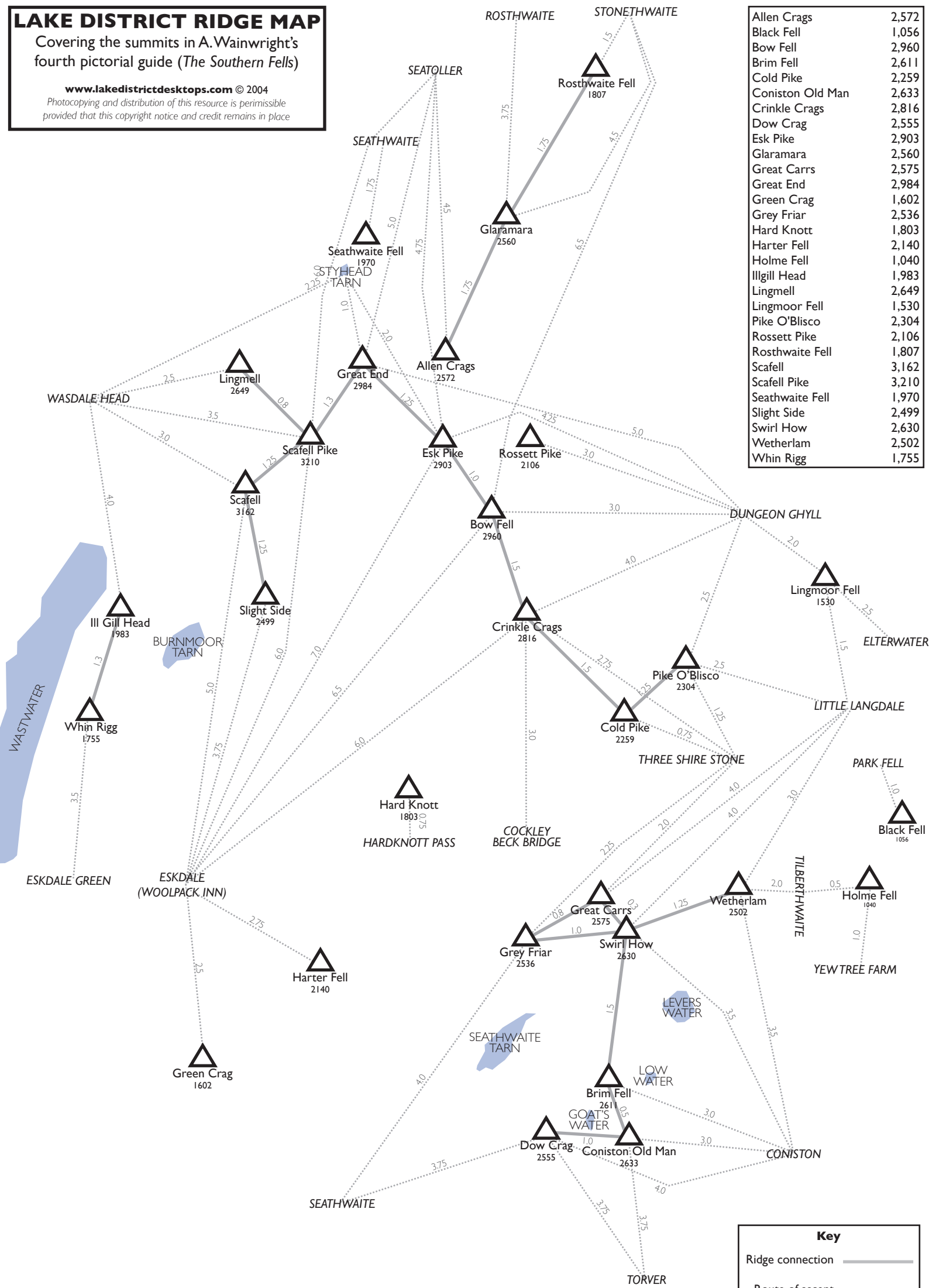


# LAKE DISTRICT RIDGE MAP

Covering the summits in A. Wainwright's fourth pictorial guide (*The Southern Fells*)

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Allen Crag	2,572
Black Fell	1,056
Bow Fell	2,960
Brim Fell	2,611
Cold Pike	2,259
Coniston Old Man	2,633
Crinkle Crag	2,816
Dow Crag	2,555
Esk Pike	2,903
Glamara	2,560
Great Carrs	2,575
Great End	2,984
Green Crag	1,602
Grey Friar	2,536
Hard Knott	1,803
Harter Fell	2,140
Holme Fell	1,040
Illgill Head	1,983
Lingmell	2,649
Lingmoor Fell	1,530
Pike O'Blisco	2,304
Rossett Pike	2,106
Rosthwaite Fell	1,807
Scafell	3,162
Scafell Pike	3,210
Seathwaite Fell	1,970
Slight Side	2,499
Swirl How	2,630
Wetherlam	2,502
Whin Rigg	1,755



All heights are in feet. All distances are in miles and are approximate.

**Key**

Ridge connection ———

Route of ascent ·····