



BEN ALDER COTTAGE

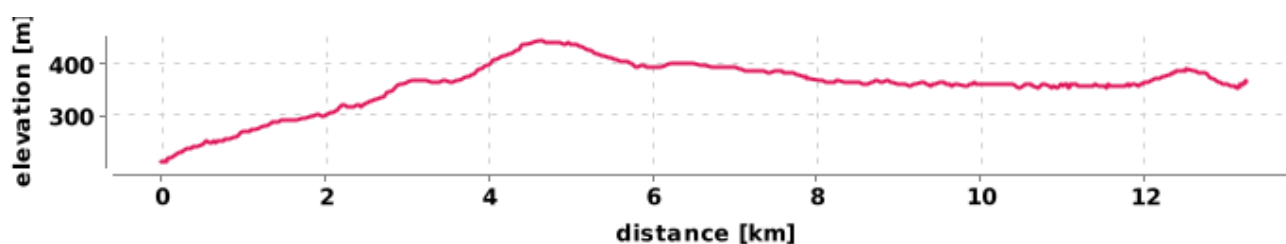
Route Information

Ben Alder Cottage

Route Summary

Total Distance	13.26 km (8.24 mi)
Elevation	211 m at lowest point
	445 m at highest point
Total Ascent	366 m

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	NN 506 576	0 km	56° 41' 12" N	4° 26' 23" W	211 m
	Dist to next: 4.98 km , Ascent to next: 230 m				
2	NN 481 610	4.98 km	56° 42' 57" N	4° 28' 59" W	441 m
	Meeting point				
	Dist to next: 8.29 km , Ascent to next: -72 m				
3	NN 498 680	13.26 km	56° 46' 46" N	4° 27' 32" W	368 m