The Sedbergh 7

HELM HILL RUNNERS

scale 1:15000, contours 10m
500m

Calders
Great Dummacks
663
4
Middle Tounge
Arant Haw
5
Nab
Stream Junction
3
Sickers Fell
Knott
2
Ashbank Fold - sheepfold
6
Sheepfold
Ford
1
Crook
Winder
473
8
7
Lockbank Fm
People's Hall
Sedbergh

Open Fell
Farmland
Flagged route

Do not cross walls or fences on the fell.

START People's Hall SD656923

1. Crook Summit SD 665936
2. Knott Summit SD 676941
3. Stream Junction SD 679946
4. Great Dummacks cairn SD 680963
5. Arant Haw Summit SD 662946
6. Wall Corner SD 644939
7. Fell Gate SD 644931
8. Winder Summit SD 654933

FINISH People's Hall

This map is for genaral guidance only

Map data: © OpenStreetMap contributors; Open Database Licence.
Contours: OS data © Crown copyright & database right OS 2013-2017.
OOM created by Oliver O'Brien. Make your own: https://oomap.dna-software.co.uk/