

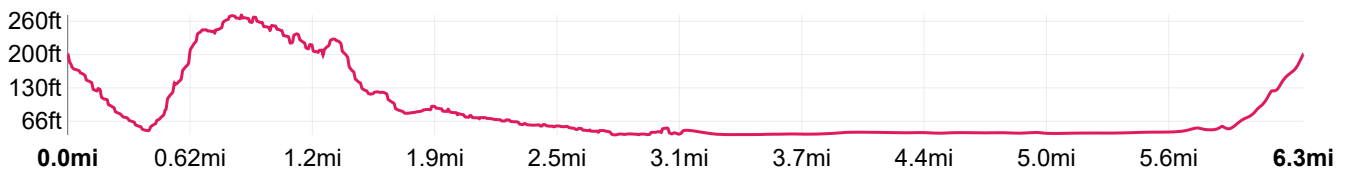
Route Information

Route Name WW KP&OC Kirkham

Route Summary

Total Distance	6.2mi (10.0km)	Walk	2h 49min
Elevation	39ft at lowest point	Run	54min
	275ft at highest point	Cycle	31min
Total Ascent	630ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SE 739 658	0.00mi	54° 4' 59" N	0° 52' 18" W	196ft
Dist to next: 6.23mi, Bearing to next: 62°, Ascent to next: 630ft					
2	SE 739 658	6.23mi	54° 5' 0" N	0° 52' 18" W	198ft