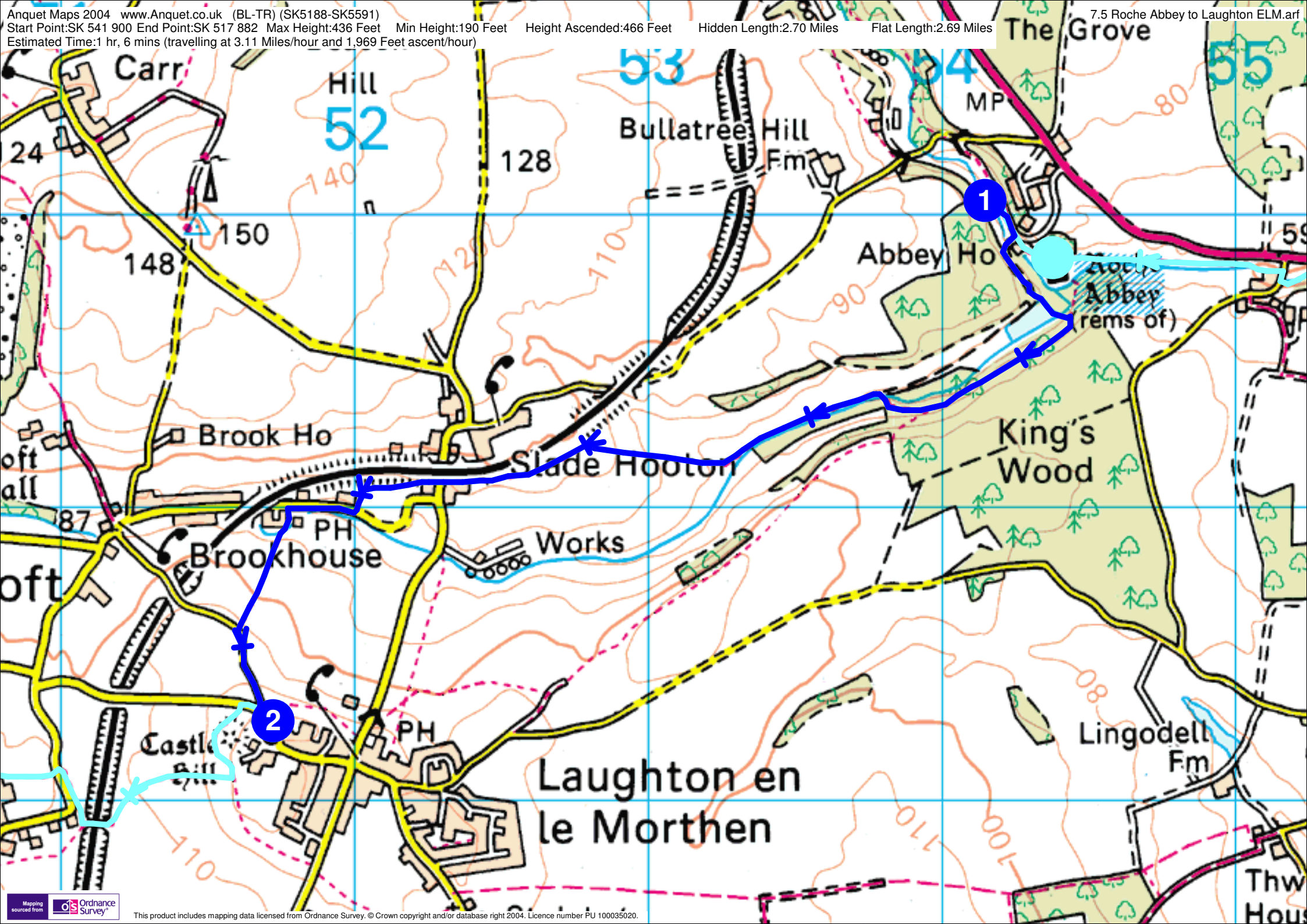
Anquet Maps 2004 www.Anquet.co.uk (BL-TR) (SK5188-SK5591) 7.5 Roche Abbey to Laughton ELM.arf
Start Point:SK 541 900 End Point:SK 517 882 Max Height:436 Feet Min Height:190 Feet Height Ascended:466 Feet Hidden Length:2.70 Miles Flat Length:2.69 Miles
Estimated Time:1 hr, 6 mins (travelling at 3.11 Miles/hour and 1,969 Feet ascent/hour)



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