

OVERSEAL

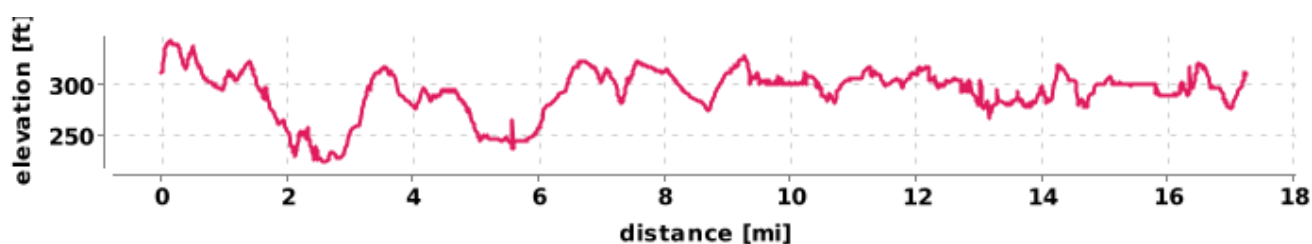
## Route Information

Overseal

### Route Summary

Total Distance **17.27 mi (27.79 km)**  
 Elevation **224 ft at lowest point**  
**343 ft at highest point**  
 Total Ascent **770 ft**

### Elevation Profile



### Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	<b>SK 298 156</b>	<b>0 mi</b>	52° 44' 15" N	1° 33' 34" W	<b>312 ft</b>
	Dist to next: <b>5.1 mi</b> , Ascent to next: <b>-63 ft</b>				
2	<b>SK 308 116</b>	<b>5.1 mi</b>	52° 42' 5" N	1° 32' 41" W	<b>249 ft</b>
	Coffee				
	Dist to next: <b>4.75 mi</b> , Ascent to next: <b>55 ft</b>				
3	<b>SK 346 100</b>	<b>9.85 mi</b>	52° 41' 12" N	1° 29' 19" W	<b>304 ft</b>
	Lunch				
	Dist to next: <b>7.42 mi</b> , Ascent to next: <b>8 ft</b>				
4	<b>SK 298 156</b>	<b>17.27 mi</b>	52° 44' 15" N	1° 33' 34" W	<b>311 ft</b>