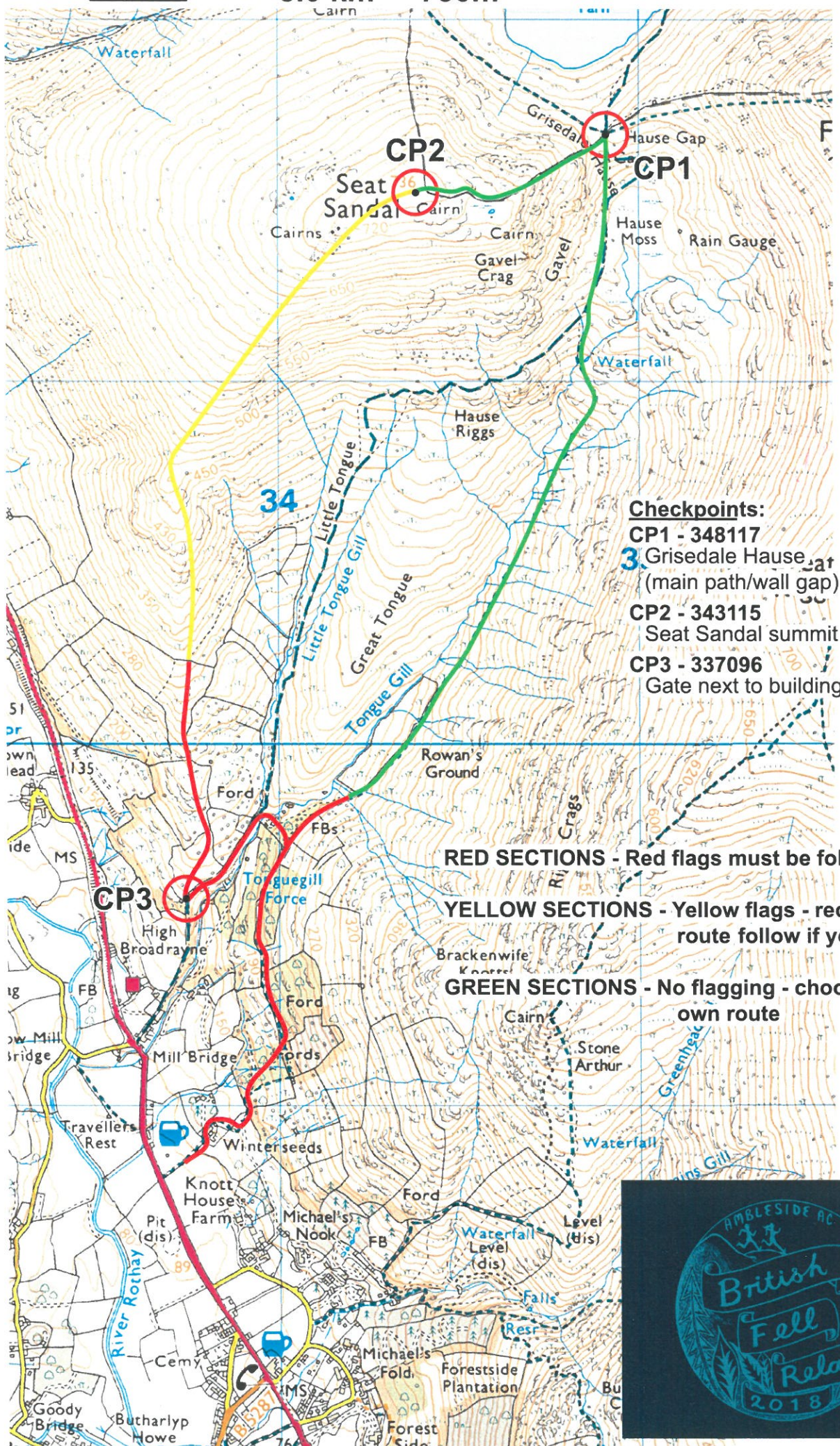


Leg 1

**5.0 miles - 2400ft
8.0 km - 730m**

Solo leg



- Checkpoints:**
- CP1 - 348117**
3. Grisedale House
(main path/wall gap)
 - CP2 - 343115**
Seat Sandal summit
 - CP3 - 337096**
Gate next to building

RED SECTIONS - Red flags must be followed
YELLOW SECTIONS - Yellow flags - recommended route follow if you wish
GREEN SECTIONS - No flagging - choose your own route

