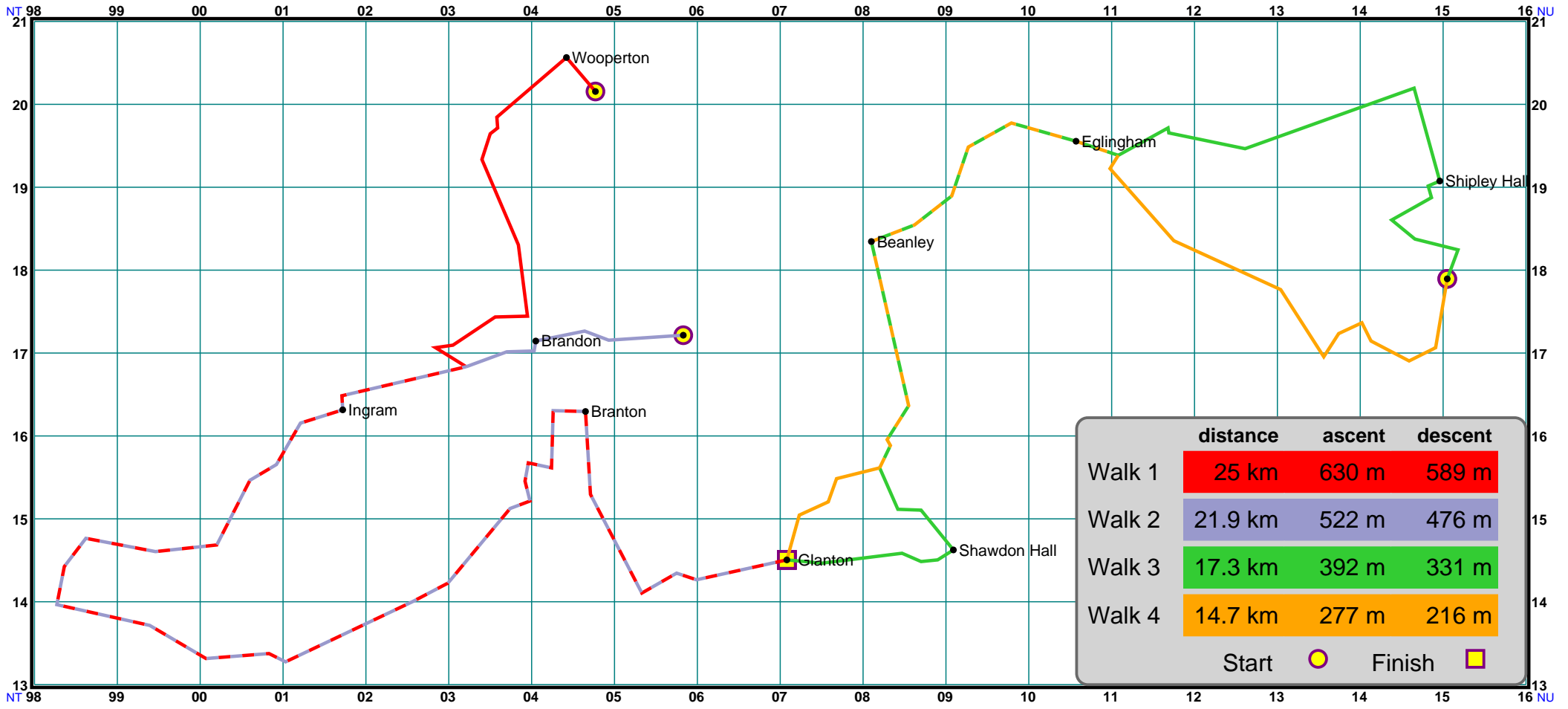




Click on any change of direction on a route to see a 1:25K OS map of that part of the route. The location of the waypoint will be shown by a red arrow



	distance	ascent	descent
Walk 1	25 km	630 m	589 m
Walk 2	21.9 km	522 m	476 m
Walk 3	17.3 km	392 m	331 m
Walk 4	14.7 km	277 m	216 m

Start Finish