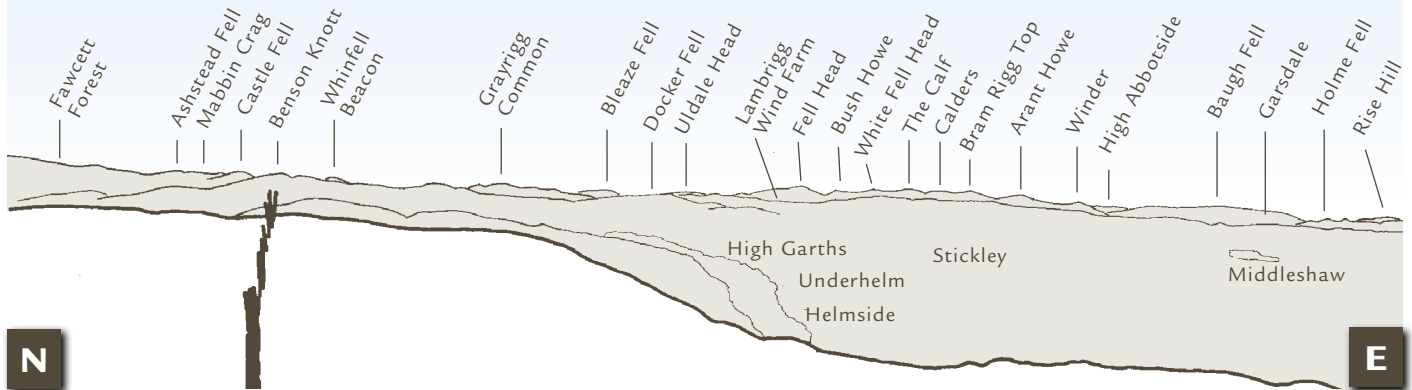


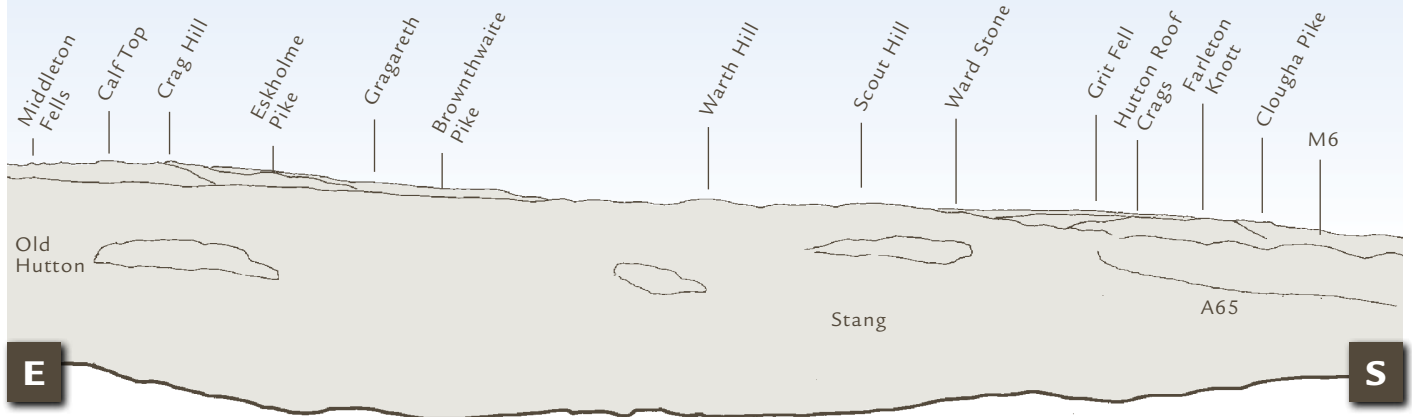
# PANORAMA from The Helm

(Castlesteads IRON AGE HILL-FORT)



