

SUNDAY 6<sup>th</sup> January 2019

Cartmel Ramble: Map OL7



## C WALK

**Route Leader:** Kevin Dupres

**Walk Description:** Ellerside circular. Cartmel to Stribers, return via Walton Hall.

**Walk Stats:** 7.7 miles, 1000ft total ascent, Duration approximately 5 hours.

**Difficulty:** 81 POINTS; MED C / EASY B. Longest ascent is 400ft over 1 mile.

**Average Pace required is 1.7 mph** (assuming a 30 min lunch break)

START 10:30

FINISH 15:30

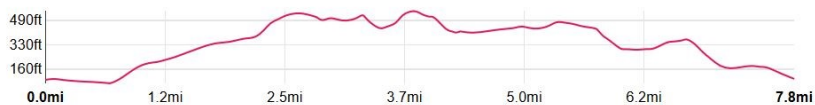
COACH DEPARTS: 16:00

SUNSET: 16:05

### Route Summary

Total Distance	7.7mi (12.5km)	Walk	4h 35min
Elevation	69ft at lowest point	Run	1h 7min
	556ft at highest point	Cycle	39min
Total Ascent	941ft		

### Elevation Profile



ALL WALKERS WISHING TO JOIN THIS WALK SHOULD PRINT NAME BELOW
