


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	23 km	541 m	539 m
Walk 2	21.7 km	519 m	500 m
Walk 3	18.2 km	413 m	467 m
Walk 4	11.5 km	198 m	201 m
Walk 5	8.3 km	125 m	140 m

Start  Finish 