Map A:
Key map - Whitehaven to Silecroft

Chapter number and title

1. Whitehaven to Pow Beck, St Bees (Maps 1a to 1f)
2. Pow Beck, St Bees to Seascale Promenade (Maps 2a to 2g)
3. Seascale Promenade to Esk Estuary (Maps 3a to 3g)
4. Esk Estuary to Beach Car Park, Silecroft (Maps 4a to 4i)

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