

### Trans Britain Data

		Miles	Climb (m)	Descent (m)
Day 1	Bruces Cave to Caldbeck	34	565	465
Day 2	Caldbeck to Mell Fell	24	892	756
Day 3	Mell Fell to Rydal	20	1628	1812
Day 4	Rydal to Dent	34	1371	1335
Day 5	Dent to Little Stainforth	26	1181	1108
Day 6	Bersham to Ruthin	18	765	802
	TOTAL	156	6402	6278