

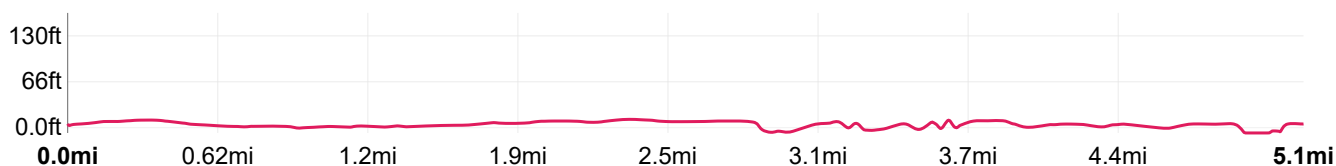
Route Information

Route Name Tickton WW MG

Route Summary

Total Distance	5.1mi (8.2km)	Walk	2h 7min
Elevation	-8ft at lowest point 12ft at highest point	Run	44min
Total Ascent	157ft	Cycle	25min

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TA 056 417	0.00mi	53° 51' 40" N	0° 23' 41" W	5ft
Dist to next: 5.11mi, Bearing to next: 119°, Ascent to next: 157ft					
2	TA 056 417	5.11mi	53° 51' 40" N	0° 23' 41" W	5ft