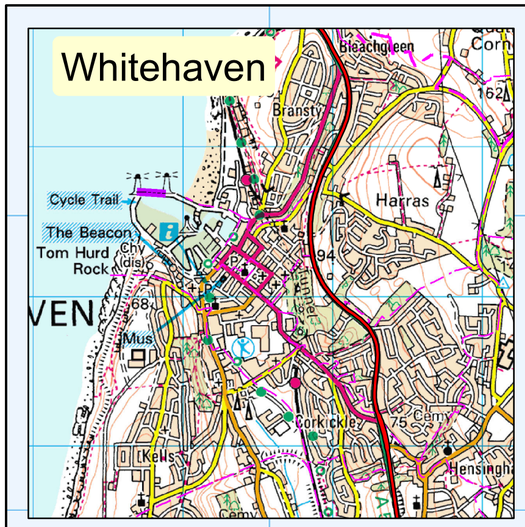
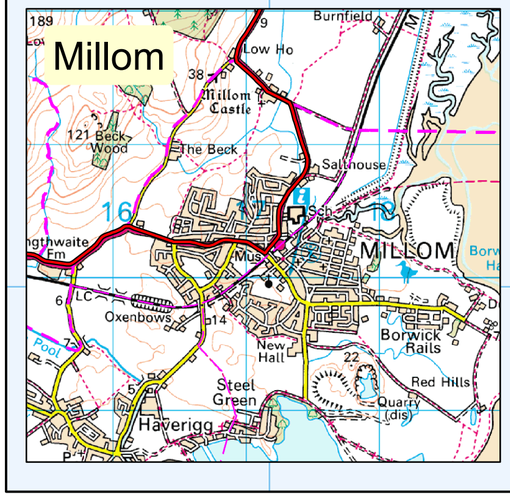
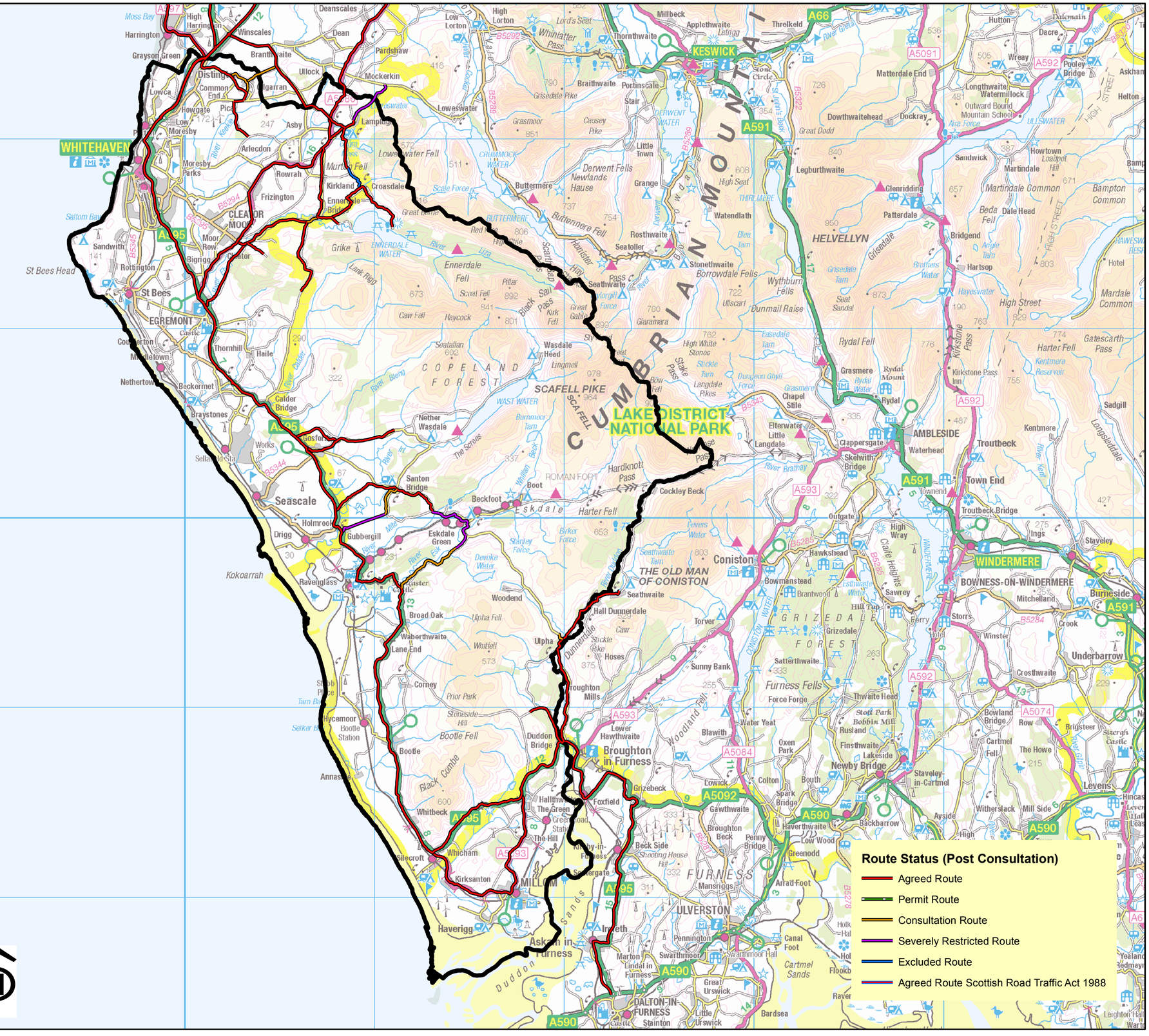





WHITEHAVEN
KESWICK
A66
A591
A595
A5086
A5091
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A593
A5084
A5092
A590
A5074
HELVELLYN
CUMBRIAN MOUNTAINS
LAKE DISTRICT NATIONAL PARK
COPELAND FOREST
SCAFELL PIKE
THE OLD MAN OF CONISTON
GRIZEDALE FOREST
FURNESS
Millbeck
Applethwaite
Threlkeld
Thornthwaite
Braithwaite
Portinscale
Lords Seat
Whinlatter Pass
Dockray
Matterdale End
Legburthwaite
Glenridding
Patterdale
Bridgend
Hartsop
Grasmere
Rydal
Chapel Stile
AMBLESIDE
Waterhead
Clappersgate
Skelwith Bridge
Elterwater
Little Langdale
Troutbeck
Town End
Troutbeck Bridge
Kentmere
Sadgill
Longsleddale
Kirkstone Pass
Kirkstone Pass Inn
Rydal Fell
Dunmail Raise
Wythburn Fells
Borrowdale Fells
Stonethwaite
Rosthwaite
Seatoller
Seathwaite
Grange
Buttermere
Watendlath
Derwent Fells
Newlands Hause
Scale Force
Lowes Water Fell
Crummock Water
Loweswater
Mockerkin
Pardshaw
Deanscales
Dean
Winscales
Brandreth
Ullock
Lamplugh
Murton Fell
Kirkland
Croasdale
Ennerdale Bridge
Ennerdale Fell
Grike
Caw Fell
Haycock
Scoat Fell
Pillar
Black Sail Pass
Great Gable
Wasdale Head
Lingmell
Seatallan
Middle Fell
Yewbarrow
Lank Rigg
Frizington
Arlecdon
Rowrah
Asby
Distington
Ullock
Harrington
Grayson Green
Moss Bay
High Harrington
Low Harrington
Lowca
Howgate
Low Moresby
Moresby Parks
Moresby
Sandwith
Rottington
St Bees
St Bees Head
