

CASTLE RING

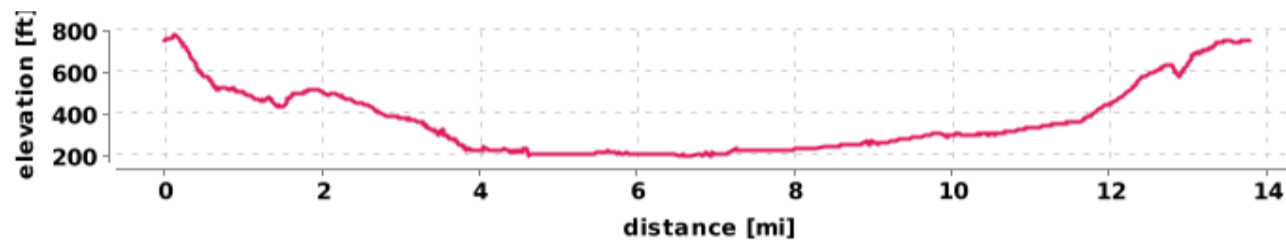
Route Information

Castle Ring

Route Summary

Total Distance **13.8 mi (22.21 km)**
 Elevation **199 ft at lowest point**
777 ft at highest point
 Total Ascent **795 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SK 044 126	0 mi	52° 42' 41" N	1° 56' 8" W	755 ft
		Dist to next: 4.88 mi , Ascent to next: -547 ft			
2	SK 079 168	4.88 mi	52° 44' 58" N	1° 53' 3" W	208 ft
	Coffee	Dist to next: 5.67 mi , Ascent to next: 97 ft			
3	SK 085 135	10.55 mi	52° 43' 11" N	1° 52' 28" W	305 ft
	Lunch	Dist to next: 3.25 mi , Ascent to next: 450 ft			
4	SK 044 126	13.8 mi	52° 42' 41" N	1° 56' 7" W	754 ft