



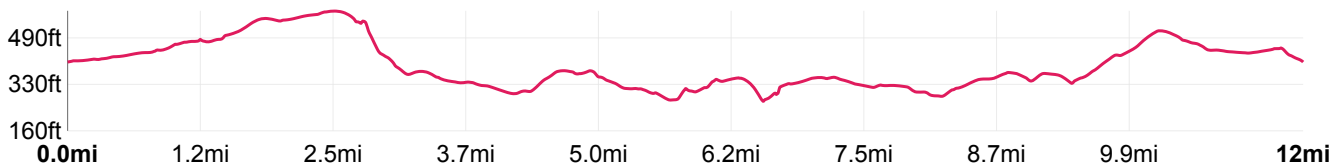
Route Information

Route Name Ashby in Reverse
Ashby-Ticknell

Route Summary

Total Distance	11.5mi (18.6km)	Walk	4h 10min
Elevation	265ft at lowest point	Run	1h 41min
	588ft at highest point	Cycle	58min
Total Ascent	913ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SK 357 168	0.00mi	52° 44' 54" N	1° 28' 16" W	407ft
		Dist to next: 4.77mi, Bearing to next: 357°, Ascent to next: 338ft			
2	SK 354 233	4.77mi	52° 48' 24" N	1° 28' 30" W	365ft
	Coffee	Dist to next: 4.19mi, Bearing to next: 155°, Ascent to next: 332ft			
3	SK 369 201	8.95mi	52° 46' 40" N	1° 27' 12" W	352ft
	Lunch	Dist to next: 2.60mi, Bearing to next: 200°, Ascent to next: 243ft			
4	SK 357 168	11.55mi	52° 44' 54" N	1° 28' 16" W	407ft