EGREMONT
Cleator
Cleator Moor
Moor Row
Bigrigg
Frizington
Thornhill
Haile
Calder Bridge
Braystones
Beckermet
Nethertown
Middletown
Cumberton
Sellafield Sta
Seascale
Holmrook
Drigg
Gosforth
Works
Santon Bridge
Nether Wasdale
Wast Water
Gosforth
Gubbergill
Eskdale Green
Boot
Beckfoot
Eskdale
Harter Fell
Hardknott Pass
Roman Fort
Cockley Beck
Ravenglass
Kokoarrah
Woodend
Broad Oak
Waberthwaite
Lane End
Corney
Prior Park
Bootle Fell
Bootle
Hycemoor
Bootle Station
Annaside
Whitbeck
Silecroft
Whicham
Kirksanton
Haverigg
Millom
Askam in Furness
Duddon Sands
Broughton in Furness
Lower Hawthwaite
Duddon Bridge
Foxfield
Grizebeck
Gawthwaite
Broughton Beck
Penny Bridge
Beck Side
Shooting House Hill
Mansriggs
Arrad Foot
ULVERSTON
Pennington
Canal Foot
Swarthmoor
Swarthmoor Hall
Marton
Lindal in Furness
Cartmel Sands
Great Urswick
Little Urswick
Bardsea
DALTON-IN-FURNESS
Stainton
Ireleth
Coniston
Torver
Hawkshead
Bowmanstead
Brantwood
Sunny Bank
Hoses
Ulpha
Ulpha Fell
Hall Dunnerdale
Seathwaite
Woodland Fell
Blawith
Water Yeat
Force Forge
Furness Fells
Satterthwaite
Grizedale
Thwaite Head
Finsthwaite
Lakeside
Newby Bridge
Staveley-in-Cartmel
Cartmel Fell
Bowland Bridge
Rusland
Stott Park Bobbin Mill
Colton
Bouth
Spark Bridge
Lowick
Haverthwaite
Low Wood
Greenodd
Backbarrow
Ayside
Witherslack
Mill Side
Levens
Brigsteer
The Howe
Cartmel
Crosthwaite
Underbarrow
Crook
Winster
Storrs
Ferry
Hill Top
Sawrey
Esthwaite Water
Hawkshead