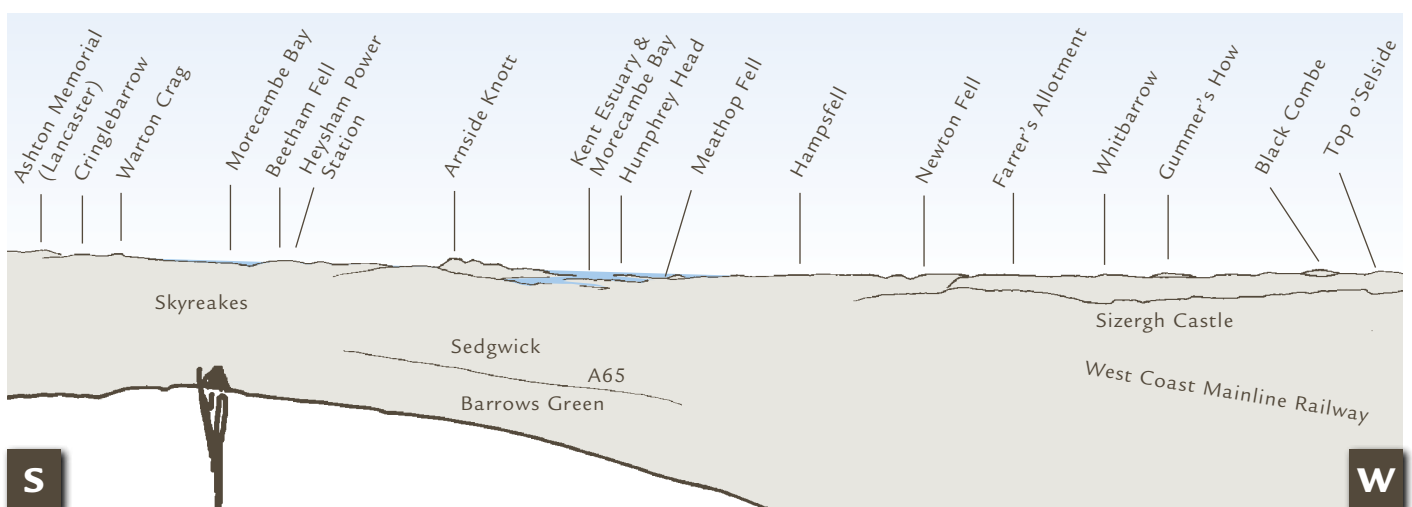
**N**

**E**



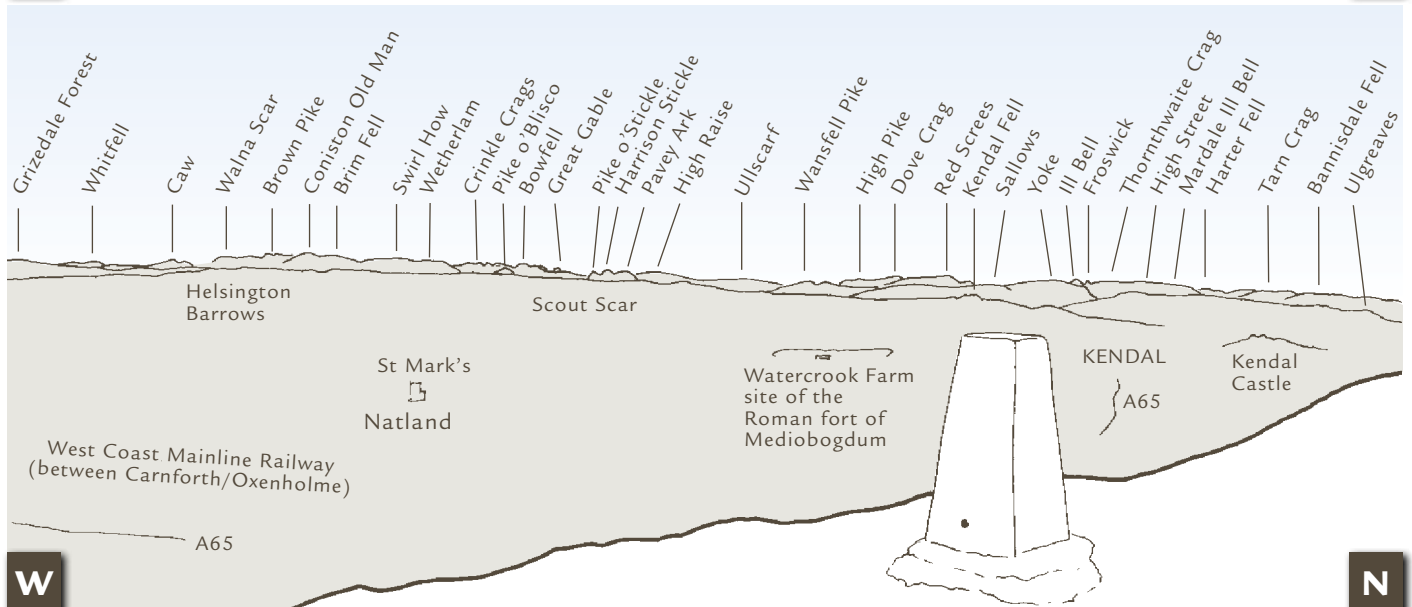
**E**

**S**



**S**

**W**



**W**

**N**