

THE ROACHES

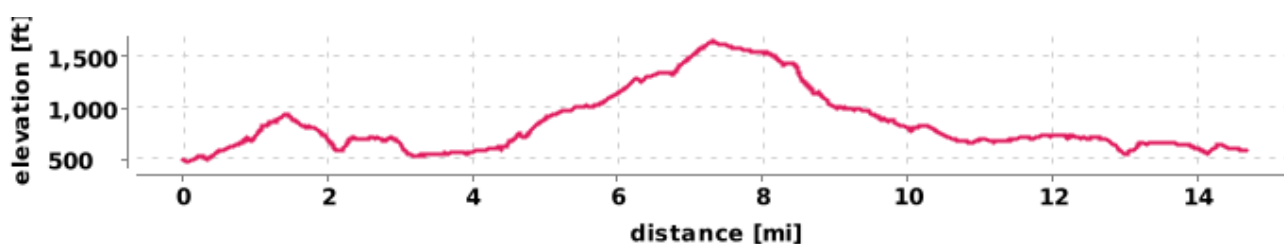
Route Information

The Roaches

Route Summary

Total Distance **14.69 mi (23.64 km)**
 Elevation **478 ft at lowest point**
1651 ft at highest point
 Total Ascent **2443 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SJ 921 648	0 mi	53° 10' 50" N	2° 7' 8" W	496 ft
	Dist to next: 3.2 mi , Ascent to next: 49 ft				
2	SJ 956 642	3.2 mi	53° 10' 30" N	2° 3' 57" W	544 ft
	Coffee				
	Dist to next: 5.24 mi , Ascent to next: 898 ft				
3	SK 006 623	8.44 mi	53° 9' 29" N	1° 59' 32" W	1442 ft
	Lunch				
	Dist to next: 1.62 mi , Ascent to next: -662 ft				
4	SK 005 605	10.06 mi	53° 8' 32" N	1° 59' 35" W	780 ft
	Map reading error				

Dist to next: **4.62** mi, Ascent to next: **-188** ft

5 **SJ 978 565** **14.69** mi 53° 6' 22" N 2° 1' 58" W **592** ft