Java program:-

```java
package dc;
import java.util.*;
public class DistanceC
{
double km,m,miles;
Scanner in=new Scanner(System.in);
public void mtokm()
{
System.out.println("Enter the distance in meter");
m=in.nextDouble();
km=(m/1000);
System.out.println(m+"m" +" is equal to "+km+"km");
System.out.println("\n");
}
public void kmtom()
{
System.out.println("Enter the distance in Kilometer");
km=in.nextDouble();
m=km*1000;
System.out.println(km+"km" +" is equal to "+m+"m");
System.out.println("\n");
}
public void milestokm()
{
System.out.println("Enter the distance in miles");
miles=in.nextDouble();
km=(miles*1.60934);
System.out.println(miles+"miles" +" is equal to "+km+"km");
System.out.println("\n");
}

public void kmtomiles()
{
System.out.println("Enter the distance in km");
km=in.nextDouble();
miles=(km*0.621371);
System.out.println(km+"km" +" is equal to "+miles+"miles");
}
}
```