

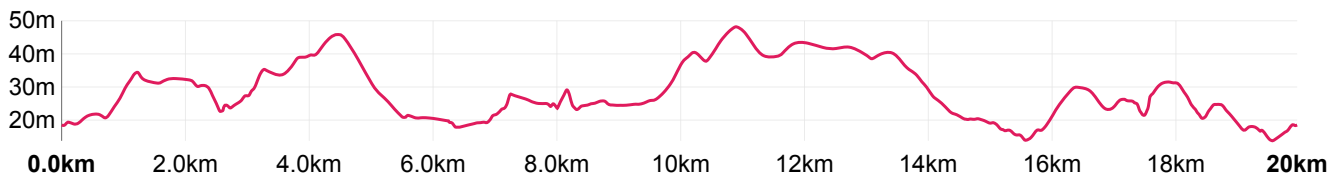
Route Information

Route Name Itteringham

Route Summary

Total Distance	19.9km (12.4mi)	Walk	4h 14min
Elevation	14m at lowest point	Run	1h 48min
	48m at highest point	Cycle	1h 2min
Total Ascent	153m		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TG 194 273	0.00km	52° 47' 55" N	1° 15' 11" E	19m
	Dist to next: 7.92km, Bearing to next: 306°, Ascent to next: 62m				
2	TG 146 307	7.92km	52° 49' 54" N	1° 11' 5" E	25m
	Lunch				
	Dist to next: 9.41km, Bearing to next: 126°, Ascent to next: 68m				
3	TG 176 285	17.34km	52° 48' 38" N	1° 13' 43" E	25m
	Ice Creams				
	Dist to next: 2.57km, Bearing to next: 126°, Ascent to next: 22m				
4	TG 194 273	19.91km	52° 47' 55" N	1° 15' 11" E	19m