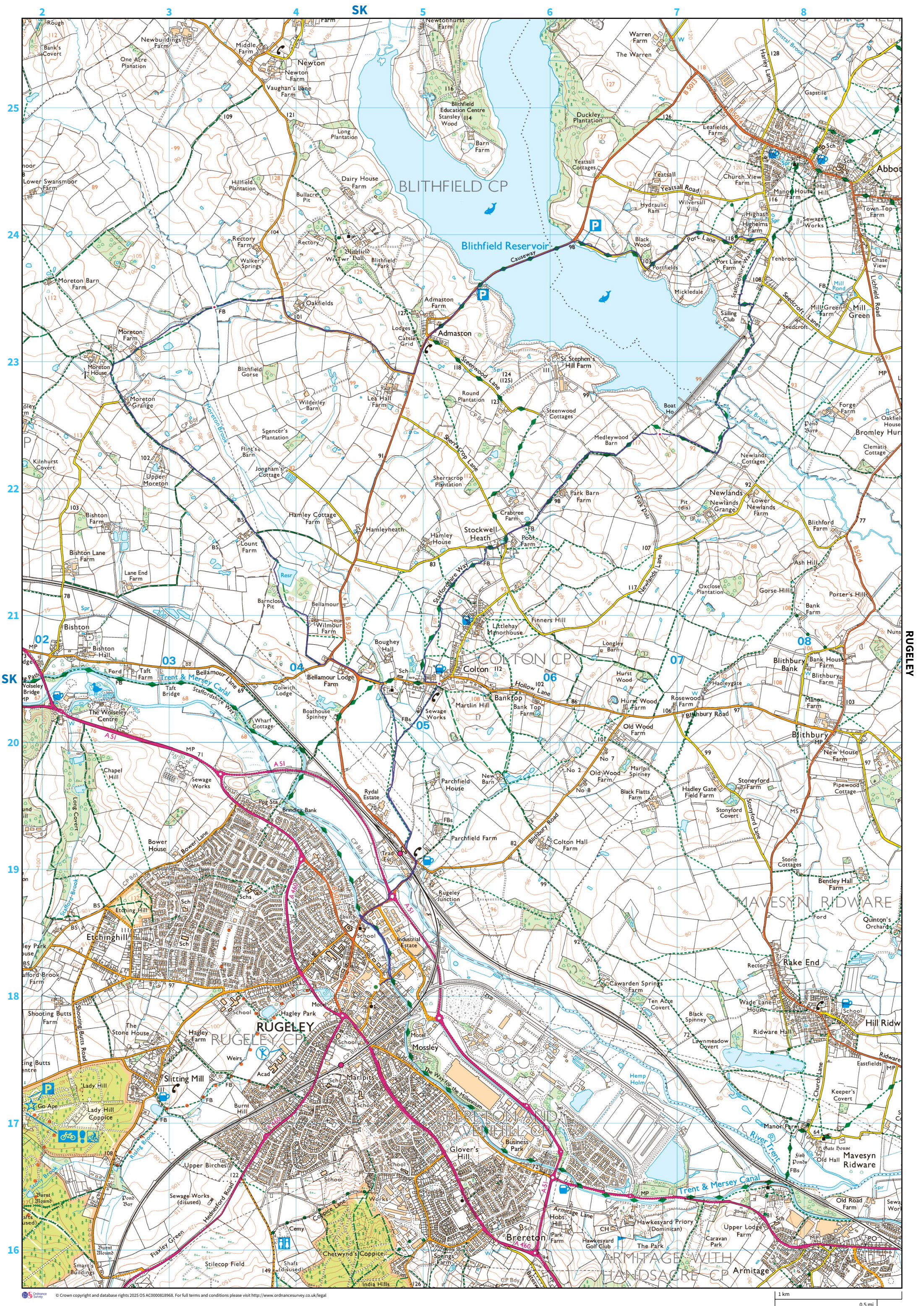




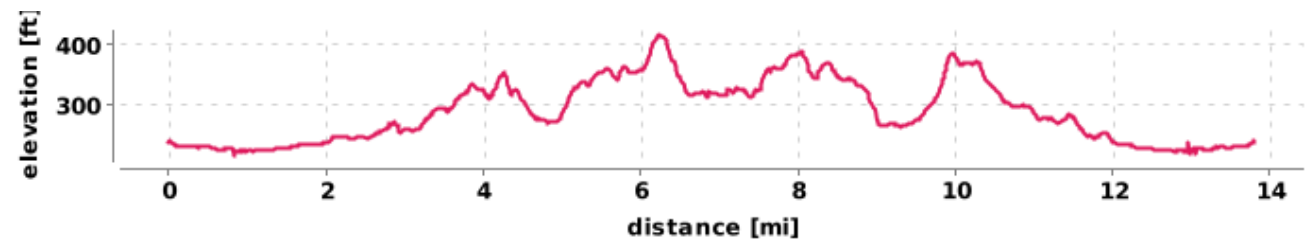
Route Information

Rugeley

Route Summary

Total Distance	13.81 mi (22.23 km)
Elevation	215 ft at lowest point
	416 ft at highest point
Total Ascent	585 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SK 046 180	0 mi	52° 45' 36" N	1° 55' 58" W	239 ft
	Dist to next: 4.85 mi, Ascent to next: 32 ft				
2	SK 033 234	4.85 mi	52° 48' 30" N	1° 57' 5" W	271 ft
	Coffee				
	Dist to next: 4.99 mi, Ascent to next: 67 ft				
3	SK 068 224	9.84 mi	52° 47' 57" N	1° 53' 58" W	338 ft
	Lunch				
	Dist to next: 2.05 mi, Ascent to next: -84 ft				
4	SK 051 204	11.89 mi	52° 46' 54" N	1° 55' 31" W	254 ft
	Brian's abandonment				
	Dist to next: 1.92 mi, Ascent to next: -15 ft				
5	SK 046 180	13.81 mi	52° 45' 36" N	1° 55' 58" W	239 ft