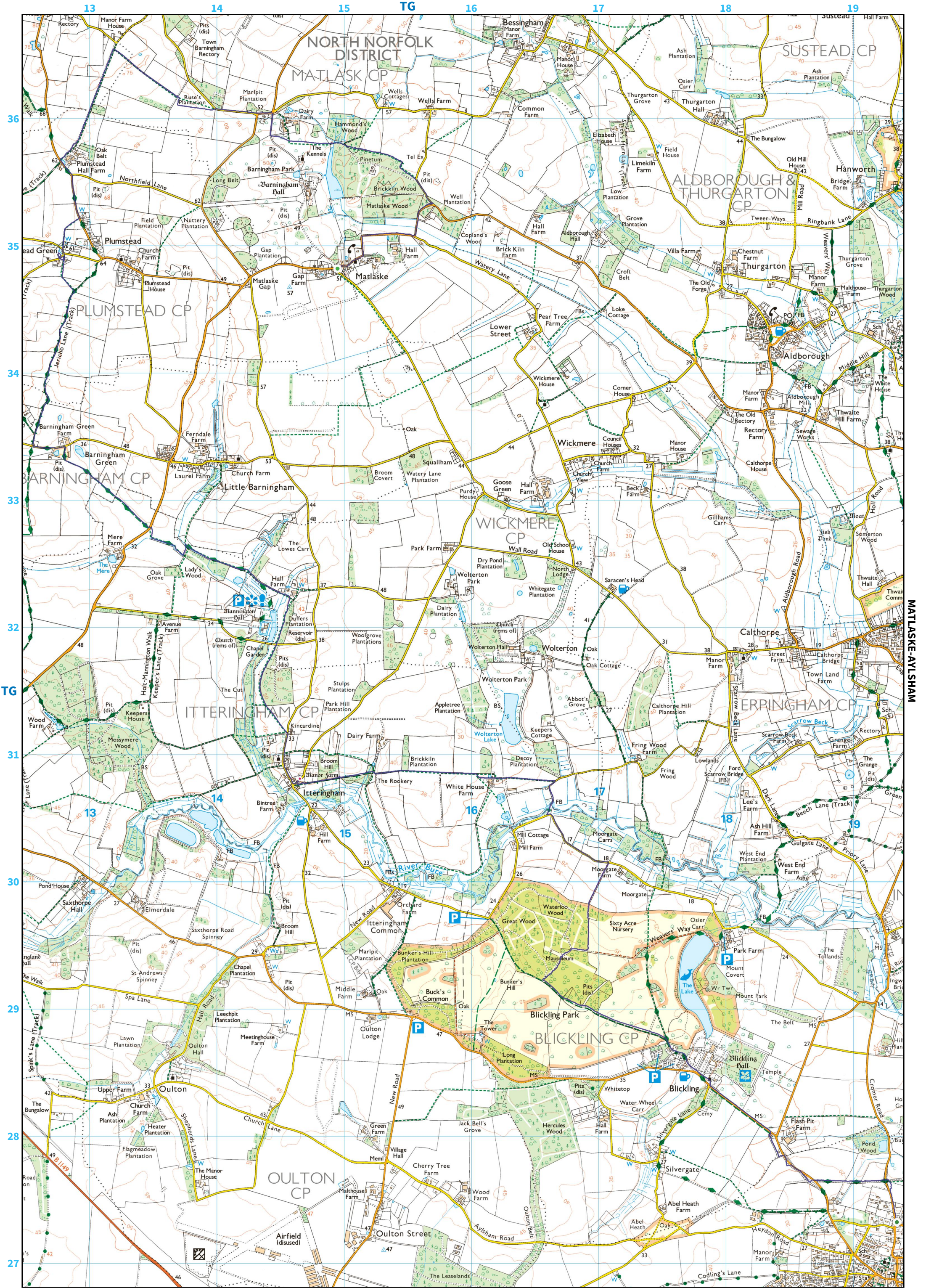




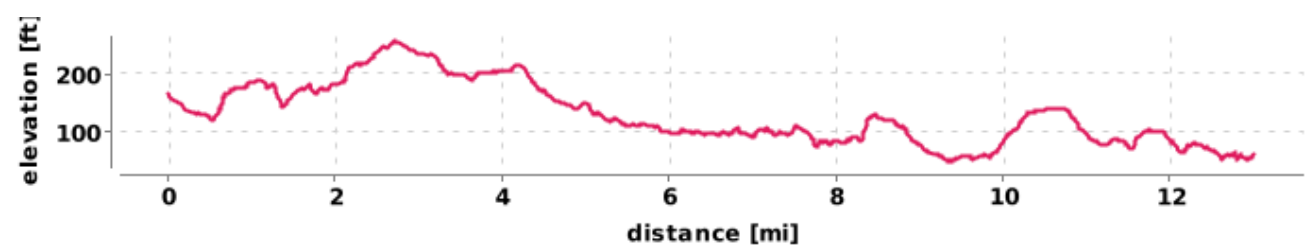
Route Information

Matlaske-Aylsham

Route Summary

Total Distance	13.02 mi (20.96 km)
Elevation	48 ft at lowest point
	257 ft at highest point
Total Ascent	407 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TG 149 348	0 mi	52° 52' 4" N	1° 11' 31" E	165 ft
Dist to next: 7.83 mi, Ascent to next: -80 ft					
2	TG 146 308	7.83 mi	52° 49' 55" N	1° 11' 6" E	85 ft
Ice Cream					
Dist to next: 5.19 mi, Ascent to next: -24 ft					
3	TG 193 273	13.02 mi	52° 47' 55" N	1° 15' 7" E	62 ft