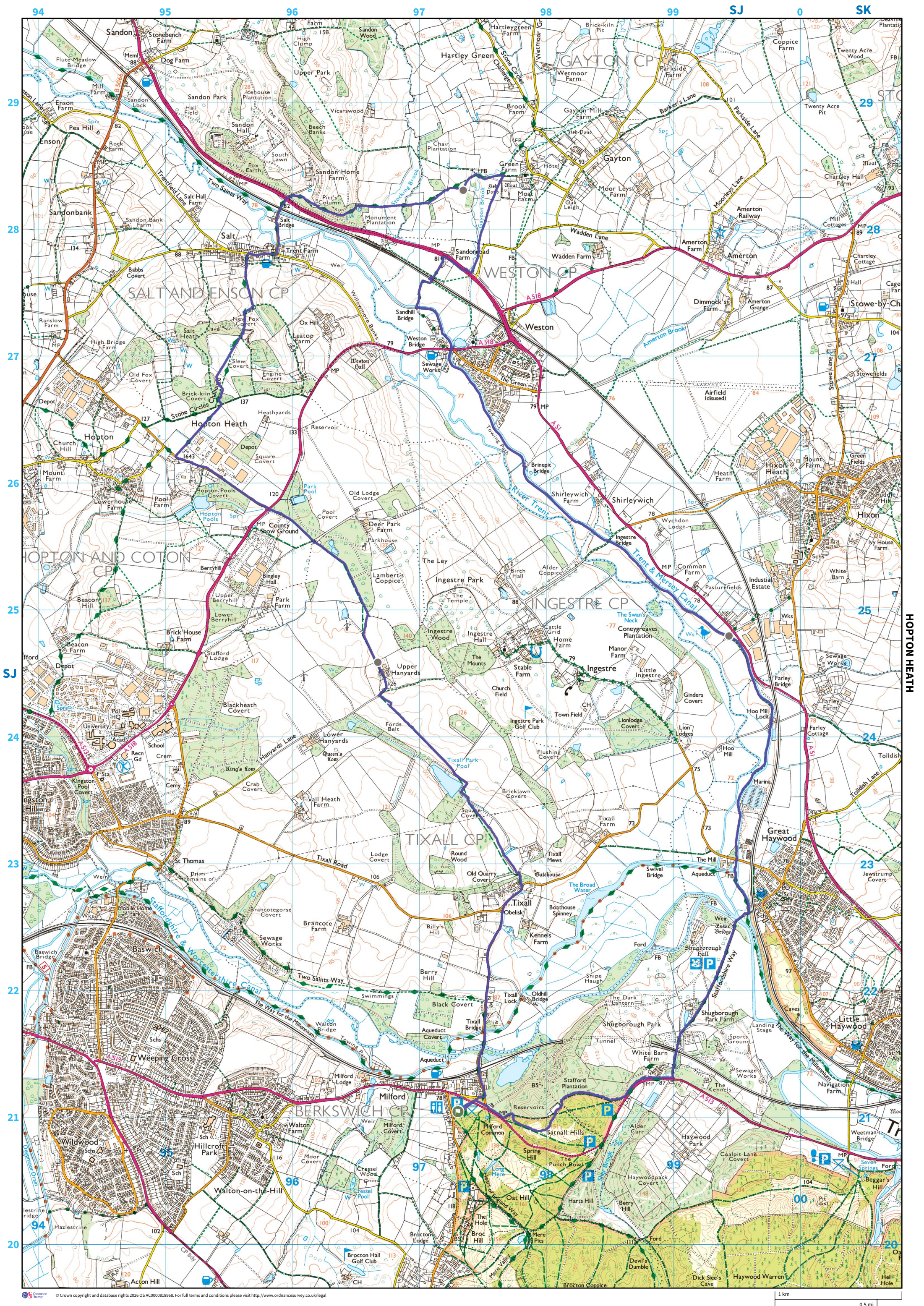




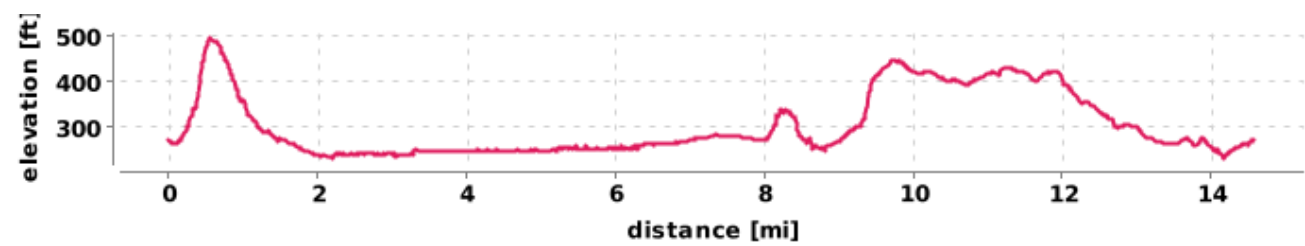
Route Information

Hopton Heath

Route Summary

Total Distance	14.59 mi (23.47 km)
Elevation	232 ft at lowest point
	496 ft at highest point
Total Ascent	632 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SJ 973 210	0 mi	52° 47' 13" N	2° 2' 29" W	272 ft
2	SJ 994 247	3.84 mi	52° 49' 14" N	2° 0' 35" W	248 ft
Coffee					
Distance from previous: 3.84 mi, Ascent from previous: 343 ft, Descent from previous: 367 ft					
3	SJ 973 283	7.58 mi	52° 51' 8" N	2° 2' 27" W	280 ft
Lunch					
Distance from previous: 3.74 mi, Ascent from previous: 192 ft, Descent from previous: 161 ft					
4	SJ 966 245	11.81 mi	52° 49' 7" N	2° 3' 2" W	421 ft
Respite					
Distance from previous: 4.23 mi, Ascent from previous: 389 ft, Descent from previous: 248 ft					
5	SJ 973 210	14.59 mi	52° 47' 13" N	2° 2' 28" W	273 ft
Distance from previous: 2.77 mi, Ascent from previous: 109 ft, Descent from previous: 257 ft					