



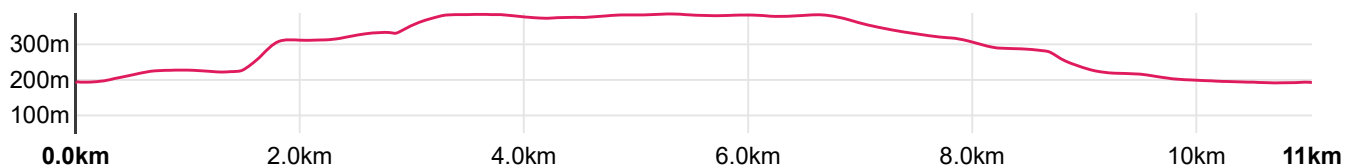
Route Information

Route Name Malham C HOC

Route Summary

Total Distance	11.0km (6.8mi)	Walk	2h 37min
Elevation	190m at lowest point	Run	59min
	388m at highest point	Cycle	34min
Total Ascent	260m		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Ascent to next	Latitude	Longitude	Elevation
1	SD 900 626	0.00km	260m	54° 3' 33" N	2° 9' 14" W	194m
	Dist to next: 10.98 km					
2	SD 901 626	10.98km	0m	54° 3' 34" N	2° 9' 8" W	192m