

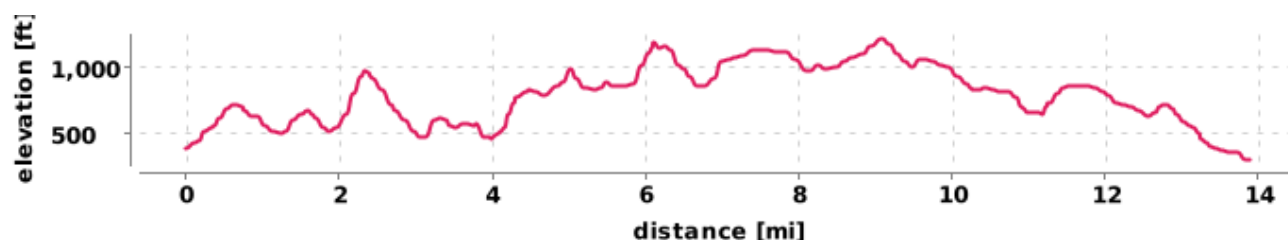
Route Information

The Triple Fort Trail Challenge

Route Summary

Total Distance	13.89 mi (22.36 km)
Elevation	309 ft at lowest point
	1210 ft at highest point
Total Ascent	3005 ft

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	NT 985 278	0 mi	55° 32' 38" N	2° 1' 26" W	391 ft
2	NT 967 282	2.35 mi	55° 32' 53" N	2° 3' 13" W	974 ft
	Photo Point 1				
	Distance from previous: 2.35 mi, Ascent from previous: 964 ft, Descent from previous: 381 ft				
3	NT 950 289	4.12 mi	55° 33' 13" N	2° 4' 46" W	525 ft
	Checkpoint 1				
	Distance from previous: 1.77 mi, Ascent from previous: 256 ft, Descent from previous: 705 ft				
4	NT 948 293	4.5 mi	55° 33' 27" N	2° 5' 1" W	828 ft
	Photo Point 2				
	Distance from previous: 0.38 mi, Ascent from previous: 303 ft, Descent from previous: 0 ft				
5	NT 926 293	6.26 mi	55° 33' 26" N	2° 7' 2" W	1163 ft
	Photo Point 3				
	Distance from previous: 1.75 mi, Ascent from previous: 592 ft, Descent from previous: 257 ft				
6	NT 930 268	8.12 mi	55° 32' 6" N	2° 6' 40" W	975 ft
	Checkpoint 2				
	Distance from previous: 1.86 mi, Ascent from previous: 270 ft, Descent from previous: 457 ft				
7	NT 991 277	13.89 mi	55° 32' 36" N	2° 0' 54" W	316 ft
	Distance from previous: 5.78 mi, Ascent from previous: 649 ft, Descent from previous: 1308 ft				