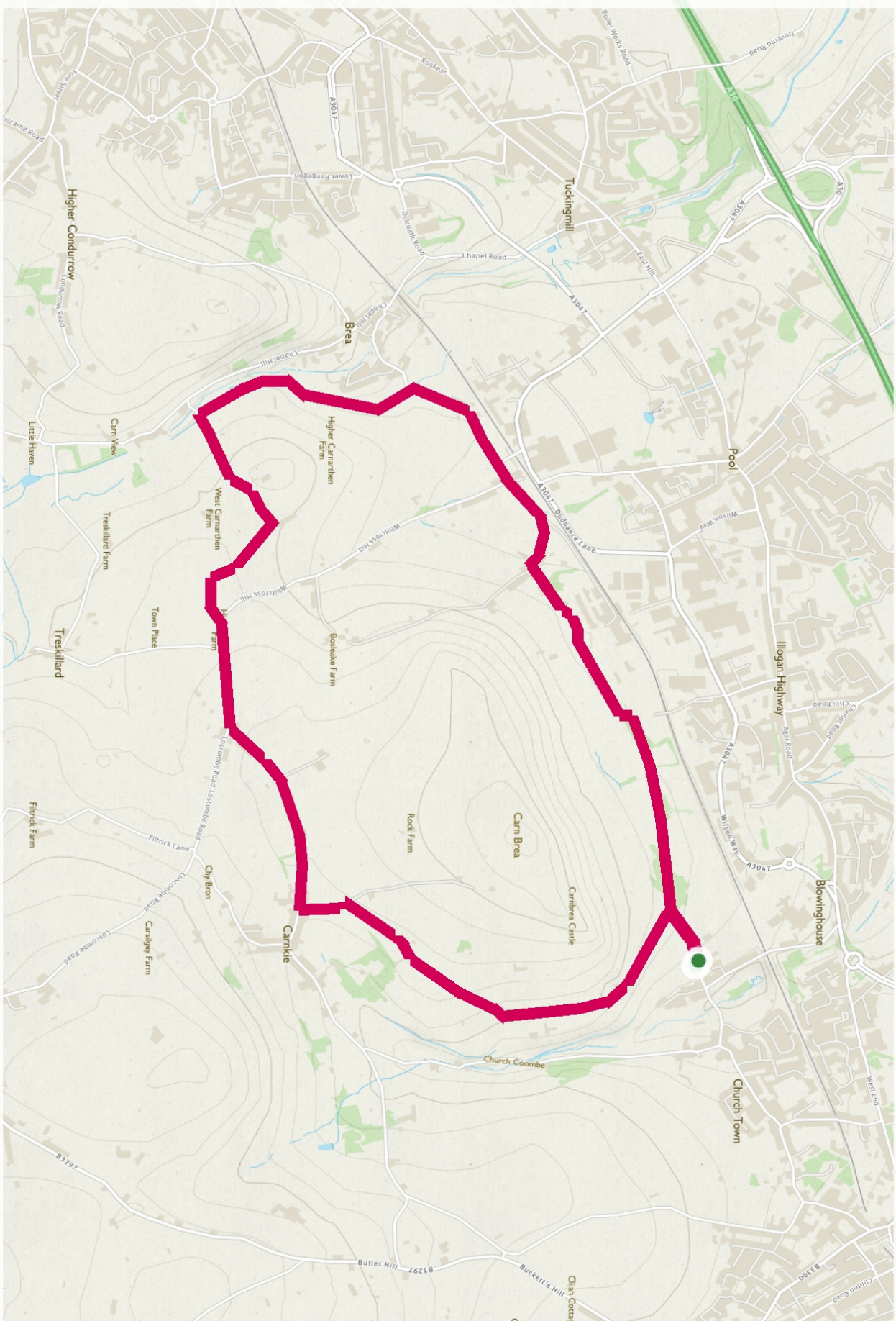




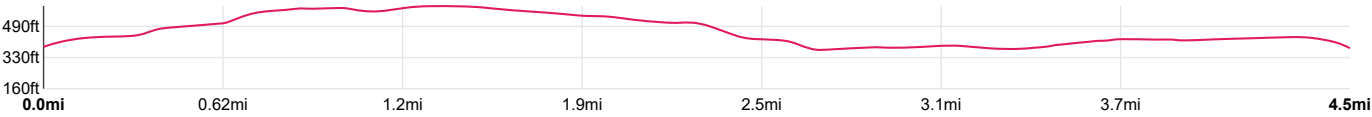
Route Information

Route Name Carn Brea Trail 1

Route Summary

Total Distance	4.51mi (7.25km)	Walk	1h 38min
Elevation	363.85ft at lowest point	Run	51min
	599.74ft at highest point	Cycle	34min
Total Ascent	378.61ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevations
1	SW 688 412	0.00mi	50° 13' 34" N	5° 14' 32" W	384.19ft
Dist to next: 0.05 mi					
57	SW 688 412	4.51mi	50° 13' 34" N	5° 14' 33" W	377.30ft