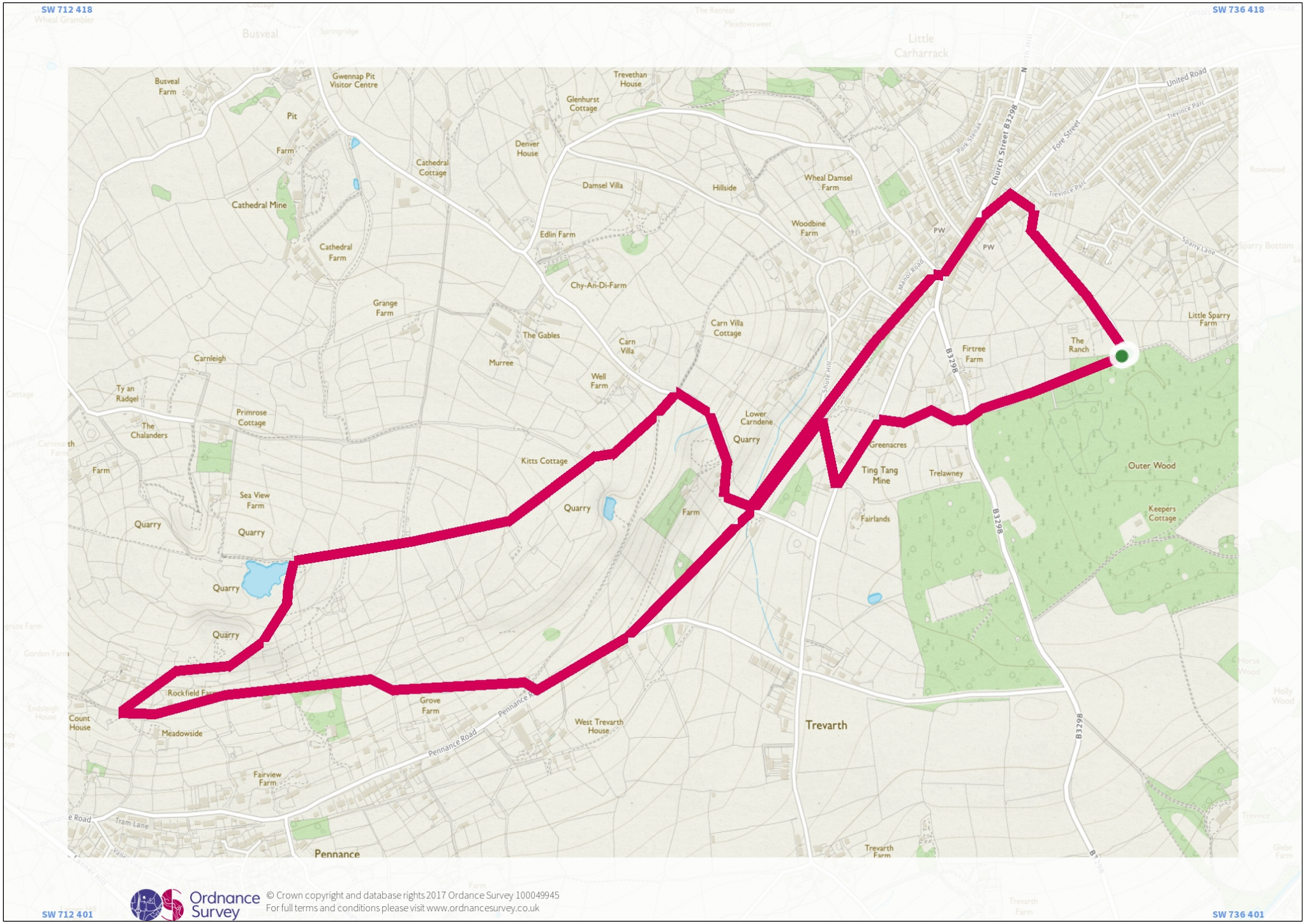


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Route Information

Route Name	Carharrack Trail 1

Route Summary

Total Distance	3.39mi (5.45km)	Walk	1h 21min
Elevation	249.02ft at lowest point	Run	46min
	748.03ft at highest point	Cycle	33min
Total Ascent	535.43ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 734 411	0.00mi	50° 13' 37" N	5° 10' 39" W	249.02ft
	Dist to next: 0.09 mi				
46	SW 734 411	3.39mi	50° 13' 36" N	5° 10' 40" W	255.58ft