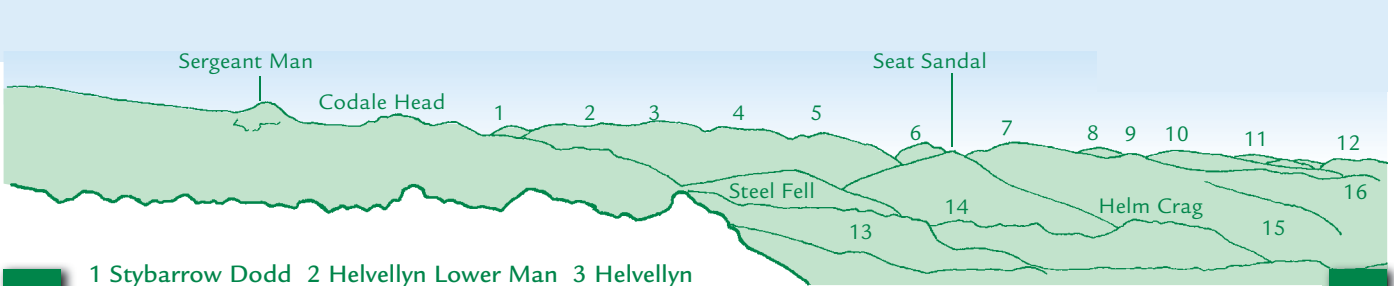
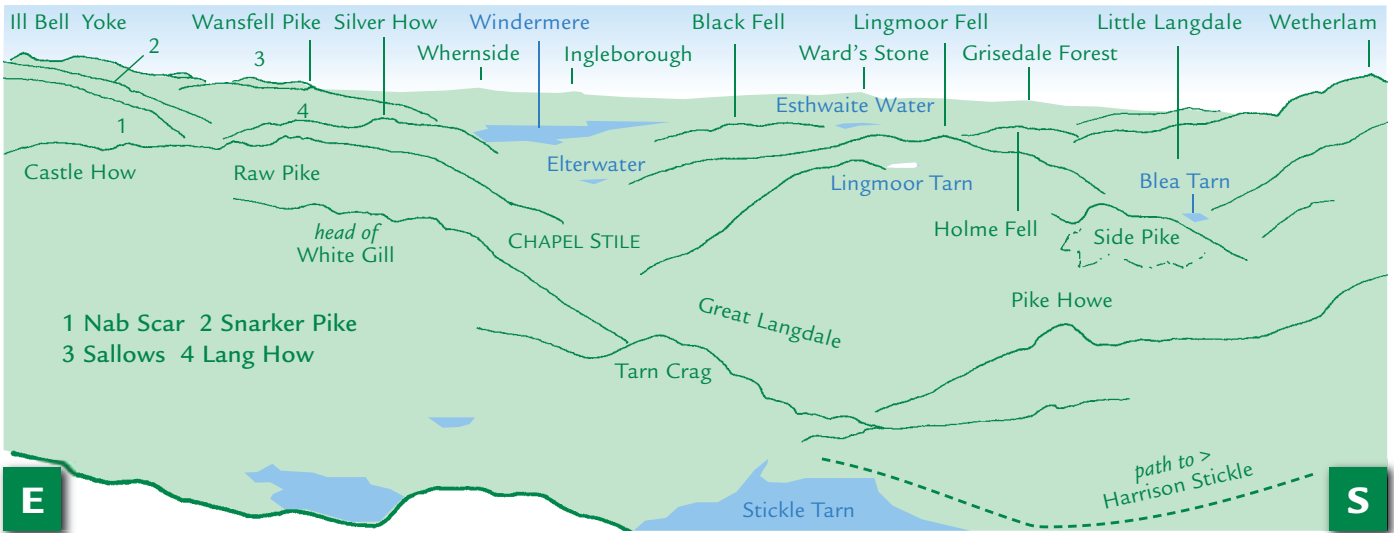


