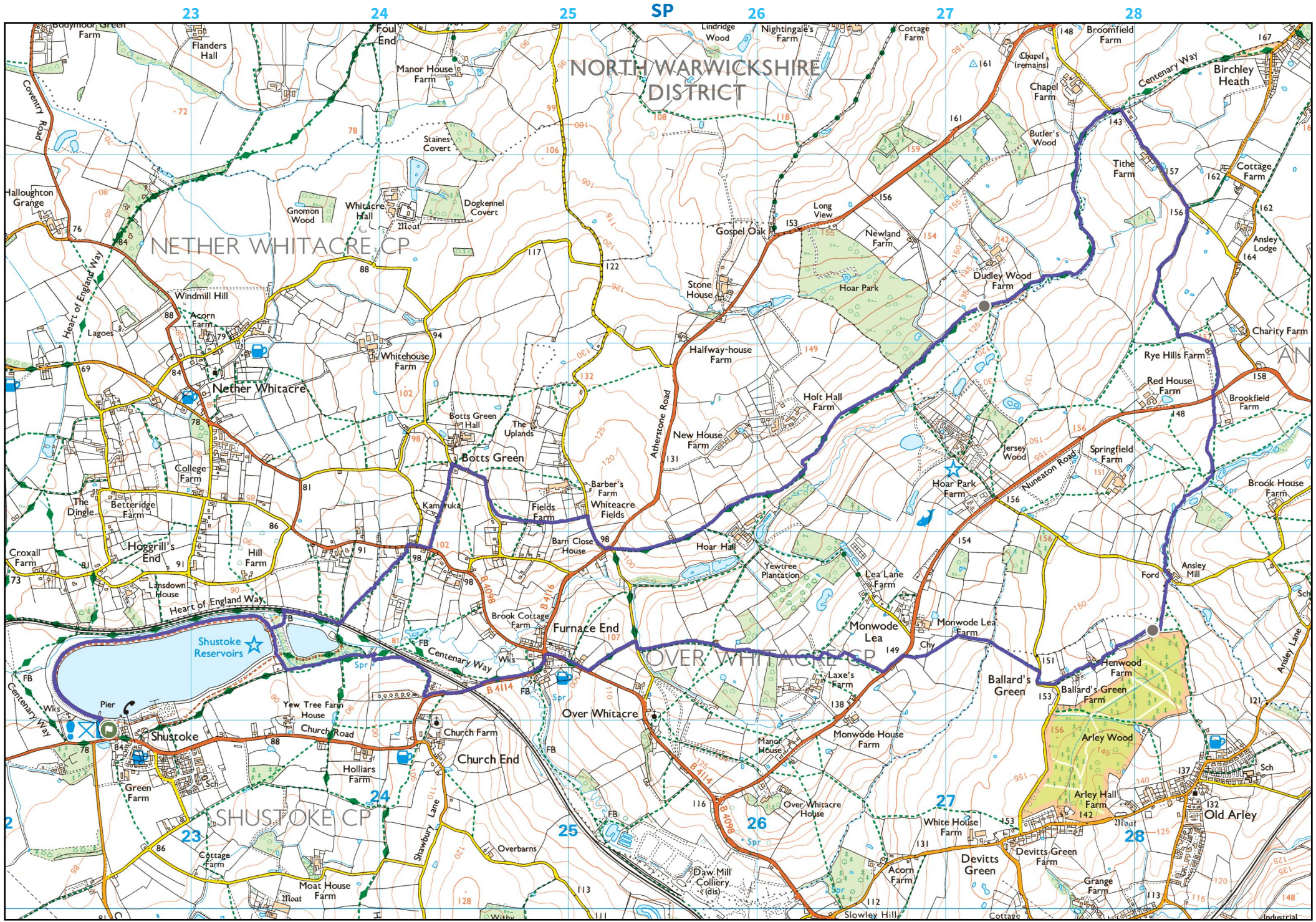




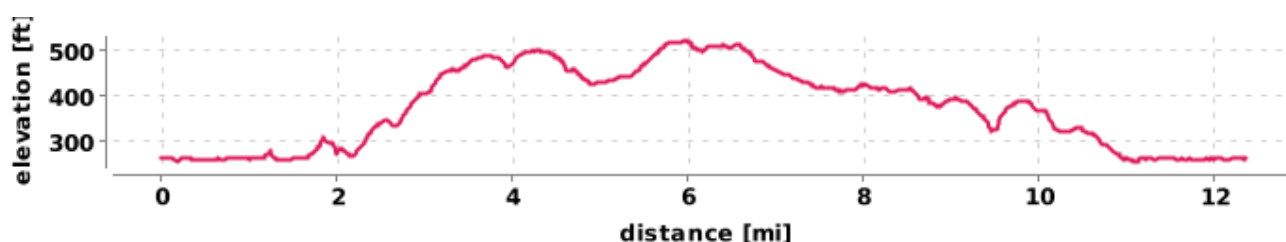
Route Information

Shustoke 2025

Route Summary

Total Distance	12.38 mi (19.93 km)
Elevation	256 ft at lowest point
	522 ft at highest point
Total Ascent	496 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SP 225 909	0 mi	52° 30' 57" N	1° 40' 8" W	265 ft
2	SP 280 914	4.69 mi	52° 31' 13" N	1° 35' 14" W	460 ft
	Coffee				
	Distance from previous: 4.69 mi, Ascent from previous: 399 ft, Descent from previous: 204 ft				
3	SP 272 931	7.88 mi	52° 32' 9" N	1° 36' 1" W	416 ft
	Lunch				
	Distance from previous: 3.2 mi, Ascent from previous: 150 ft, Descent from previous: 194 ft				
4	SP 225 909	12.38 mi	52° 30' 57" N	1° 40' 7" W	264 ft
	Distance from previous: 4.5 mi, Ascent from previous: 204 ft, Descent from previous: 356 ft				