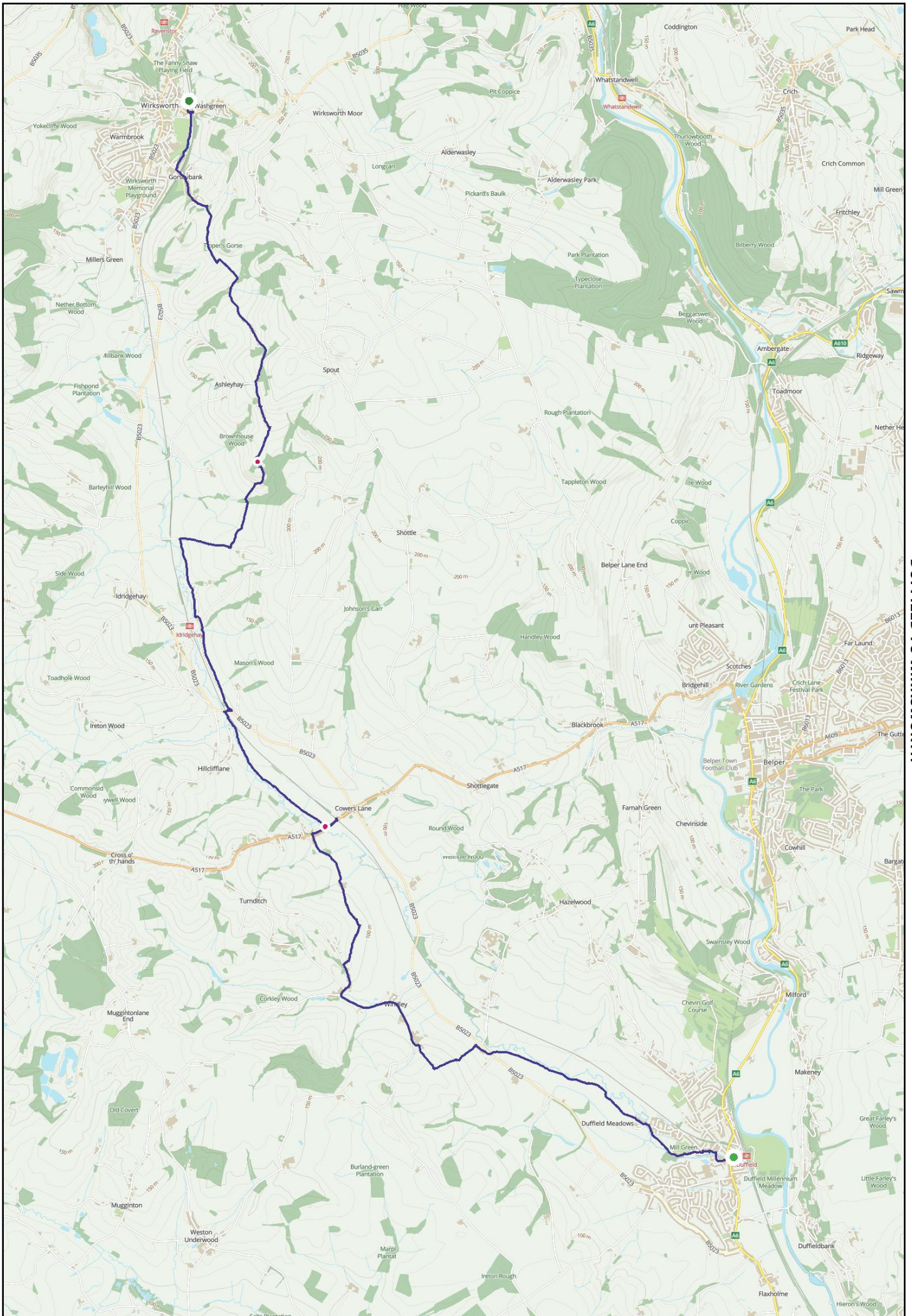


DUFFIELD TO WIRKSWORTH



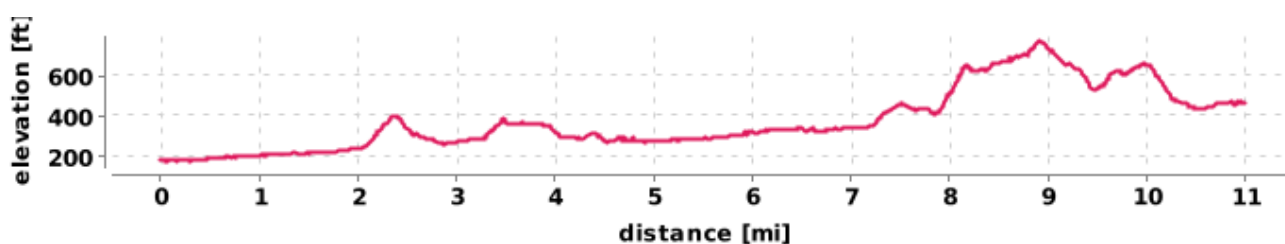
Route Information

Duffield to Wirksworth

Route Summary

Total Distance **11.01 mi (17.72 km)**
 Elevation **175 ft at lowest point**
772 ft at highest point
 Total Ascent **1235 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SK 345 434	0 mi	52° 59' 14" N	1° 29' 14" W	186 ft
		Dist to next: 4.56 mi , Ascent to next: 90 ft			
2	SK 303 467	4.56 mi	53° 1' 2" N	1° 32' 55" W	276 ft
		First Coffee			
		Dist to next: 0.33 mi , Ascent to next: 1 ft			
3	SK 303 467	4.89 mi	53° 1' 2" N	1° 32' 55" W	277 ft
		Second Coffee			
		Dist to next: 3.28 mi , Ascent to next: 380 ft			
4	SK 296 504	8.17 mi	53° 3' 1" N	1° 33' 32" W	657 ft
		Lunch			
		Dist to next: 2.84 mi , Ascent to next: -190 ft			
5	SK 289 540	11.01 mi	53° 4' 59" N	1° 34' 9" W	467 ft