

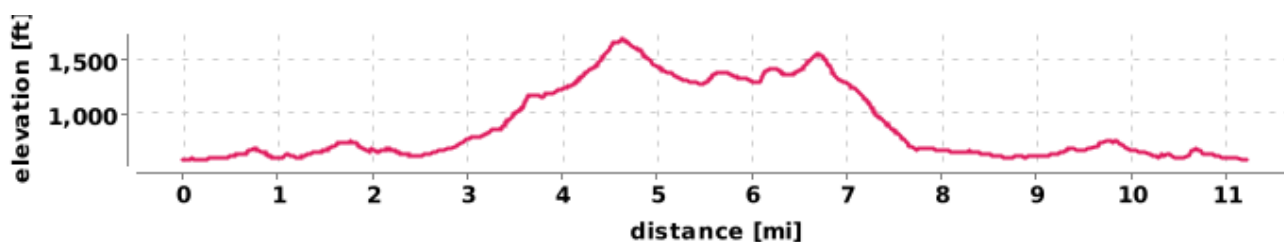
Route Information

Mam Tor

Route Summary

Total Distance **11.22 mi (18.06 km)**
 Elevation **580 ft at lowest point**
1695 ft at highest point
 Total Ascent **2203 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SK 131 833 Coffee Dist to next: 5.21 mi, Ascent to next: -584 ft	3.91 mi	53° 20' 47" N	1° 48' 15" W	1203 ft
2	SK 149 829 Lunch Dist to next: 2.1 mi, Ascent to next: -33 ft	9.12 mi	53° 20' 35" N	1° 46' 35" W	619 ft
3	SK 174 811	11.22 mi	53° 19' 36" N	1° 44' 23" W	586 ft