

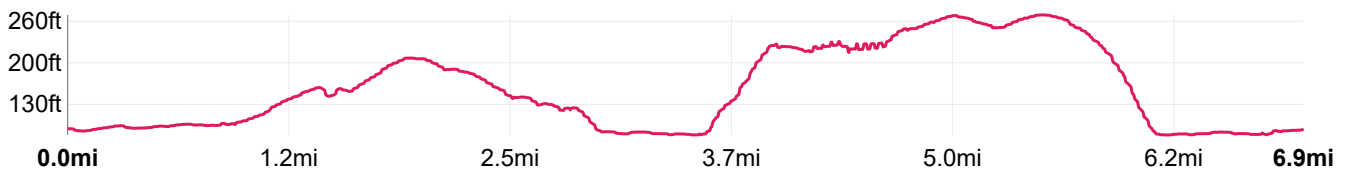
## Route Information

Route Name WW JS Rudston

## Route Summary

Total Distance	6.9mi (11.2km)	Walk	3h 1min
Elevation	83ft at lowest point	Run	1h 0min
	272ft at highest point	Cycle	35min
Total Ascent	478ft		

## Elevation Profile



## Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TA 094 678	0.00mi	54° 5' 42" N	0° 19' 39" W	93ft
	Dist to next: 6.93mi, Bearing to next: 175°, Ascent to next: 0ft				
	↑ (0° 19' 39" W 54° 5' 42" N   0ft)				
2	TA 094 678	6.93mi	54° 5' 41" N	0° 19' 39" W	93ft