

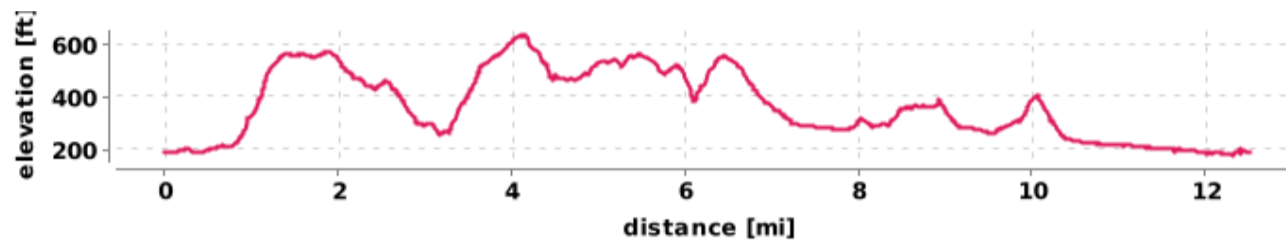
## Route Information

Duffield

### Route Summary

Total Distance **12.53 mi (20.17 km)**  
 Elevation **175 ft at lowest point**  
**634 ft at highest point**  
 Total Ascent **1489 ft**

### Elevation Profile



### Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	<b>SK 345 436</b>	<b>0 mi</b>	52° 59' 21" N	1° 29' 14" W	<b>190 ft</b>
		Dist to next: <b>4.14 mi</b> , Ascent to next: <b>444 ft</b>			
2	<b>SK 329 491</b>	<b>4.14 mi</b>	53° 2' 19" N	1° 30' 36" W	<b>634 ft</b>
	Coffee	Dist to next: <b>3.11 mi</b> , Ascent to next: <b>-333 ft</b>			
3	<b>SK 297 474</b>	<b>7.25 mi</b>	53° 1' 24" N	1° 33' 27" W	<b>300 ft</b>
	Lunch	Dist to next: <b>5.28 mi</b> , Ascent to next: <b>-110 ft</b>			
4	<b>SK 345 436</b>	<b>12.53 mi</b>	52° 59' 19" N	1° 29' 13" W	<b>190 ft</b>