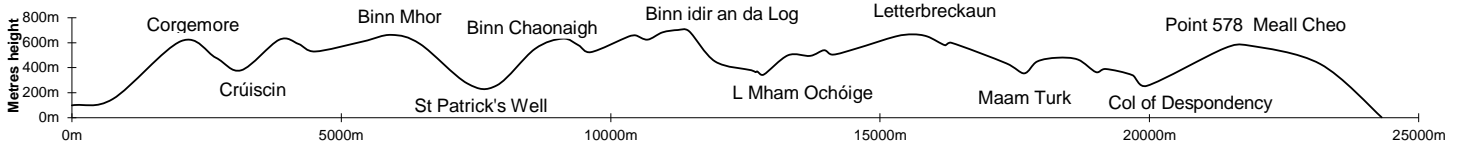
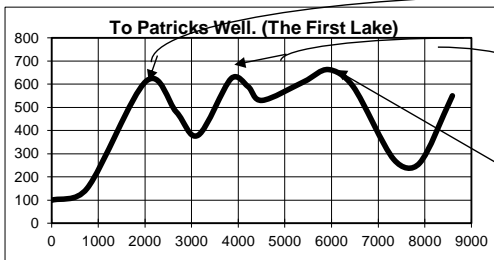


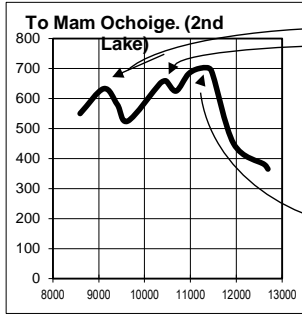
A Route Card for The Maamturks



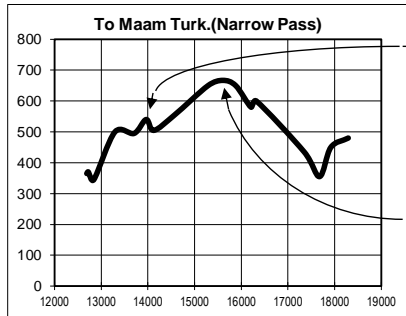
Places Navigation to Leenane..... Statistics



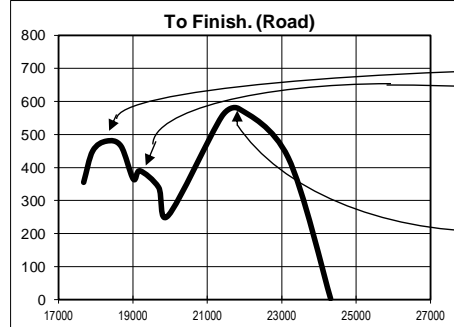
Name GPSID	Height m	Distance m	Bearing Mag	Nais min	Cum Time hh:mm	Ht. +/- m	Gradient %	Climb Cum %
Start (969496) START	99							0
Pt on slope TURN	150	760	220°	14	00:14	51	6.7	2
Corcogmore/ Corcóg CORCOG	613	1266	281°	61	01:15	463	36.6	22
Turn towards col TURN 2	480	647	320°	8	01:23	-133	-20.6	22
Crúiscin COL	380	471	270°	6	01:29	-100	-21.2	22
annagirah /Mullach Glas MLCHGLAS	624	704	240°	33	02:01	244	34.7	32
South of Big North Lake NOFLAKE	590	362	241°	4	02:06	-34	-9.4	32
Col (NW of Mullagh Glas) COL2	530	304	305°	4	02:09	-60	-19.7	32
Eastmost Pond SOFEPOND	610	889	294°	19	02:28	80	9.0	36
Binn Mhór (Trig plr) BINN MHOR	663	532	255°	12	02:40	53	10.0	38
amhar 3 ponds in NS row NOF3PONDS	590	530	308°	6	02:46	-73	-13.8	38
S end of Col S ENDCOL	275	873	298°	10	02:57	-315	-36.1	38
Chapel Maureen/ Mám Éan ORATORY	259	551	321°	7	03:03	-16	-2.9	38



Pt on Ridge TURN 3	550	704	339°	38	03:41	291	41.3	51
Binn Chaonaigh BNCHNGH	633	517	12°	15	03:55	83	16.1	54
Pt on Ridge TURN 4	580	294	281°	4	03:59	-53	-18.0	54
Saddle COL 3	525	230	334°	3	04:02	-55	-23.9	54
Top at 650 TOP 650	650	700	349°	21	04:23	125	17.8	60
Top at 659 TOP 659	659	130	325°	2	04:25	9	6.9	60
Col COL 4	625	223	266°	3	04:28	-34	-15.2	60
Flat top FLATTOP	683	275	273°	9	04:37	58	21.1	62
Binn idir an Dá Log BNIDRDLG	702	288	350°	5	04:42	19	6.6	63
N. BiaDL N BIADL	693	205	11°	2	04:45	-9	-4.4	63
Pt on slope to left of ridge TURN 5	450	485	276°	6	04:50	-243	-50.1	63
L Mham Ochóige LOCMAMOCH	380	673	327°	8	04:58	-70	-10.4	63



Small Saddle COL5	365	76	303°	1	04:59	-15	-19.7	63
Small Bump BUMP	370	35	327°	1	05:00	5	14.3	63
Maumahoge Col COL6	345	116	303°	1	05:02	-25	-21.6	63
K'nahillion Side/Cnoc na hUilleann CNCNHULN	500	453	297°	21	05:23	155	34.2	70
Col Veer Left Initially COL7	495	410	328°	5	05:28	-5	-1.2	70
Maureen/ Mám Éan MAUMEEN2	540	259	345°	8	05:35	45	17.4	72
E of Pond E OF POND	505	166	336°	2	05:37	-35	-21.1	72
Barrlugrevagh BRRLGRVGH	555	443	294°	10	05:47	50	11.3	74
Plateau on Letterbreckaun PLATLTBRK	650	716	297°	18	06:06	95	13.3	78
L'breckaun/Binn Bhriocáin BNBHRCN	667	314	279°	5	06:11	17	5.4	79
Pt on Plateau TURN6	650	279	72°	3	06:14	-17	-6.1	79
Small Pond on Saddle POND	580	329	58°	4	06:18	-70	-21.3	79
Top TOP600	600	114	62°	3	06:22	20	17.6	80
Gowlaunard GOWLNRD	435	1024	320°	12	06:34	-165	-16.1	80
Maam Turk (Holy Well) MAAMTURK	355	329	48°	4	06:38	-80	-24.3	80



Ridge Maamturkmore RIDGEMTM	450	243	33°	12	06:50	95	39.1	84
Top TOP480	480	373	305°	7	06:58	30	8.0	85
Top TOP465	465	386	336°	5	07:02	-15	-3.9	85
Saddle COL8	365	333	40°	4	07:06	-100	-30.0	85
Top TOP390	390	180	27°	5	07:11	25	13.9	86
Gleniska GLENISKA	340	499	347°	6	07:17	-50	-10.0	86
Col of Despondency COLDESPOND	255	263	64°	3	07:20	-85	-32.3	86
Ridge RIDGE	555	1438	34°	47	08:07	300	20.9	99
Meall Cheo MEALLCHEO	578	456	322°	8	08:15	23	5.0	100
Lochán/ Pond POND	430	1327	16°	16	08:31	-148	-11.2	100
Road (873618) ROAD873618	3	1140	56°	14	08:45	-427	-37.5	100

Map length, metres = 24314 Cum climb m 2336 Cum descent m. = -2432
 Imperial measure, miles = 15.11 Climb, feet. 7664