



CONISTON OLD MAN 8.5M

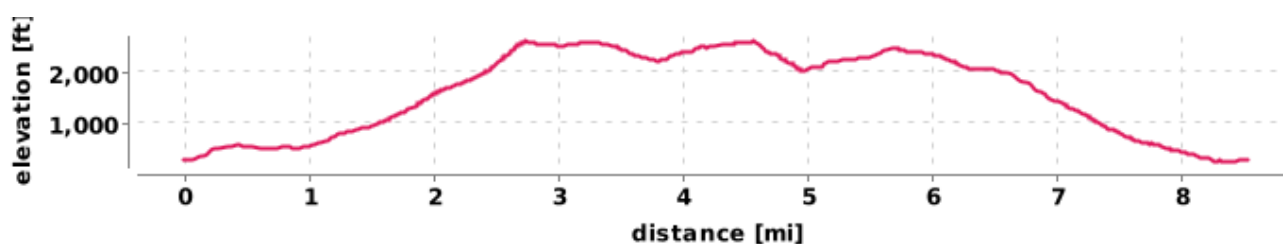
Route Information

Coniston Old Man 8.5m

Route Summary

Total Distance **8.53 mi (13.73 km)**
 Elevation **234 ft at lowest point**
2627 ft at highest point
 Total Ascent **3508 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SD 299 974	0 mi	54° 22' 4" N	3° 4' 44" W	287 ft
	Dist to next: 8.53 mi , Ascent to next: 0 ft				
2	SD 299 974	8.53 mi	54° 22' 4" N	3° 4' 44" W	287 ft