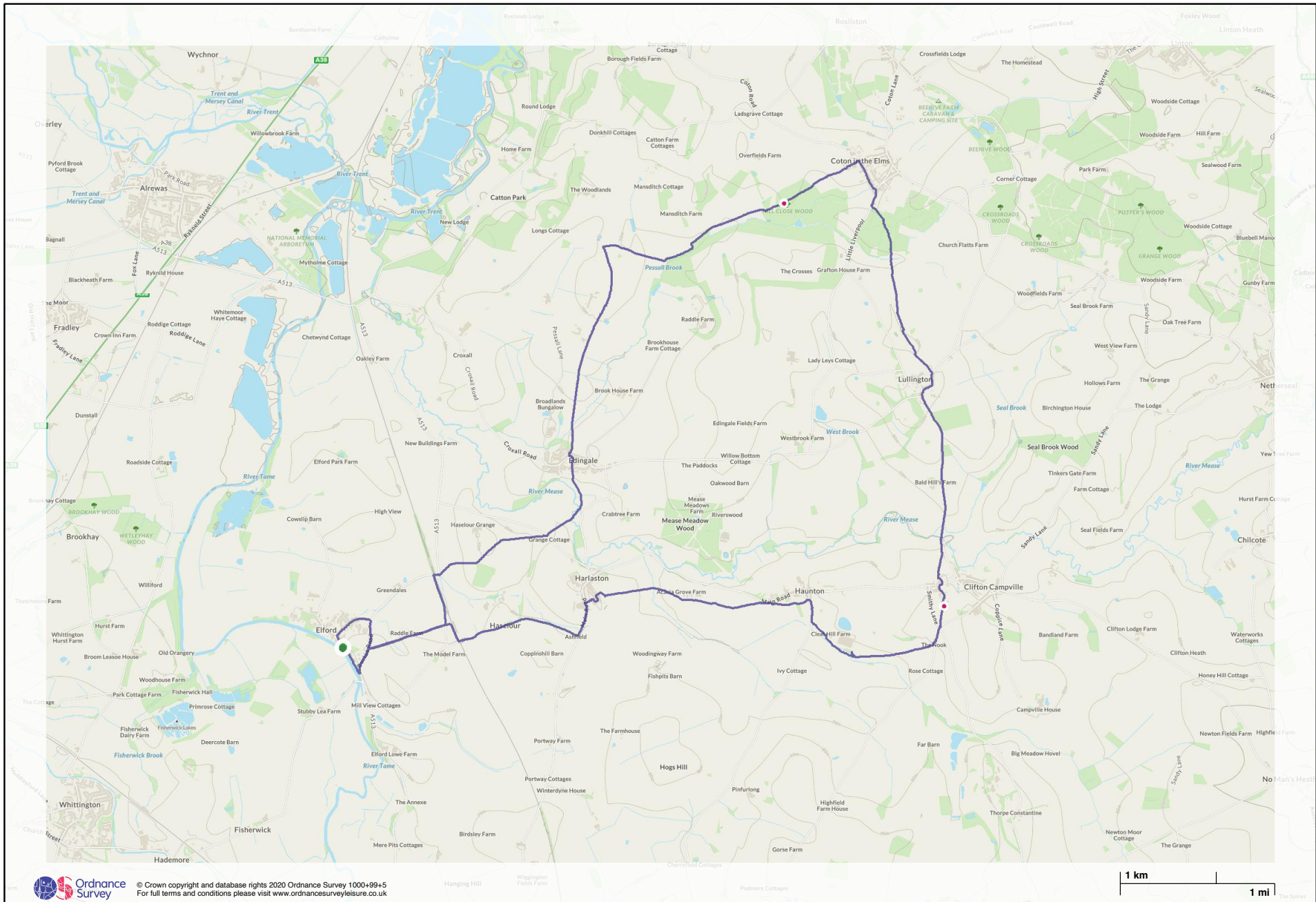


ELFORD



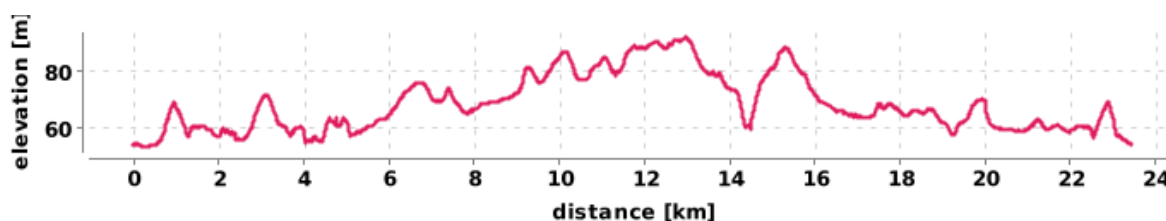
Route Information

Elford

Route Summary

| | |
|----------------|------------------------------|
| Total Distance | 23.4 km (14.6 mi) |
| Elevation | 53 m at lowest point |
| | 92 m at highest point |
| Total Ascent | 251 m |

Elevation Profile



Route Card

| # | OS Grid Ref | Dist from start | Latitude | Longitude | Elevation |
|---|---|-----------------|---------------|--------------|-------------|
| 0 | SK 190 102 | 0 km | 52° 41' 23" N | 1° 43' 12" W | 54 m |
| | Dist to next: 9.21 km , Ascent to next: 26 m | | | | |
| 1 | SK 235 149 | 9.21 km | 52° 43' 53" N | 1° 39' 8" W | 80 m |
| | Coffee | | | | |
| | Coffee | | | | |
| | Dist to next: 6.07 km , Ascent to next: 8 m | | | | |
| 2 | SK 252 107 | 15.28 km | 52° 41' 37" N | 1° 37' 39" W | 88 m |
| | Lunch | | | | |
| | Lunch | | | | |
| | Dist to next: 8.16 km , Ascent to next: -35 m | | | | |
| 3 | SK 190 102 | 23.44 km | 52° 41' 23" N | 1° 43' 13" W | 53 m |