

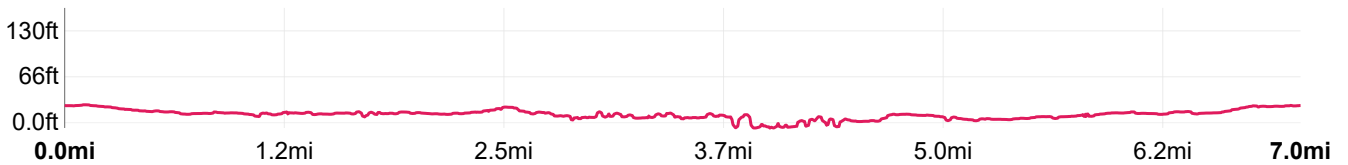
## Route Information

Route Name WW SL&IL Arram

## Route Summary

Total Distance	7.0mi (11.3km)	Walk	2h 55min
Elevation	-8ft at lowest point 26ft at highest point	Run	1h 1min
Total Ascent	261ft	Cycle	35min

## Elevation Profile



## Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TA 029 414	0.00mi	53° 51' 32" N	0° 26' 11" W	25ft
	Dist to next: 6.99mi, Bearing to next: 74°, Ascent to next: 0ft				
	↑ (0° 26' 11" W 53° 51' 32" N   0ft)				
2	TA 029 414	6.99mi	53° 51' 32" N	0° 26' 11" W	25ft