



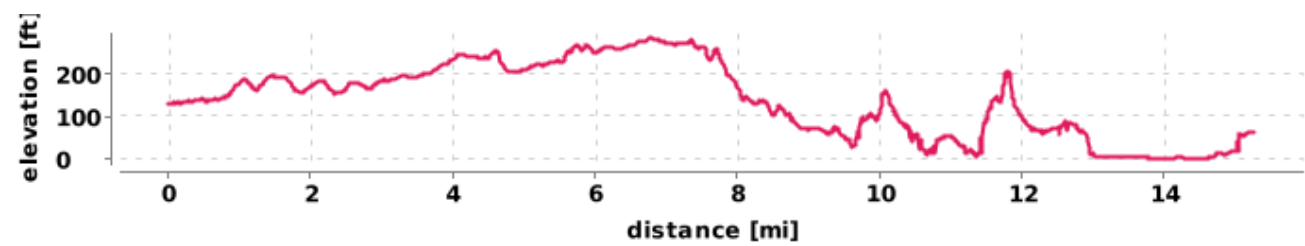
Route Information

Roughton-Cromer

Route Summary

Total Distance	15.28 mi (24.59 km)
Elevation	0 ft at lowest point
	285 ft at highest point
Total Ascent	1091 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TG 219 369	0 mi	52° 53' 3" N	1° 17' 51" E	130 ft
	Dist to next: 4.84 mi, Ascent to next: 76 ft				
2	TG 162 398	4.84 mi	52° 54' 43" N	1° 12' 51" E	206 ft
	Coffee				
	Dist to next: 6.39 mi, Ascent to next: -193 ft				
3	TG 160 434	11.23 mi	52° 56' 42" N	1° 12' 51" E	13 ft
	Lunch				
	Dist to next: 4.05 mi, Ascent to next: 52 ft				
4	TG 219 421	15.28 mi	52° 55' 51" N	1° 18' 5" E	65 ft