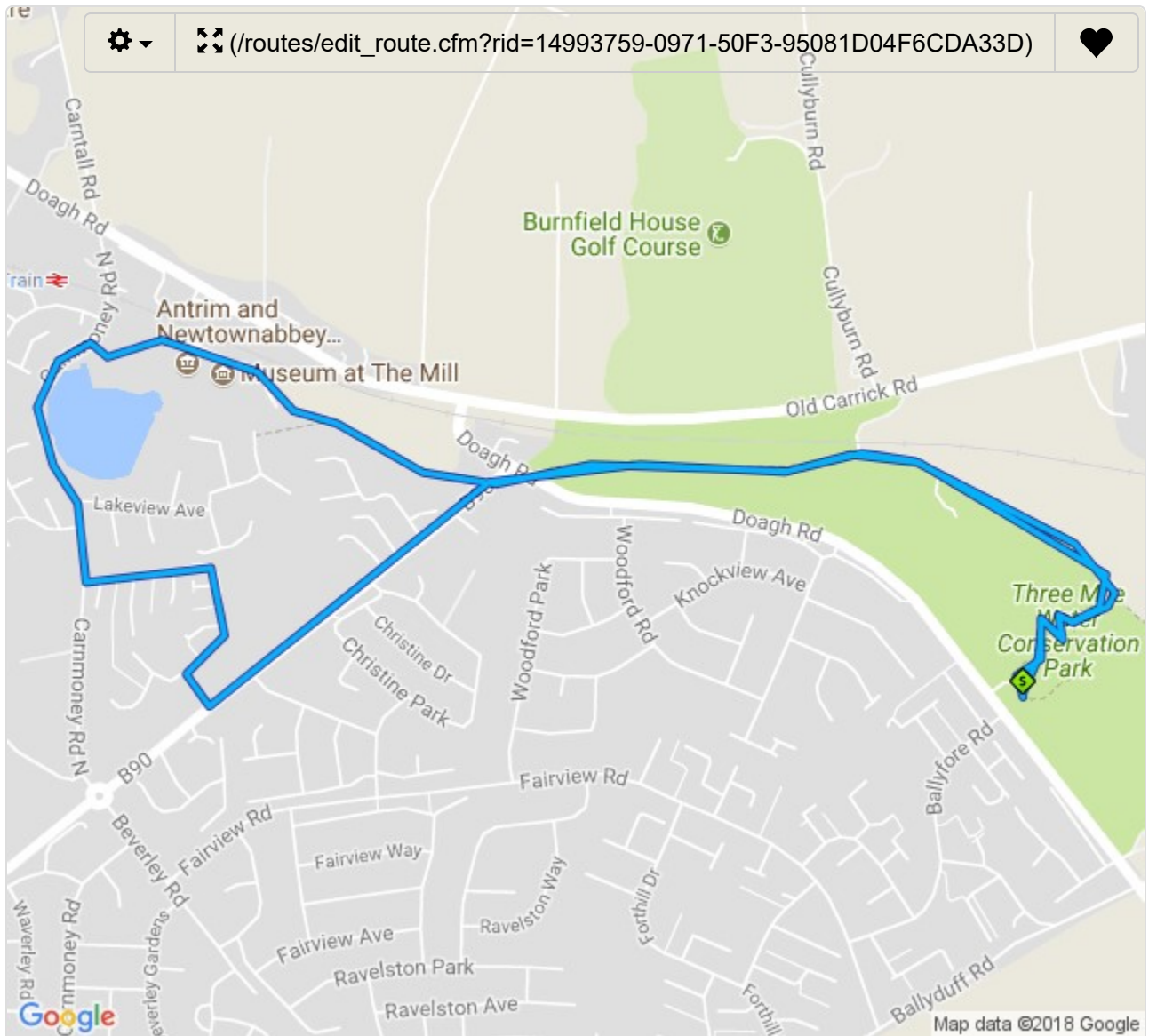


Mossley Dam and forest Walking Map in Northern Ireland (/running-routes/GB/Northern Ireland/), GB (/running-routes/GB/)





Created by guest

Mostly flat



(/routes/edit_route.cfm?rid=14993759-0971-50F3-95081D04F6CDA33D)



350								
300								
250	Max Ascent							0
200								
150	Max Descent	0.0	0.5	1.0	1.5	2.0	2.5	3.0
100								0
50	Total Ascent							0
0								
	Total Descent							0
Route elevation courtesy of Hey What's That? (http://www.heywhatsthat.com/?reflat=54.6910519925&reflng=-5.92792600393)								
Distance		3 miles						
Speed		3 mph						
Pace		20:00 mins/mile						
Time		1:00:00						
Calories		431.9						