



	distance	ascent	descent
Walk 1	21.1 km	142 m	154 m
Walk 2	19.1 km	120 m	131 m
Walk 3	16.3 km	99 m	91 m
Walk 4	11.7 km	84 m	77 m

Start Finish



St. Edwards ABC Fellwalkers
West Coast
 Cumbria
 Saturday, 05th July, 2003

Click on any change of direction on a route to see a 1:25K OS map of that part of the route. The location of the waypoint will be shown by a red arrow