

ELFORD

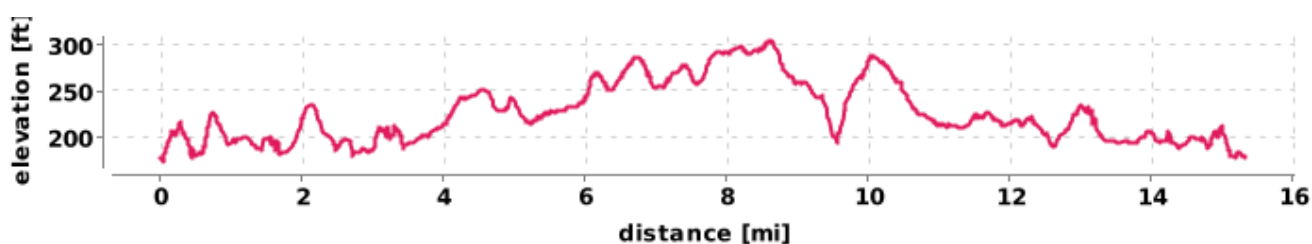
Route Information

Elford

Route Summary

Total Distance **15.34 mi (24.68 km)**
 Elevation **174 ft at lowest point**
304 ft at highest point
 Total Ascent **578 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SK 190 105	0 mi	52° 41' 30" N	1° 43' 11" W	179 ft
	Dist to next: 6.11 mi , Ascent to next: 88 ft				
2	SK 235 149	6.11 mi	52° 43' 53" N	1° 39' 8" W	267 ft
	Coffee				
	Dist to next: 3.97 mi , Ascent to next: 19 ft				
3	SK 252 107	10.09 mi	52° 41' 38" N	1° 37' 40" W	286 ft
	Lunch				
	Dist to next: 5.25 mi , Ascent to next: -108 ft				
4	SK 190 105	15.34 mi	52° 41' 30" N	1° 43' 11" W	178 ft