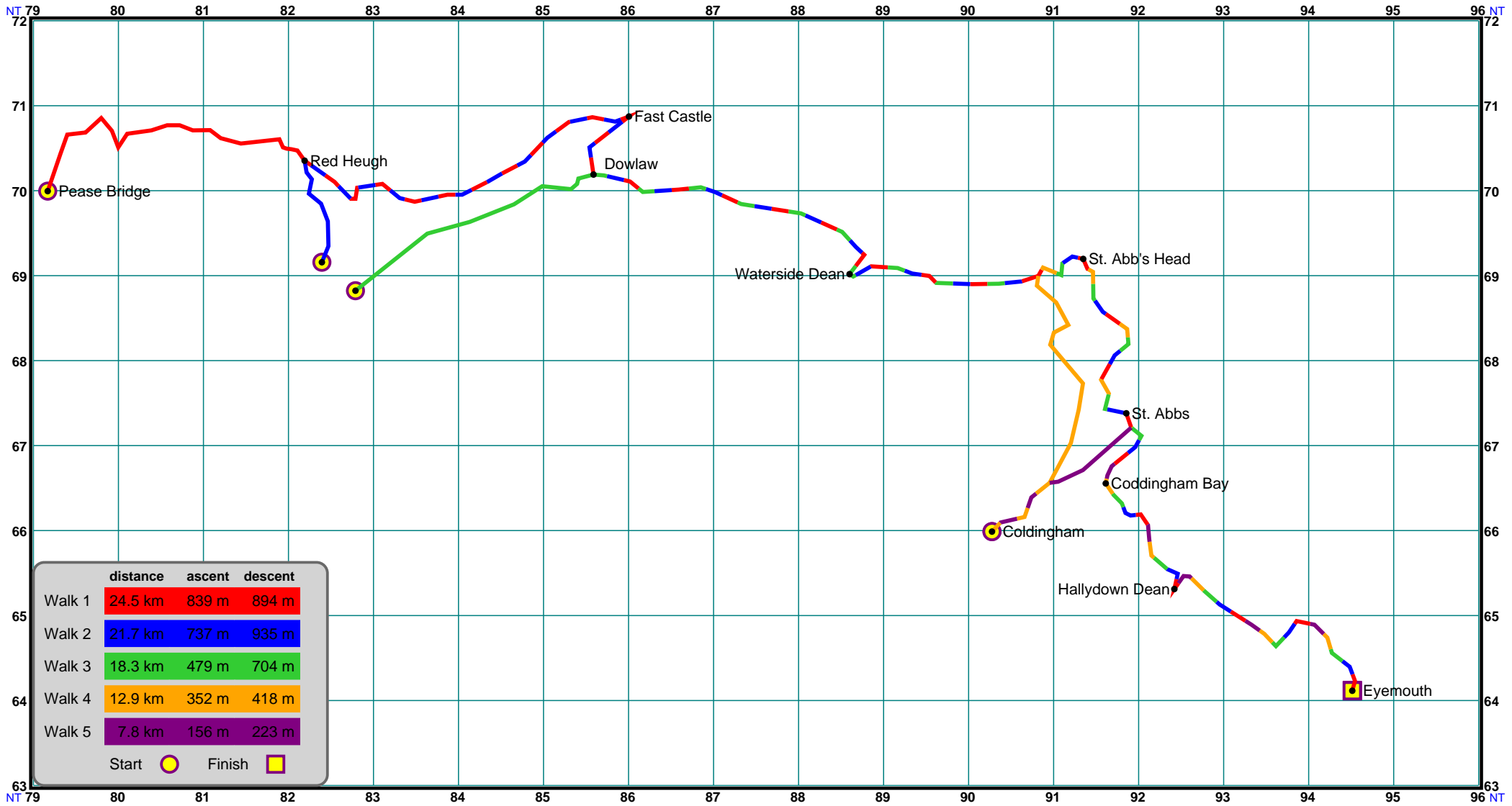




Click on any change of direction on a route to see a 1:25K OS map of that part of the route. The location of the waypoint will be shown by a red arrow



	distance	ascent	descent
Walk 1	24.5 km	839 m	894 m
Walk 2	21.7 km	737 m	935 m
Walk 3	18.3 km	479 m	704 m
Walk 4	12.9 km	352 m	418 m
Walk 5	7.8 km	156 m	223 m
Start		Finish	