

SUGAR LOAF

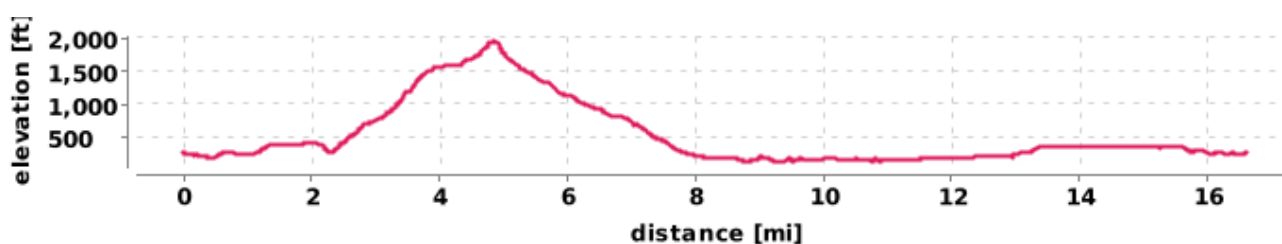
Route Information

Sugar loaf

Route Summary

Total Distance **16.62 mi (26.74 km)**
 Elevation **142 ft at lowest point**
1953 ft at highest point
 Total Ascent **2625 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SO 210 177	0 mi	51° 51' 8" N	3° 8' 51" W	276 ft
	Dist to next: 3.96 mi , Ascent to next: 1299 ft				
2	SO 259 189	3.96 mi	51° 51' 51" N	3° 4' 35" W	1575 ft
	Coffee				
	Dist to next: 2.1 mi , Ascent to next: -441 ft				
3	SO 280 176	6.06 mi	51° 51' 10" N	3° 2' 45" W	1134 ft
	Lunch				
	Dist to next: 10.56 mi , Ascent to next: -858 ft				
4	SO 210 177	16.62 mi	51° 51' 8" N	3° 8' 51" W	276 ft