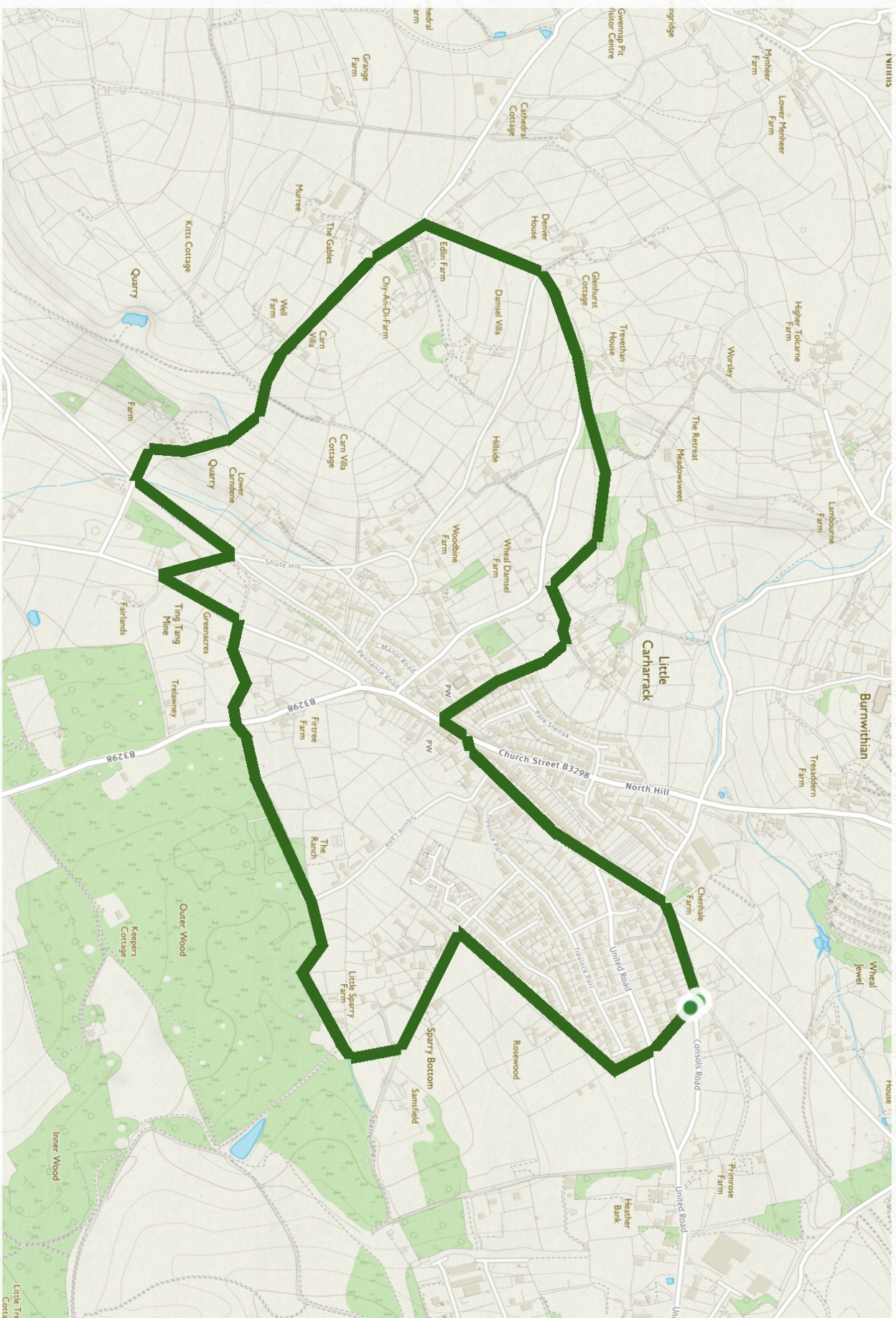




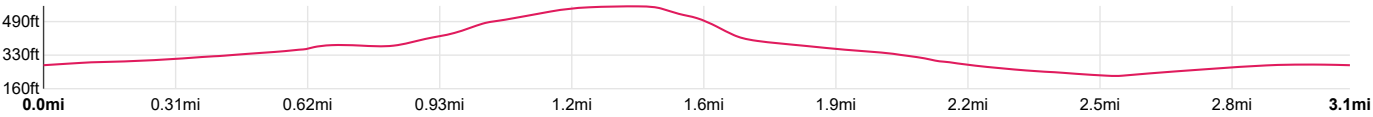
Route Information

Route Name Carharrack Trail 2

Route Summary

Total Distance	3.06mi (4.93km)	Walk	1h 10min
Elevation	225.72ft at lowest point	Run	37min
	568.90ft at highest point	Cycle	26min
Total Ascent	361.55ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 736 418	0.00mi	50° 13' 58" N	5° 10' 30" W	278.87ft
Dist to next: 0.10 mi					
47	SW 736 418	3.06mi	50° 13' 58" N	5° 10' 29" W	278.87ft