Bowness-on-Windermere
Mitchelland
Burneside
Windermere
Ings
Staveley
Troutbeck
Townend
Outgate
Skelwith Bridge
Clappersgate
Waterhead
Rydal Water
Rydal Mount
Grasmere
Dunmail Raise
Seat Sandal
Fairfield
Helvellyn
Great Dodd
Clough Head
Watermillock
Lowther Water
Ullswater
Pooley Bridge
Dacre
Hutton
Wreay
Askham
Helton
Martindale
Howtown
Martindale Common
Bampton Common
Dale Head
Beda Fell
Angle Tarn
Hayeswater
High Street
Mardale Common
Gatescarth Pass
Harter Fell
Kentmere Reservoir
Kentmere
Longsleddale
Sadgill
Grisedale
Grisedale Tarn
Brothers Water
Seat
Rydal Fell
Rydal Head
Great Gable
Kirk Fell
Pillar
Scafell Pike
Scafell
Esk Pike
Bow Fell
Crinkle Crags
Langdale Pikes
Stickle Tarn
Pike o' Stickle
Harrison Stickle
Dungeon Ghyll
Easedale Tarn
High White Stones
Ullscarf
Helvellyn
Lower Man
Whiteside
Raise
Stybarrow Dodd
Watendlath Tarn
Derwentwater
Keswick
Castle Crag
Borrowdale
Seatoller
Honister Pass
Buttermere
Crummock Water
Mellbreak
Whinlatter Pass
Lord's Seat
Grasmoor
Causey Pike
Grisedale Pike
Braithwaite
Portinscale
Derwent Water
Lingmell
Great End
Scafell
Broad Crag
Ill Crag
Esk Hause
Allen Crags
Glaramara
Combe Head
Gillercombe Head
Dalehead
Robinson
Hindscarth
Dale Head
Newlands Hause
Derwent Fells
Little Town
Grange
Rosthwaite
Seatoller
Honister Pass
Gatesgarth
Buttermere
Crummock Water
Mellbreak
Whinlatter Pass
Lord's Seat
Grasmoor
Causey Pike
Grisedale Pike
Braithwaite
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