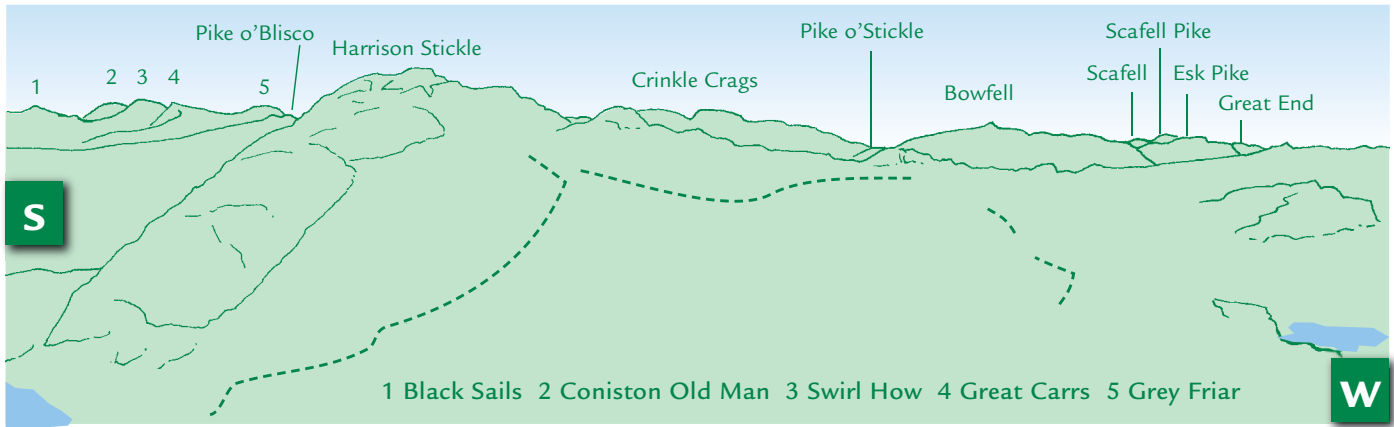
PANORAMA from Pavey Ark (GR284079) 697m



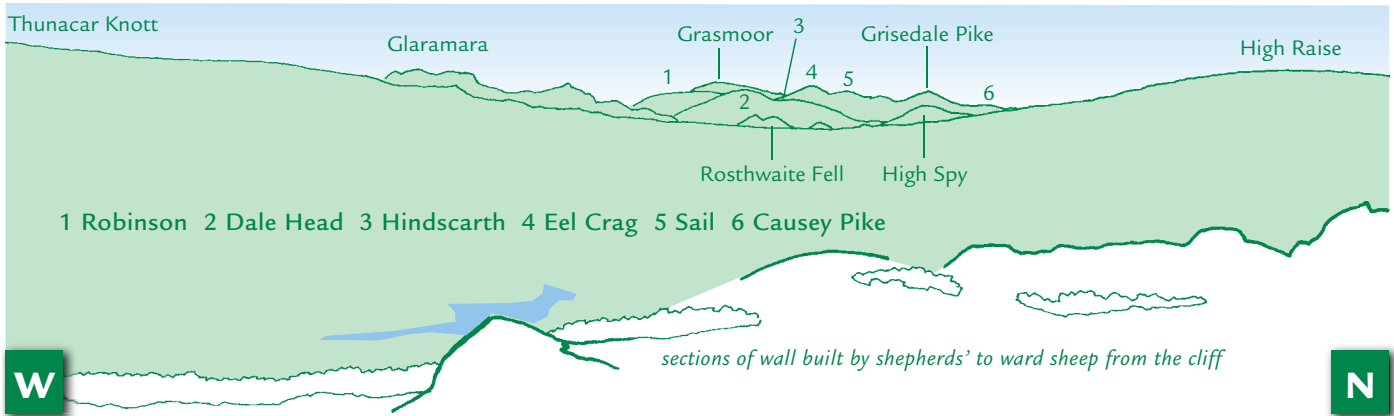
N 1 Stybarrow Dodd 2 Helvellyn Lower Man 3 Helvellyn
4 Nethermost Pike 5 Dollywaggon Pike 6 St Sunday Crag 7 Fairfield 8 Hart Crag 9 Great Rigg 10 Dove Crag 11 High Street 12 Red Screes 13 Tarn Crag 14 Gibson Knott 15 Stone Arthur 16 Heron Pike **E**



E 1 Nab Scar 2 Snarker Pike 3 Sallows 4 Lang How **S**



S 1 Black Sails 2 Coniston Old Man 3 Swirl How 4 Great Carrs 5 Grey Friar **W**



W 1 Robinson 2 Dale Head 3 Hindscarth 4 Eel Crag 5 Sail 6 Causey Pike **N**

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