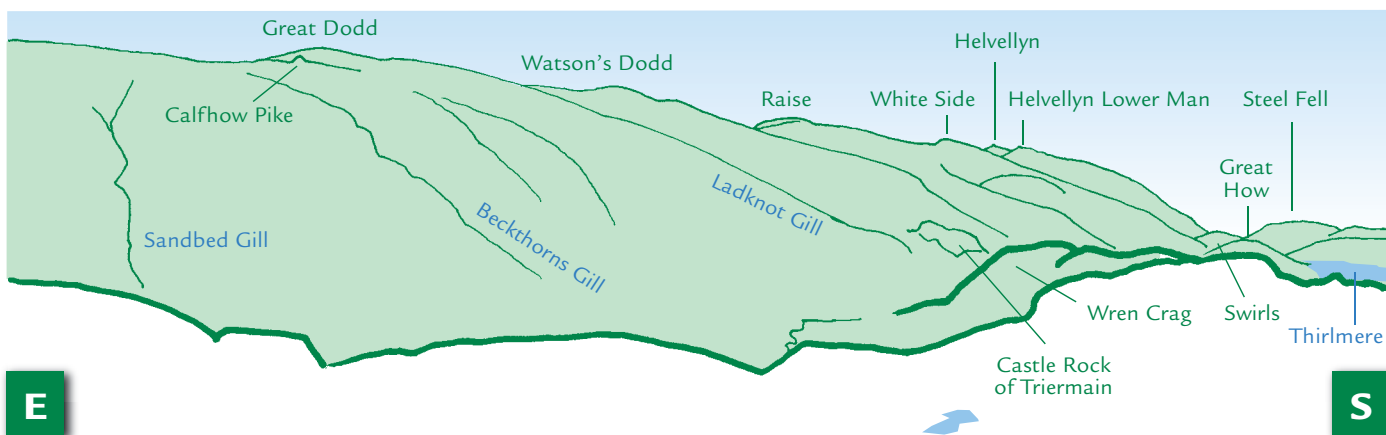
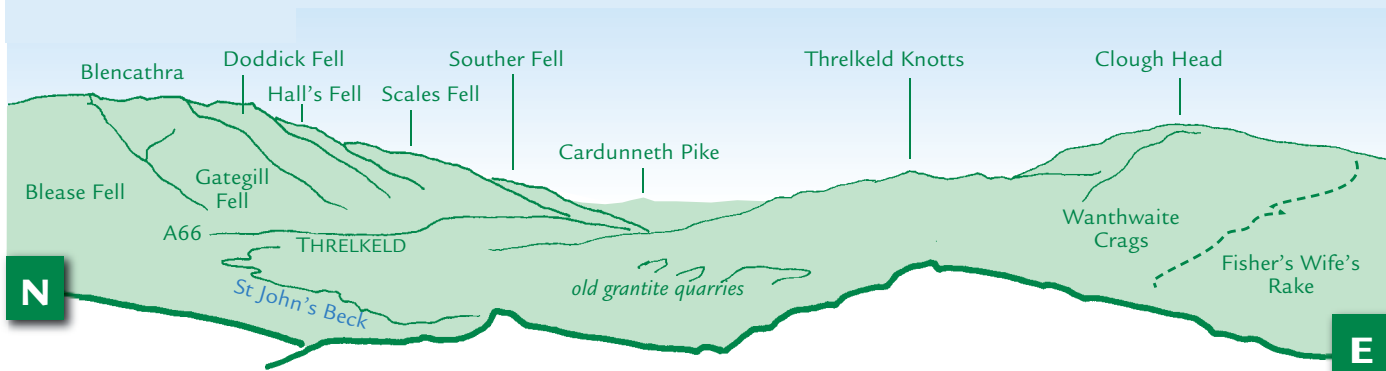


PANORAMA from High Rigg (GR309220) 355m



This graphic is an extract from **The Central Fells**, volume one in the **Lakeland Fellranger** series published in April 2008 by Cicerone Press