

NORTH DALES TRAVERSE - 55 miles and 12,000 feet
 (Hawes to Sedbergh)

Rick Ansell's Schedule

Summit		Height - feet	Grid Reference	Time
Start - Hawes			875 898	8.30
1	Lovely Seat	2213	879 950	9.20
2	Great Shunner Fell	2340	848 972	10.01
3	Rogan's Seat	2203	919 030	11.40
4	Water Crag	2188	928 046	12.02
5	Nine Standards Rigg	2171	825 061	14.38
6	White Mossy Hill	2175	828 052	14.45
7	High Seat	2328	802 012	15.43
8	Archy Styrigg	2250	802 003	15.58
9	Hugh Seat	2257	809 991	16.10
10	Sails	2186	808 965	16.28
11	Wild Boar Fell	2324	757 987	17.46
12	Swarth Fell	2235	755 966	18.05
13	Swarth Fell Pike	2125	760 958	18.13
14	Tarn Rigg Hill	2200	742 916	19.16
15	Knoutberry Haw	2216	731 919	19.25
16	Randygill Top	2047	686 000	21.32
17	Yarlside	2097	685 985	21.57
18	Fell Head	2050	650 984	22.54
19	The Calf	2219	667 970	23.20
20	Bram Rigg Top	2200	668 965	23.27
21	Calders	2200	670 960	23.36
Finish - Sedbergh			657 922	0.26

overall time 15.56

Use in conjunction with OS Explorer Maps OL 30 and OL 19