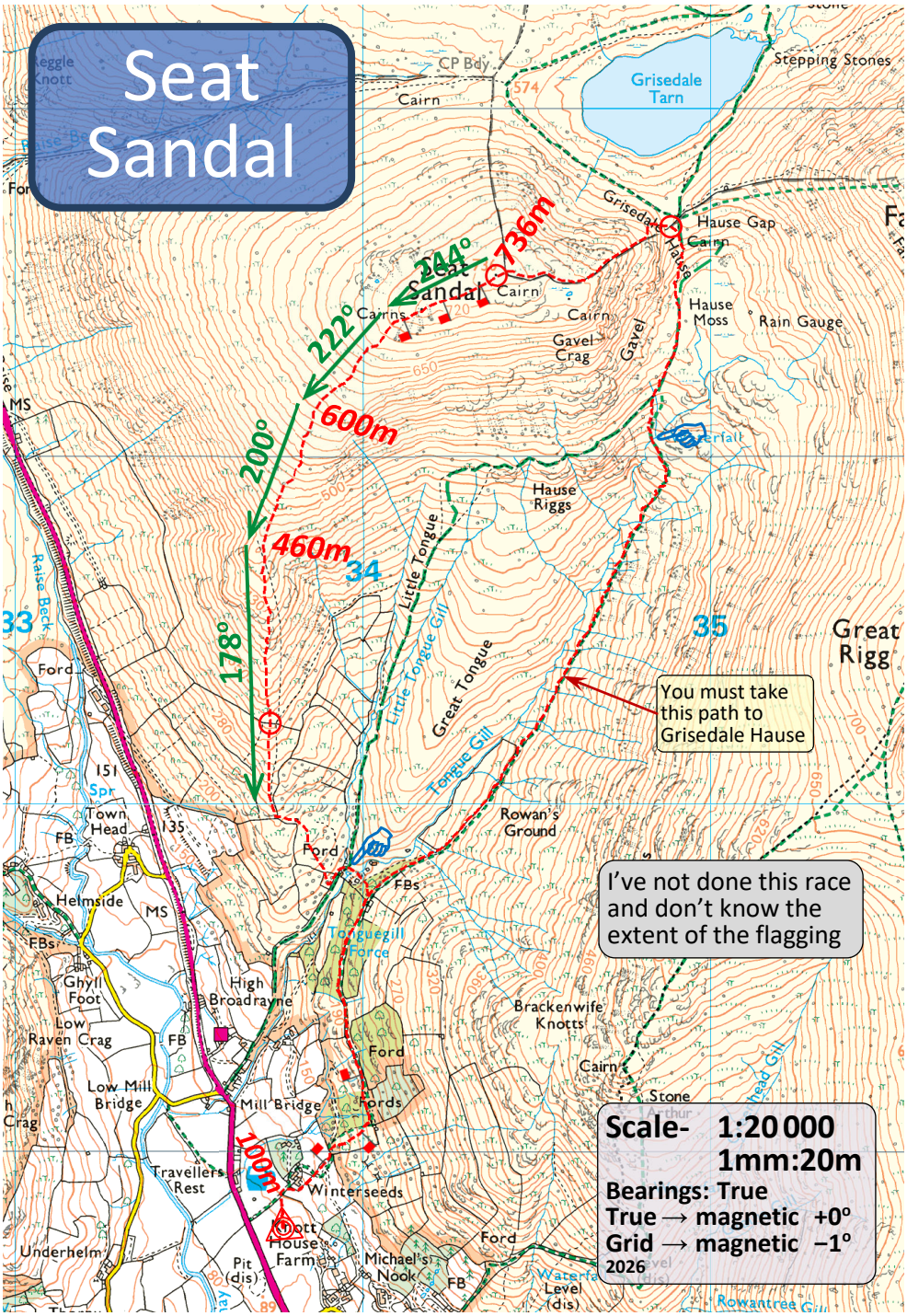

Seat Sandal
CP Bdy
Cairn
Grisedale Tarn
Stepping Stones
Grisedale
Hause Gap
Cairn
Hause
Seat Sandal
Cairn
736m
244°
222°
Cairns
Cairn
Hause Moss
Rain Gauge
Gavel Crag
Gavel
600m
200°
460m
34
178°
Hause Riggs
Little Tongue
Little Tongue Gill
Great Tongue
Tongue Gill
35
Great Rigg
You must take this path to Grisedale Hause
Raise Beck
33
Ford
151
Town Head
FB
135
Ford
Rowan's Ground
FBs
Helmside
MS
Tongue Force
FBs
Ghyll Foot
High Broadrayne
Low Raven Crag
FB
Brackenwife Knotts
Ford
Cairn
Low Mill Bridge
Mill Bridge
Fords
Stone
100m
Travellers Rest
Winterseeds
Ford
Underhelm
Pit (dis)
Michael's Nook
FB
Rowantree Gill
I've not done this race and don't know the extent of the flagging
Scale- 1:20 000
1mm:20m
Bearings: True
True → magnetic +0°
Grid → magnetic −1°
2026